





Pediatric integrative medicine

Dr. Zahra Salehi

Pediatrician, PhD in traditional Persian medicine



- **Background**
- **Integrative pediatric training**
- **Integrative pediatric clinics**
- **Integrative pediatricians**





Background



Year	Event
<u>1995</u>	Ambulatory Pediatric Association establishes Holistic Pediatrics Special Interest <u>Group</u>
1998	Boston Children's <u>Hospital</u> establishes Center for <u>Holistic Pediatric Education and Research</u>
1999	First PIM <u>Conference</u> hosted by University of Arizona; Dr. Kemper's APA Presidential Address (<i>Holistic Pediatrics = Good Medicine</i>)
2000	Second PIM Conference hosted by Children's Hospitals and Clinics (Minneapolis) and University of Minnesota, <u>AAP</u> Task Force on CAM established and AAP NCE <u>CAM sessions start</u>
2004	First PIMLI Summit in St. Paul, MN; Pediatric Complementary and Alternative Medicine Research & Education (PedCAM) Network (Vohra) and <u>International</u> Pediatric Integrative Medicine (IPIM) <u>Network</u> (Rosen) started
2005	* <u>AAP Provisional Section</u> on Complementary, Holistic, and Integrative Medicine (CHIM) and Integrative Pediatrics Council (IPC) established *2005–2008 <u>International</u> PIM/Pangea conferences hosted by IPC



Background



Year	Event
2012	* University of Arizona Center for Integrative Medicine launches Pediatric Integrative Medicine in Residency (<u>PIMR</u>) curriculum; * AAP SOCIM name changed to Section on integrative Medicine (SOIM)
2014–2023	* consider integrative pediatrics as integral to the goal of the <u>WHO Traditional Medicine Strategy</u> * Some <u>online</u> training courses, specially by APIM
2019	<u>1st International Symposium on Integrative Pediatrics</u> , in Sao ~Paulo (Brazil), with representation from <u>ten different countries</u> - Argentina, Brazil, Canada, Chile, Colombia, Germany, Israel, Netherland, Switzerland and USA , adopted this declaration.
2024	<u>Online</u> course (tech)



2012-2015

PIMR curriculum (Pediatric Integrative Medicine in Residency)

100-hour to all residents over three years, a pilot project

At the University of :

Arizona, Stanford University, the University of Kansas, the University of Chicago, and Eastern Virginia Medical School/Children's Hospital of the King's Daughters.

integrative medicine, including:

nutrition, mind-body medicine, physical activity, sleep, environment, whole medical systems

provided opportunity for:

hybrid online-onsite program, small group discussions and peer support, informational seminars

class size from: 9 to 28 residents

2011

 The Pediatric Integrative Medicine (PIM)  program

was established at Stanford Children's Health 1st:

Motivation: growing interests of patients and their families

Survey: measure their knowledge of and interest in IM

Including: nurse practitioners, residents, fellows, and attending physicians)

Result: over 75% wished to learn more about IM.

Reason

to better advise their patients and families about safety and efficacy of supplements and mind-body Approaches (which they were already using)

need to knowledgably introduce evidence-based pediatric IM practices Into patient care.

2014

pilot online training curriculum

Stanford's pediatric residents began participating in the University of Arizona's Pediatric Integrative Medicine Residency (PIMR)

Pivotal step towards formalizing PIM medical education efforts at Stanford Children's to providing a foundation in PIM knowledge

The curriculum enabled residents to improve their own lifestyle and wellness behaviors

who wanted in-depth exposure to integrative medicine:
a two-week or four-week in-person rotation

2014

2 weeks

- four to five half-day clinic sessions
- 4 hr lectures: 1: plant-based nutrition and 2: mind–body medicine
- trip to a natural foods store with discussion of herbs
- choose one integrative modality to experience for themselves to improve their own health: Meditation, massage, acupuncture, and yoga

4 weeks

- In addition:
- complete the 100-h PIMR online curriculum

The Fellowship WellBeing Program

- seven-hour curriculum
- focuses on fatigue mitigation, self-care, resiliency, and stress mitigation for over 100 pediatric fellows
- emphasizes the use of breathing, movement, mindfulness and nutrition to help physician trainees find and maintain wellness.

2015

100-hour online curriculum At the Arizona Center for Integrative Medicine

After pilot PIMR in 2012,

Aim: (1) introduction to PIM; (2) review of foundational topics; (3) case-based IM management of common conditions

Authors: fellowship-trained integrative pediatricians

Onsite activities: case conferences, self-care assessments, and experiential seminars

