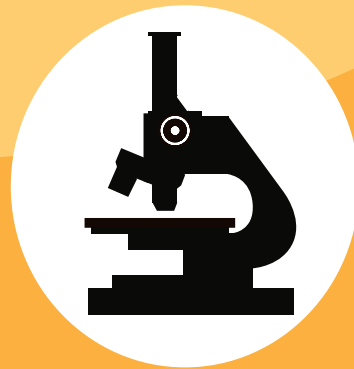




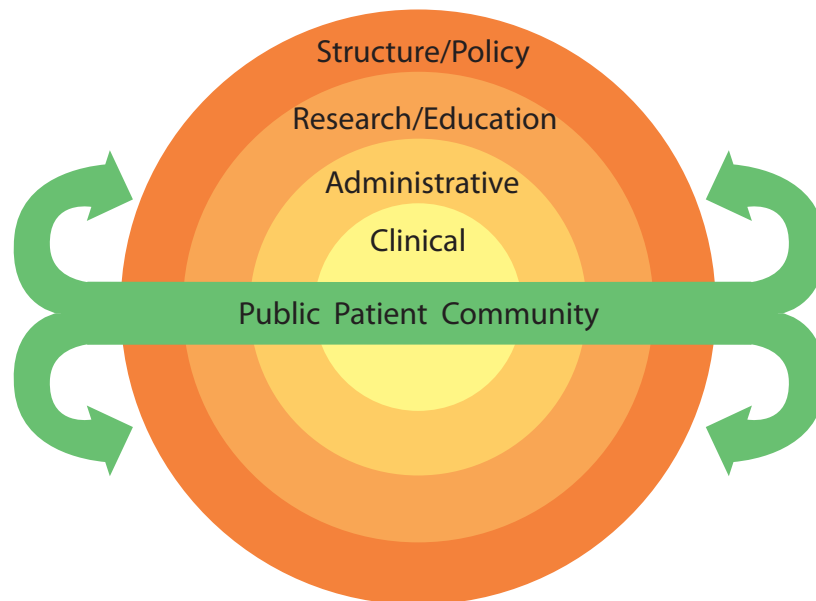
Careers for Integrative Healthcare



What is Integrative Healthcare?

The Bravewell Collaborative defines integrative healthcare, also known as Integrative Medicine (IM), as “an approach to care that seeks to integrate the best of Western scientific medicine with a broader understanding of the nature of illness, healing, and wellness. Integrative Medicine puts the patient at the center of the care and addresses the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person’s health.”

According to the Institute of Medicine, “Advancing integrative health care will enable the U.S. to move from the current healthcare system that is sporadic, reactive, disease oriented, and physician-centric to one that fosters an emphasis on health, wellness, early intervention for disease, patient empowerment, and focuses on the full range of physical, mental, and social support needed to improve health and minimize the burden of disease.”



Careers for Integrative Healthcare (CIH) is an online resource that will allow students to explore career paths through which they can positively shape U.S. healthcare. The goal of the CIH project is to encourage young people to become leaders in various disciplines, including, but not limited to, research in anthropology and sociology, law, business, public health, and medicine, with the goal of bringing forward an integrative healthcare model which is patient-centered, safe, and cost-effective.

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“What is Integrative Medicine?” The Bravewell Collaborative, 2011. Print.

[Article - http://www.bravewell.org/content/Downloads/What_Is_IM_2011.pdf]

Institute of Medicine. Committee on Quality of Health Care in America. Crossing the Quality Chasm: A New Health System for the 21st Century. National Academies Press, 2001. Print.



Leaders at the STRUCTURE AND POLICY level (orange) can foster an integrative healthcare model by seeking to create healthier communities, building a framework for coordinated care in the clinical setting, and issuing accurate information about the safety of medical treatments and products to the community.

Related Career Paths

- Law Degree / Juris Doctor (JD)
- Master of Business Administration (MBA)
- Master of Public Health (MPH)
- Masters of Health Administration (MHA)
- Master of Public Administration (MPA) in Health Policy and Management

Leaders in the RESEARCH AND EDUCATION level (light orange) can support the development of integrative healthcare by assessing treatments that are often used by patients but lack a solid evidence base. Leaders in Medical Anthropology and Medical Sociology can conduct research that increases our understanding of patient and provider attitudes and approaches affecting the healing process. Additionally, bilingual researchers can translate existing research on cross-cultural medical practices to bring forward additional scientific knowledge on a range of treatments less studied in Western research.

