

Flex Week Proposal:

Title	What are the Alternatives?: An Exploration of Integrative Medicine	
Experience Category [bold your category]	Clinical shadowing Research-related Community Service	Professional Enrichment Courses (PECs) Professional Development Wellness
	Other:	
Goal	To give students an introduction to the different modalities in integrative and lifestyle medicine, as well as a more well-rounded understanding of health. Students will gain tools to take better care of themselves and their patients.	
Brief Description	Students will get exposure to a variety of disciplines related to integrative and lifestyle medicine through lectures and experiential learning. They will hear from professionals in nutrition, music therapy, acupuncture, etc., as well as interacting with physicians who practice integrative medicine.	
Organizer	Peyton Groves MS2 949-514-4923 Peg46@pitt.edu Sean Sweat G2 803-553-0912 Ses265@pitt.edu	
Admin Coordinator (contact info)	Michelle Thompson, DO 724-347-4099 thommx5@upmc.edu	
Department	Family Medicine	
Capacity (# students)	14	
Location	Scaife West Wing, Zoom, and UPMC Center for Integrative Medicine	
Reporting Info	12 PM, Zoom	

MS1 (Class of 2028)			
Week	Start Date (Mon)	End Date (Fri)	Available?
5	TUE 9/3/2024	9/6/2024	X
12	TUE 10/22/2024	10/25/2024	X
26	1/27/2025	1/31/2025	
30	2/24/2025	2/28/2025	
59	9/16/2025	9/20/2025	
MS2 (Class of 2027)			
Week	Start Date (Mon)	End Date (Fri)	Available?
59	9/16/24	9/20/24	
70	12/2/2025	12/6/2025	X

	MON	TUE	WED	THU	FRI
AM				Music & Art Therapy Experiential Learning; Meditation, Mindfulness & Forest Bathing/Earthing 10 AM – 12 PM	
PM		Intro to Integrative Health; Mindful Movement & Mind-Body Medicine Lecture; Ayurveda & Herbal Medicine 12 – 2:30 PM	Nutrition Lecture & Teaching Kitchen 12:15 – 2:30 PM		Acupuncture, Acupressure, Wrap-Up & Reflect 1 – 3 PM

<p>Schedule splitting:</p> <p>Would it be possible for students to take SOME of the weekly schedule (e.g., just mornings or just a few half-days), or would you prefer that a student take the schedule in its entirety?</p> <p>[bold your choice]</p>	<p>Partial OK</p> <p>Full required</p>
---	---

NOTES:

- Schedules should have activities for students at least 5hr/dy, with at least 2hr/dy synchronous
- Unlike PEC's, students will not receive grades/certificates for flex week completion

Activities & Time Commitment:

Tuesday 10/24: 12:00 – 2:30 PM (Virtual)

Introduction to Integrative Medicine, Yoga & Tai Chi/ Qigong & Mind-Body Medicine 12:00 – 1:30 PM

After a brief introduction to the course and one another starting at 12:00, Integrative Health practitioner Dr. Melissa Kerr will join us from 12:30 – 1:30 to discuss the principles behind mindful movement such as yoga and qigong, as well as mind-body medicine.

Introduction to Ayurveda: 1:45 PM – 2:30 PM

Dr. Sunita Chaudhari will be joining us virtually from India to teach about Ayurvedic medicine principles and practices. She has been practicing for over 25 years and will provide an overview of the fundamentals as well as how it may be relevant for our paths as future physicians. She will also be discussing herbal medicine.

Asynchronous Work: What is your dosha quiz, practicing mindful movement

Wednesday 10/25: 12:15 – 2:30 PM (In-Person)

Nutrition Lecture and Teaching Kitchen: 12:15 – 2:30 PM

Integrative Dietician Dana Messmore will teach an hour-long session focused on general nutrition education, with an opportunity for students to ask questions and learn about the food we will be making. We will then make a plant-based lunch together focused on implementing what we learn from Dana and increasing our confidence and skills in plant-based meal prep! We will also be making loose leaf tea bags to tie in some of our herbal medicine lessons.

Asynchronous Work: Find a plant-based meal recipe you plan to cook during the week, review supplemental reading on nutrition

Thursday 10/26: 10 AM – 12 PM (In-Person)

Music and Art Therapy: 10 – 11 AM

An expressive arts session led by medical students, aimed at teaching the principles behind music and art therapy. Will be a very low-stakes and fun way to learn about the power of expressive art in healing!

Meditation, Mindfulness, Aromatherapy, and Forest Bathing: 11 – 12

We will start with a lecture on meditation, mindfulness and aromatherapy focusing on research and evidence-based practices related to these concepts. Depending on the weather, we will venture outside to practice forest bathing and mindful movement in the outdoors.

Asynchronous Work: Watch Going Om Sound healing documentary, practice one meditation at home

Friday 10/27: 1 – 3 PM (In-Person)

Acupuncture, Acupressure, & Wrapping Up: 1 – 3 PM

This will be a live lecture with Dr. Barbara Merovich, who is a certified acupuncturist and internal medicine physician. Dr. Michelle Thompson, integrative medicine and family medicine physician will also be joining us as we close out to reflect on lessons for the week and how we can incorporate these practices into our future careers as physicians.

Asynchronous Work: Complete course feedback form, write a reflection on one topic covered during the week