Online: dialogues for questions and comments

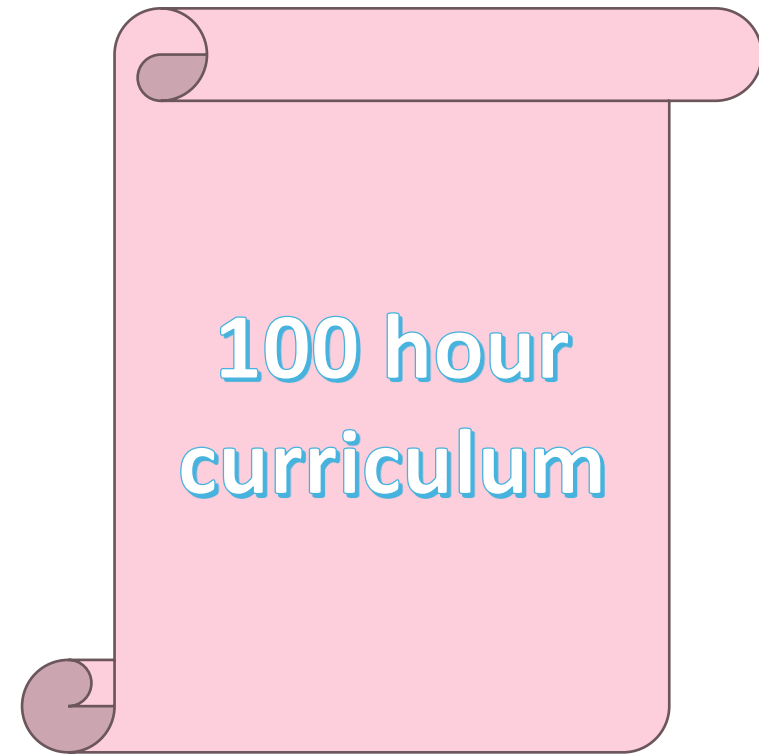
Measures: checklist

Participants: US medical school graduates (77%), osteopathic graduates, and 16% foreign medical school graduates

Result: 66% were interested in learning IM and 71% indicated interest in applying IM after graduation

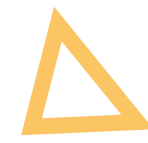
** in 2016 it reached >500 residents nationally and internationally

2015



Core Content	No. Hours
Introduction to Integrative Medicine	3
Introduction to Integrative Medicine	1
Medical Informatics	2
Self-Care	7
Introduction to Self-Care	1
Burnout & Stress	1
Mindfulness in Medicine	1
The Anti-Inflammatory Diet	2
Exercise & Sleep	1
Self-Care Wrap-up	1
Mind-Body	14
Introduction to Integrative Mental Health	6
Spirituality & Health Care	2
Mind-Body Medicine in Practice	6
Nutrition & Physical Activity	12
Nutrition Fundamentals	6
Nutrition Case Studies	5
Physical Activity for Children	1
Dietary Supplements	19
Micronutrients & Supplements: An Introduction	1
Vitamins & Minerals	7.5
Common Dietary Supplements	6.5
Botanical Foundations	4
Whole Systems	13
Whole Systems Introduction	5
Manual Medicine	8
Clinical Focus	32
Motivational Interviewing	3
Integrative Intake & Treatment Plan	3
Integrative Pediatric Neurology	5
Environmental Medicine: An Integrative Approach	6
Immunizations	1
Integrative Dermatology	4
Integrative Respiratory Health	10
TOTAL HOURS	100

**long-range visions for
PIM's next decade are outlined,
Hospitals, clinics, and academic centers promote:**



Based on work at
the 2015 and 2016 Summits

co-located PIM services

credentialing
nurses and/or other
providers and staff in:

biofeedback
Aromatherapy
clinical hypnosis
etc.

**Pediatric training
programs**

implementing the
PIMR curriculum
and
PIM fellowship
programs







2018

Stanford Children's

The first one-year clinical fellowship in PIM

Partnership with the University of Arizona Fellowship in Integrative Medicine

-  **General PIM** clinic precepted by the PIM faculty (average two half-day clinics per week)
-  **Subspecialty PIM** clinics (average two half-day clinics per week).
-  One to three-week **mini courses**—nutrition, mind–body, botanical medicine, and inpatient
-  **Teach pediatric residents** formally in several conferences per year

2018

weekly case conferences in the style of “Professor’s Rounds”

Attendees: General pediatricians, PIM subspecialty providers (GI, pulmonary, pain, rheumatology), massage therapists, acupuncturists, psychologists, mind–body intervention providers, and nutritionists.

Result: Offer their treatment recommendations (from their own unique perspectives), and these recommendations are provided to the patient at clinic follow-up.

2021,2023

Academy of Pediatric Integrative Medicine (APIM)

[Hilary McClafferty, MD](#)

Part 1. Foundations in Pediatric Integrative Medicine (100 level courses).

Part 2. Complementary Therapies in Pediatrics (200 level courses) *Coming Soon*

Part 3. Clinical Applications (300 level courses) *Coming Soon*

Part 4. Advanced Clinical Approaches (400 level courses) *Coming Soon*

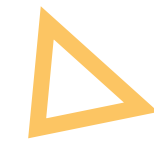
Part 5. Wellbeing, Resilience, and Thriving in Medicine (500 level courses) *Coming Soon*

Part 6. Business, Policy, Advocacy (600 level courses) *Coming Soon*

Part 7. Resources

Part 8. Academy Scholars Portal

2021,2023



Part 1. Foundations in Pediatric Integrative Medicine (100 level courses): \$ 395.00.



