



Integrative Medicine Realms of Practice

- 1. Integrative medicine in healthcare in Australia and New Zealand.**
 - Describe the history and socio-cultural context of IM in Australia/New Zealand
 - Manage different presentations in primary healthcare with evidence-based Integrative Medicine
 - Outline a systems-based approach to create better health and wellbeing
 - Develop individualised whole-person care plans in the context of patients family, community and environment
 - Outline safe integrative medicine for both patient and practitioner
 - Describe the medico-legal and regulatory environment in integrative medicine
 - Develop comprehensive management plans that take into account public health and patient dollar
 - Distinguish the ethics of prescribing and selling products
 - Implement and develop resources on best practice for informed consent
 - Engage patients in health literacy in the internet age

- 2. Foundations of integrative medicine in practice**
 - Take a complete Integrative Medicine patient history
 - Co-design health in therapeutic partnerships with patients
 - Conduct appropriate physical examinations
 - Be present, create safety, communicate and listen effectively with all patients
 - Choose relevant laboratory tests through understanding the strengths and limitations of functional testing
 - Differentiate patients biochemical and genetic individuality and practice individualised care
 - Work collaboratively with practitioners of appropriate modalities to optimise patient outcomes

- 3. Foundations of Nutrition to patient care**
 - Design and implement health strategies to address imbalances using macro and micro-nutrients
 - Identify biochemical pathways and nutritional co-factors to achieve patient outcomes
 - Explain Nutrient/drug/herb interactions and utilise essential resources
 - Select appropriate tests and interpret results to develop treatment plans



- Demonstrate knowledge of common therapeutic diets including FODMAP, vegan, ketogenic, organic, Mediterranean etc.
- Design diets for people with food sensitivities, intolerances and allergies
- Describe interactions between diet and the genome (nutrigenomics)
- Demonstrate a working overview of dietary disciplines including dietitians, TCM, Ayurveda, nutritionists

4. Foundations of Phytotherapy

- Identify the role of traditional herbal medicine in practice
- Describe the principles of pharmacognosy
- Show a systems-based approach to herbal medicine to create health and wellbeing
- Work collaboratively with herbal practitioners
- Select appropriate products, quality, and potency
- Refer to reliable resources for herb/drug interactions

5. The Microbiomes

- Describe the scope and importance of the microbiomes in health and disease
- Assess and modulate the microbiome to treat disease and optimise wellness
- Summarise the different microbiomes eg gut, skin, mouth, vaginal, peritoneal, lymphatic etc. and their impact on health
- Select, order and interpret microbiome testing
- Recommend dietary and supplemental pre- and pro-biotics

6. An introduction to the gut in health and disease

- Contextualise a gastro-intestinal history in relation to a whole systems approach to health and disease
- Explain the concept of leaky gut to patients
- Analyse patients' diet and recommend functional foods to promote digestive health and wellbeing
- Define the role of the gut-brain connection
- Describe how the gut modulates immune system function
- Order and interpret appropriate testing

7. Genetics and epigenetics

- Demonstrate environmental influences on gene expression
- Describe epigenetic phenotypes and their effect on health and health risks



- Summarise current genetic testing and its potential relevance to clinical practice
- Design clinical interventions for patients at risk due to epigenetic variations

8. Integrative endocrinology

- Summarise the scope of effects from unbalanced HPA axis
- Describe the role of gut associated lymphoid tissue
- Select and interpret tests to assess endocrine balance
- Develop interventions that address conditions associated with imbalanced reproductive hormones
- Produce a comprehensive management plan for people at risk and with diabetes

9. Cardio-metabolic syndrome

- Explain the impact of insulin resistance and glucose intolerance in cardiovascular health
- Identify, explain and interpret appropriate testing
- Summarise lipid metabolism and demonstrate effective communication with patients about the various influential factors affecting cardiovascular risks
- Describe oxidative stress and its effect on cardiovascular health
- Interpret individual genetic and epigenetic factors in patients with high risks of cardiovascular disease
- Discuss prevention and reversal of cardiovascular disease including diet, exercise, digestion, psycho-environmental factors

10. Immunology and inflammation

- Summarise the changing evidence-based understanding of autoimmune
- Describe the etiological factors contributing to allergies, sensitivities and intolerances
- Identify appropriate tests, rationale and interpretation and interpretation
- Demonstrate and understanding of the interplay between psychological, neurological and immunological interactions in the development of disease states
- Describe the factors that contribute to immunodeficient states
- Consider genetic and epigenetic factors in a complex case

11. Pain, fatigue and sleep

- Undertake a comprehensive assessment for patients experiencing chronic pain, fatigue and sleep disturbances



- Describe biological mechanisms that cause and contribute to pain, fatigue and sleep disorders
- Identify modifiable behaviours and lifestyle factors to reduce symptoms
- Consider and address psychosocial distress and trauma that may contribute to pain, fatigue and sleep disorders
- Co-design a personalised treatment plan with measurable review

13. Mental Health

- Describe the contributing factors to the public mental health crisis
- Discuss consent and confidentiality and their limits when safety is an issue
- Assess individual biochemical, psychosocial, environmental, emotional and lifestyle factors
- Identify risk and ensure safety of patients with mental health disorders
- Design and individualised treatment strategy that addresses contributory factors and includes appropriate referrals
- Determine appropriate follow-up periods

14. Environmental Medicine

- Summarise the categories of environmental factors that contribute to disease and health
- Categorise the environmental influences on epigenetics and gene expression
- Take a comprehensive environmental history
- Summarise relevant environmental risks to patients
- Differentiate appropriate environmental testing
- Co-develop safe and healthy living environments in conjunction with patients
- Recommend evidence-based environmental interventions when appropriate

15. Self-care and building a supportive therapeutic team

- Describe the elements required to nurture and build a healthcare team and a supportive community
- Assess own needs and implement self-care strategies to nurture physical, emotional, and spiritual health
- Explain the elements to develop and maintain interpersonal professional relationships
- Embodying integrative competencies in self-care



Elective specialties

- Women's Health
- Conception, Maternity, and post-natal care
- Men's Health
- Paediatrics
- Youth Health
- Cognition and healthy brain – neuro-inflammatory/cognitive decline, brain retraining
- Healthy Ageing
- Lifestyle medicine
- Nature and health
- Integrative Oncology
- Chronic Infections