Related Career Paths

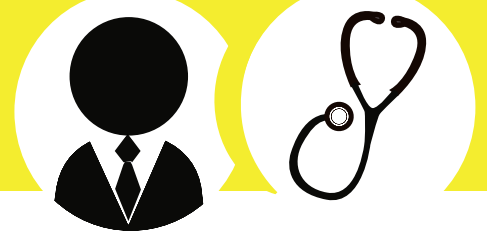
- Master of Arts (MA) or Master of Science (MS)
- Doctor of Philosophy (MD-DO/PhD or PhD)
- Non-profit Organizations

Related Fields

- Biomedical Engineering
- Health Psychology
- Media/Communications (MSc)
- Medical Anthropology
- Medical Sociology

Areas of Research

- Health services
- Outcomes
- Quality of care
- Translation of medical texts
- Whole systems



Leaders in the ADMINISTRATIVE level (peach) can promote integrative healthcare by incorporating exposure to integrative healthcare into health professional school curriculums and facilitating optimal practice models under which clinicians can provide patient-centered and team-based care.

Related Career Paths

- Master of Health Administration (MHA)
- Dual Master of Public Health/Master of Health Administration (MPH-MHA)
- Master of Business Administration (MBA) in Health Administration
- Master of Public Administration (MPA) in Healthcare Administration

Leaders in the CLINICAL level (yellow) can move integrative healthcare forward by seeking to coordinate care, treat the root cause of illness, and address the patient as a whole - mind, body, and spirit. Leaders in clinical medicine can also strive to empower patients in decision-making and play an active role in their healing process.

Related Career Paths

- Ayurvedic Medicine
- Creative Art Therapy (License – LCAT)
 - Art therapist (MA, Registered ATR, or Board certified ATR-BC)
 - Dance therapist (MA, Registered R-DMT, Board certified BC-DMT)
 - Drama therapist (Registered RDT, Board certified BC-RDT)
 - Music therapist (Board certified MT-BC)
 - Poetry therapist (Certified Applied Poetry Facilitator CAPF, Certified CPT, Registered PTR)
- Doctor of Osteopathy (DO)
- Health Coach
- Medical Doctor (MD)
- Mental Health
 - Health Psychologist
 - Psychiatrist
 - Marriage and Family Therapist (MFT)
- Naturopathic Doctor (ND)
- Nutrition
 - Registered Dietitian (RD)
- Nurse Midwife
- Nurse Practitioner (NP)



- Manipulation/movement therapy
 - Certified Massage Therapist (CMT)
 - Doctor of Chiropractic (DC)
 - Occupational Therapist (OT)
 - Physical Therapist (PT)
 - Yoga Teacher (Certified CYT, Registered RYT)
- Oriental Medicine
 - Doctorate in Oriental Medicine (DAOM)
 - Licensed Acupuncturist (LAc)
 - Masters in Traditional Oriental/Chinese Medicine (MSTOM or MSTCM)
- Pharmacist (PharmD)
- Physician Assistant (PA)
- Podiatrist (DPM)
- Registered Nurse (RN)

At the COMMUNITY level (**green**), individuals can push forward this model of healthcare by raising awareness for this new paradigm, partnering with their healthcare providers in receiving care, empowering themselves with knowledge about how lifestyle and environment affect their health, and learning ways to promote well-being through self-care.

For further exploration at UCLA:

- Students for Integrative Medicine (SIM) at UCLA ~ <http://www.studentgroups.ucla.edu/sim>
- UCLA MED 180 Course: Introduction to Integrative East-West Medicine for Health and Wellness ~ <http://exploreim.ucla.edu/education/med-180-summer-course-2014>
- UCLA Collaborative Centers for Integrative Medicine (CCIM) ~ <http://ccim.med.ucla.edu>
- ExploreIM Web Portal ~ <http://exploreIM.ucla.edu>
- Multimedia: Why is Integrative Medicine Important? ~ <http://exploreim.ucla.edu/video/why-is-integrative-medicine-important>

More resources:

- Bravewell Collaborative ~ <http://bravewell.org>
- Consortium of Academic Health Centers for Integrative Medicine (CAHCIM) ~ <http://www.imconsortium.org>
- Escape Fire Documentary ~ <http://www.escapefiremovie.com>
- Natural Standard Integrative Medicine Research ~ <http://www.naturalstandard.com>
- National Center for Complementary and Alternative Medicine (NCCAM) ~ <http://nccam.nih.gov>