Course 101 Introduction to Pediatric Integrative Medicine

Course 102 Nutrition Fundamentals



Course 103 Sleep: Ages and Stages

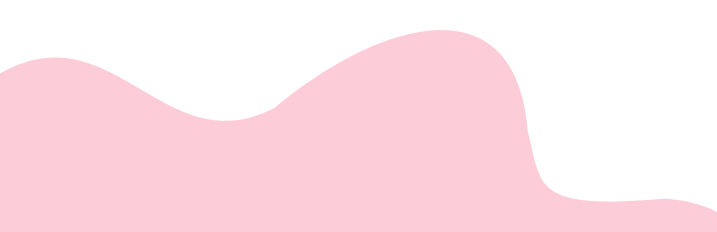
Course 104 Pediatric Physical Activity

Course 105 Mind-Body Medicine in Pediatrics

Course 106 Environmental Medicine and Children's Health

Course 107 Preventive Health: Integrative Anticipatory Guidance

Course 108 Meet the Experts Roundtable Case Discussion



101:

- Lesson 1- Overview
- Lesson 1- Quiz
- Lesson 2- Principles of Integrative Practice
- Lesson 2- Quiz
- Lesson 3- History of the Field
- Lesson 3- Quiz
- Lesson 4- Nomenclature
- Lesson 4- Quiz
- Lesson 5- Case Studies
- Lesson 5- Quiz
- Lesson 6- Evaluating the Evidence
- Lesson 6- Quiz
- Lesson 7- Why Do Parents Use Pediatric Integrative Medicine?
- Lesson 7- Quiz
- Lesson 8- Relevance in Modern Medicine?
- Lesson 8- Quiz
- Lesson 9- Who is Using Pediatric Integrative Medicine?
- Lesson 10- Strengths and Challenges of the Field
- Lesson 10- Quiz
- Lesson 11- Policy Update
- Lesson 11- Quiz
- Lesson 12- Education Updates
- Lesson 12- Quiz
- Lesson 13- Synthesis and Clinical Application
- Lesson 13- Quiz
- Wrap Up & Survey

2021,2023

The University of Arizona College of Medicine - Tucson and the Academy of Pediatric Integrative Medicine

Tucson is accredited by the ACCME to provide **continuing** medical education for physicians.

Passing the course requires completion of all lessons and a minimum 80% score on all course quizzes

Current CME approval period: **January 28, 2021- January 27, 2023.**

US\$610

Start: 08/05/**2024**

Diploma in Pediatrics and Advanced Integrative Medicine

Modality: 100% online

Hours: **200 hours**

Duration: 6 week

1. The Importance of the First 1000 Days

1.1.1. Environmental Medicine. Importance of Toxins in Pregnancy and Child Development

1.1.2. The Detoxification Processes

1.1.3. Supplementation and Nutrition in Pregnancy

1.1.4. Supplementation and Nutrition in the First Two Years of Life

1.1.5. Normal **Psychomotor Development** and its Alterations

1.1.5.1. Developmental Delay

1.1.5.2. ADHD

1.1.5.3. Autism and ASD

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medicine
UNITED STATES

2024

1.2. Supplementation and Nutrition in the Different Stages of Development



1.2.1. Supplementation and Nutrition in Preschool

1.2.2. Supplementation and Nutrition in Adolescents

1.3. **Integrative Approach** to the Main Pediatric Pathologies

1.3.1. Introduction

1.3.1.1. Mucosal Inflammation Syndrome

1.3.1.2. Support for Hepatic Detoxification



1.3.2. **Digestive Pathology**

1.3.2.1. Infantile Colic

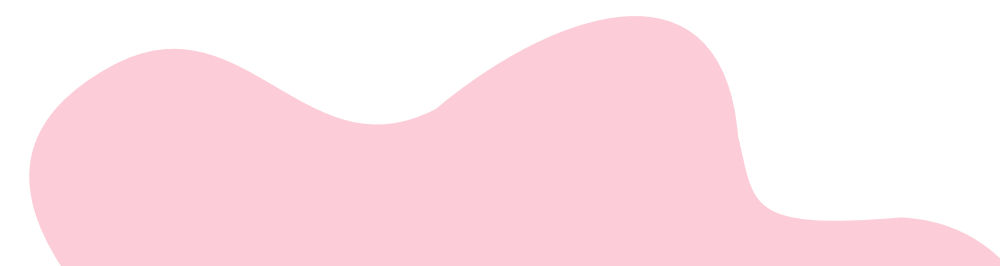
1.3.2.2. Constipation and Diarrhea

1.3.2.3. GERD

1.3.2.4. IBD and Celiac Disease

1.3.2.5. Hepatopathies

1.3.2.6. Intestinal Dysbiosis



2024

1.3.3. **Respiratory Pathology**

1.3.3.1. Bronchiolitis and Asthma. Respiratory Allergies

1.3.3.2. Infectious Pathology of the Respiratory Tract

1.3.4. Dermatitis and Skin Diseases

1.3.5. **Endocrine Pathology**

1.3.5.1. Obesity and Metabolic Syndrome

1.3.5.2. Diabetes

1.3.5.3. Hypothyroidism

1.3.5.4. Failure of Medro

1.3.5.5. Pubertal Disturbances

1.3.5.6. SOP

1.3.6. Autoimmune Pathology. Herpes Virus Infections

1.3.7. **Neurological Pathology**

1.3.7.1. Epilepsy

1.3.7.1. Pediatric Cerebral Palsy

1.3.8. **Children's Oncology**

1.4. Integrative Pediatric First Aid Kit

1.5. **School for Parents**

1.6. Children's **Mental** Health

1.6.1. Most Frequent Problems

1.6.2. Integrative Medicine Approach

70-hours online

The Andrew Weil Center for Integrative Medicine

at the University of Arizona

For: Pediatric residents in training.

Offers: Nutrition, dietary supplements,
mind-body medicine, environmental medicine...

First introduced in: 2013

(adopted nationally and internationally by pediatric residency programs such as Stanford University, Children's Hospital of Philadelphia, University of Arizona, and University of Southern California, to name a few.)



Integrative Medicine in Residency Sites

•The list of residency programs below are those that are currently incorporating the AWCIM Integrative Medicine in Residency into their training programs.

•[Children's Hospital of Los Angeles/USC \(Los Angeles, CA\)](#) - Jeffrey Gold, PhD

•[Children's Hospital of Philadelphia \(Philadelphia, PA\)](#) - Maria Mascarenhas, MD; Miriam Stewart, MD

•[Memorial Healthcare \(Hollywood, FL\)](#) - Ashwin Mehta, MD

•[Stanford Children's Hospital \(Palo Alto, CA\)](#) - John Mark, MD; Ann Ming Yeh, MD; Brenda Golianu, MD; Dana Gerstbacher, MD

•[University of Arizona \(Tucson, AZ\)](#) - Hillary Franke, MD; Rachel Cramton, MD

•[University of New Mexico Pediatrics](#) (Albuquerque, NM) - Diane Clawson, DO

•[University of Southern California \(Los Angeles, CA\)](#) - Roni Vasan, MD; Marc Weigensberg, MD; Suraiya Rahman, MD

•[University of Texas Austin Dell Med School Pediatrics \(Austin, TX\)](#) - Anna Pitts, MD

80 hours

Clinical

PIM RESIDENCY
ELECTIVE

CHLA PEDIATRICS



Integrative Pediatric Clinical Programs

Our team is well versed in the use of integrative medicine for a variety of health conditions with our pediatric patients at Children’s Hospital Los Angeles.

This includes the use of complementary and alternative medicine such as virtual reality, massage, and acupuncture in effort to reduce pain, anxiety, psychological distress and create a more positive environment for our young patients.

80 hours online curriculum that covers:

- Self-care and wellness
- Mind-body-spirit medicine
- Nutrition and physical activity
- Dietary supplements
- Whole system approaches to health
- Clinical focus modules on topics like respiratory health, dermatology, environmental health, and neurology



80 hours

integrative medicine modalities, including:

- Guided imagery
- Narrative medicine
- Meditation
- Mindfulness-based practices
- Nutrition/culinary medicine
- Yoga
- Acupuncture
- Massage
- Self-compassion practices
- Sound and music healing
- Spirituality and healing

At the completion of the elective, residents earn a certificate in Pediatric Integrative Medicine through the Arizona Center for Integrative Medicine.



Edmonton Clinic Health Academy- Canada

2 Weeks

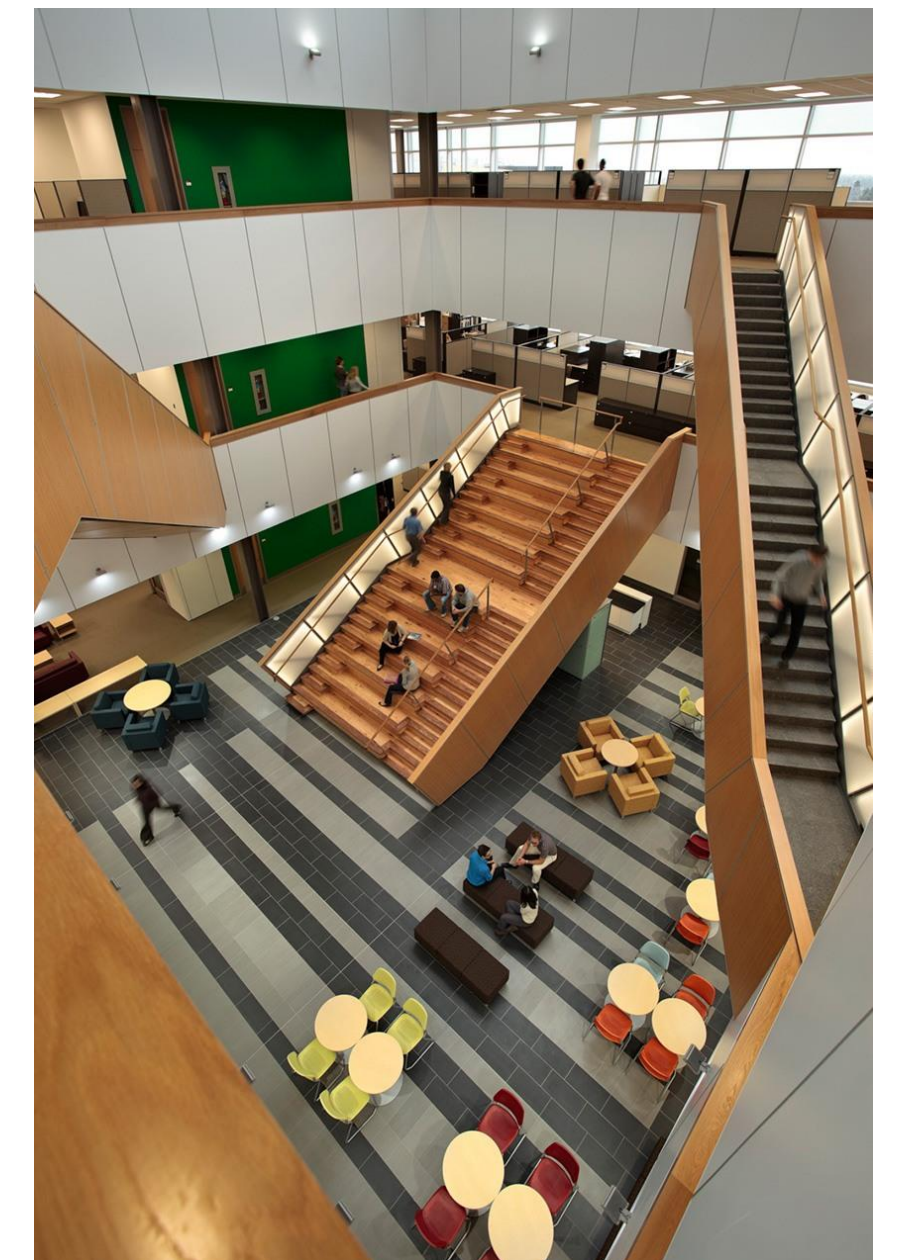
R1 Pediatrics

Introduction to the role and scope of integrative medicine and how physicians can integrate complementary healthcare approaches in diverse clinical settings.

Students will work under the supervision of Dr Jou.

Complementary modalities may include Traditional Chinese Medicine/acupuncture, yoga therapy, biofeedback, music therapy, art therapy, functional medicine, meditation, mindfulness based stress reduction (MBSR), etc

Direct patient care, such as history-taking and physical examination, will be supervised by physicians



AAP

The screenshot shows a web browser window with the URL <https://www.aap.org/en/community/aap-sections/integrative-medicine/>. The page features an advertisement for "Children's Mental Health and Hospitalization, a Crisis of Our Generation" and "Hospital Pediatrics" with a "READ THIS SPECIAL ISSUE" button. The navigation menu includes: AAP Home, Policy, Advocacy, PediaLink, Patient Care, Practice Management, Community, Healthy Children, More, shopAAP, Create Account, Login, and Explore AAP. The main content area is titled "Section on Integrative Medicine (SOIM)" and includes a breadcrumb trail: Home / Community / AAP Sections / Section on Integrative Medicine (SOIM).

Dues/year:
Medical Students - \$0*
Resident Members - \$10*
All other accepted National member types-\$25*

SOIM Presents Live Webinar:
Snooze to Lose the Pain:
Headaches and their
Relationship with Sleep

annual section scientific and business meetings at the National Conference
Biannual e-newsletter and other education materials

Integrative pediatric clinic





Integrative Medicine

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APPOINTMENTS & ACCESS



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Ohio, Florida:

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Acupressure

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Osteopathic

Manipulation

Pain Management

Reiki

Therapeutic Touch

Yoga

Integrative consultation

Integrative Pediatrics



Consultation is available for:

- **ADHD** and **autism**
- Acute and chronic **pain** management;
- **Complex chronic** medical problems; and
- Some **emotional** or bio-behavioral problems (anxiety, bed wetting, and others)



Integrative Medicine

At Phoenix Children's, we believe in treating the whole child. Through Integrative Medicine, we focus not only on the diagnosed condition, but all factors that influence health. We use evidence-based approaches that complement more conventional medicine. These approaches optimize the full spectrum of health, personalizing care that promotes prevention, healing and overall wellness.

<https://www.phoenixchildrens.org/centers-programs/integrative-medicine>

602-933-4560

EMAIL

IntegrativeMedicine@phoenixchildrens.com

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United States

Children's Hospital of Orange County (CHOC), California



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CHOC is the only hospital in the region to offer pediatric-focused integrative health services and we have done so since 2002. Once considered complementary or alternative medicine, techniques ranging from acupuncture to hypnotherapy to massage are now considered standard of care, and are provided by a licensed traditional Chinese medicine practitioner, pediatric psychologists, child life specialists and other pediatrics-trained professionals. These treatments are proven to help relieve symptoms and improve well-being, creating not only a better quality of life for our patients, but a better environment for healing to take place.



At Cannizzaro Integrative Pediatric Center, we practice functional, evidence-based medicine. Integrative pediatrics combines evidence-based conventional medicine with evidence-based complementary medicine, providing the most effective and least invasive way to treat your child. When sickness occurs, we believe in treating the root cause of your child's illness and prescribing pharmaceutical drugs only when necessary.

Our office is conveniently located in Central Florida at 357 Wekiva Springs Road, Longwood, Florida 32779. We invite you to call our friendly staff at 321-280-5867 to schedule an appointment. Tour our pediatric clinic and meet your holistic providers! We are accepting new members and referrals.

Why SJD Barcelona Children's Hospital?

We are a pioneering unit in Spain **inspired by reference centres for pediatric oncology** in the United States, where integrative oncology has been part of the service portfolio for years and is an indicator of **healthcare excellence**.

This is the case for [Boston Children's Hospital](#), the [Memorial Sloan Kettering Cancer Center](#), the [Dana-Farber Cancer Institute](#) and the [Presbyterian Children's Hospital](#).

We stand out from other centres in our country because we offer **complementary treatments integrated into the therapeutic plan** in a safe environment. We work with [highly trained professionals](#) with the aim of improving the quality of life of patients and helping families avoid unnecessary travel, expenses, or unwanted effects.





Integrative pediatricians

Integrative pediatricians



**Dianne
McNeill**



Anu French



**Hilary
McClafferty**



Kathi Kemper

Kathi Kemper

H-index: 60

Articles: 392

The Director of the Center for Integrative Health and Wellness at the **Ohio State University** and a Professor of Pediatrics. She is a graduate of the University of Chicago (where she majored in Human Behavior), UNC-Chapel Hill (for MD, MPH and Preventive Medicine residency), and the University of Wisconsin Pediatric Residency.

The faculty of the University of Washington, Yale, and Harvard University, and has founded three Centers for Integrative Medicine: Boston Children's Hospital, Wake Forest University, and the Ohio State University.

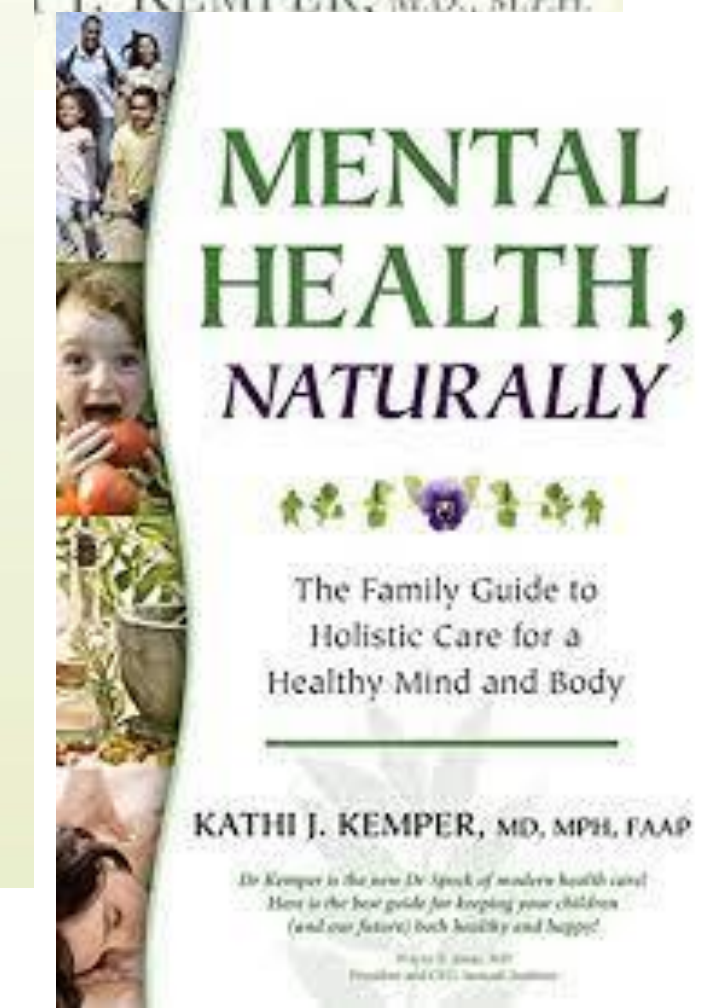
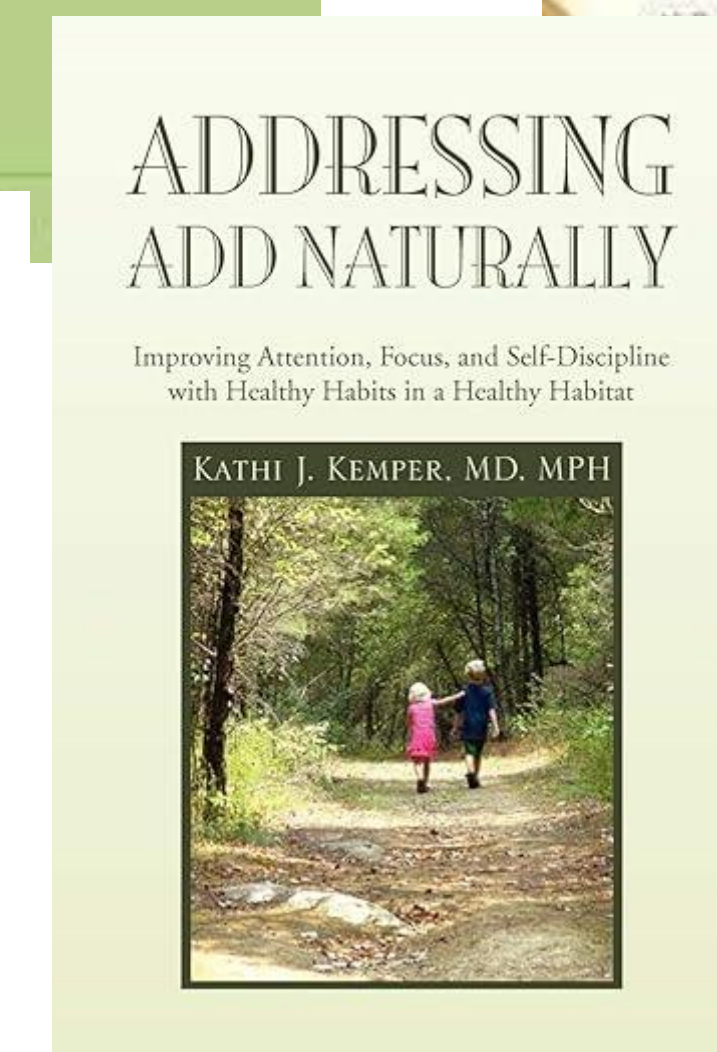
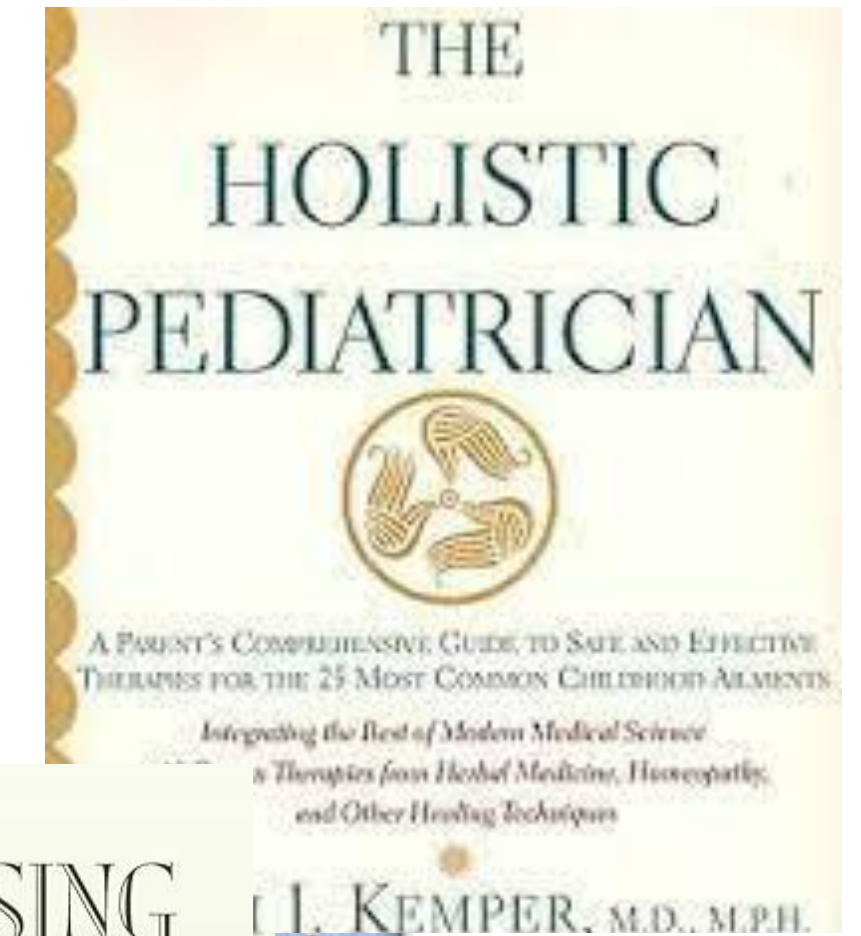
Past President of the Academic Pediatric Association.

Founded the American Academy of Pediatrics Section on Integrative Medicine.

Is recognized internationally as the founder of the field of integrative pediatrics,

and is frequently consulted by media including the New York Times, Chicago

Tribune, Newsweek, ABC News, the Wall Street Journal, Redbook, and USA.



Hilary McClafferty ▾

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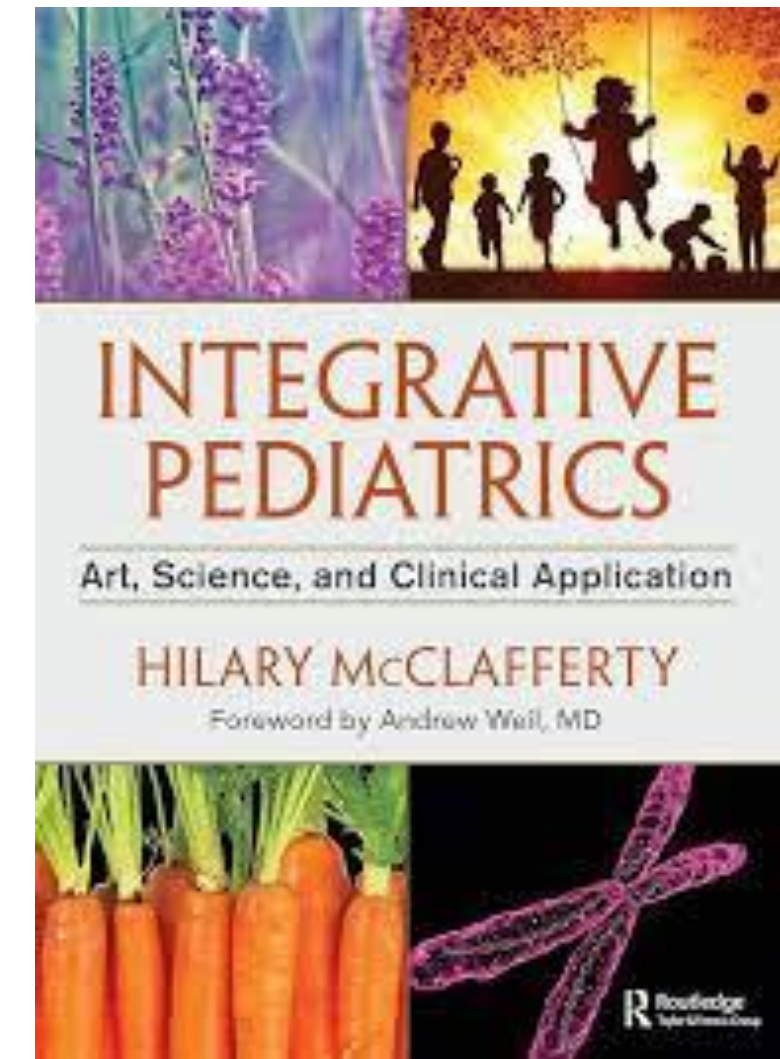
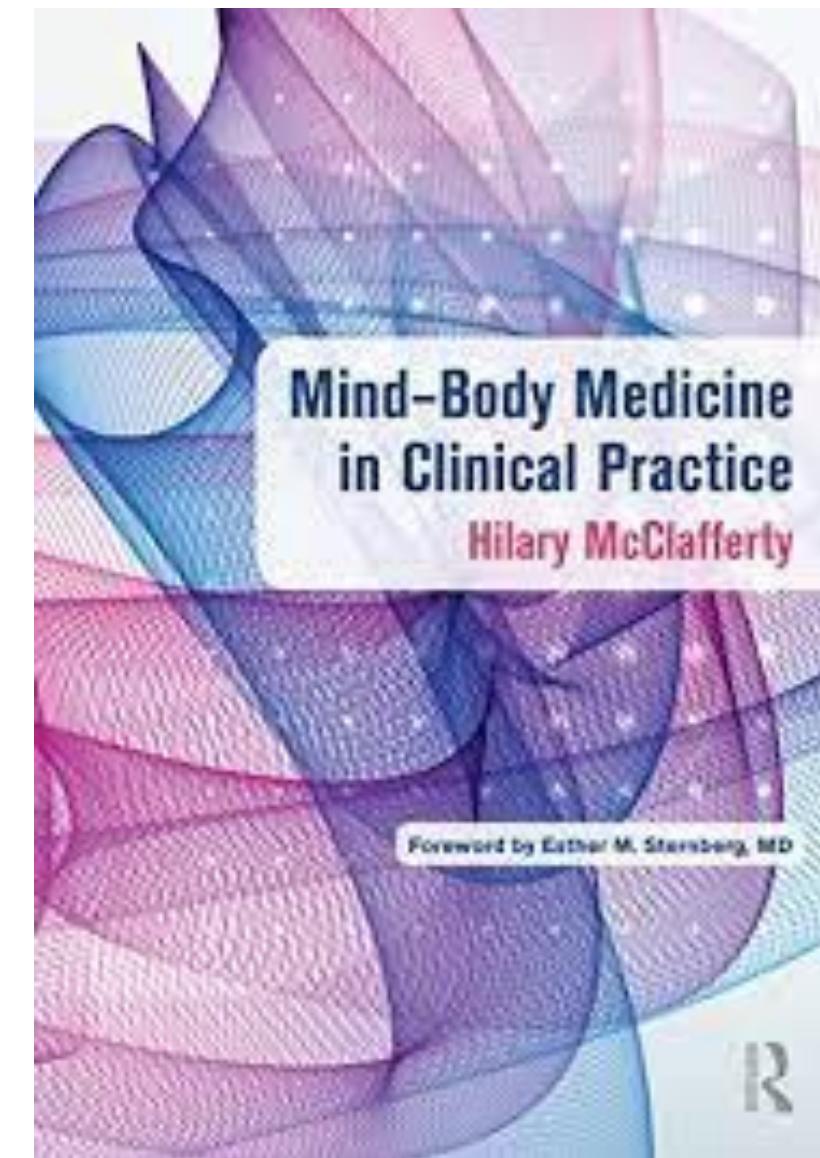
Articles: 54

Associate Professor Medicine, [University of Arizona](#)

Board certified in pediatrics, pediatric emergency medicine, and integrative medicine

Writes and speaks nationally on physician well-being, stress management and coping skills in medicine. ○

Founding member of the American Board of Integrative Medicine, Founding Director of PIMR program, University of Arizona, College of Medicine, Associate Professor, College of Medicine University of Arizona (through 2018), and Medical Director, Pediatric Emergency Medicine, at Tucson Medical Center, Tucson, Arizona.



Anu French

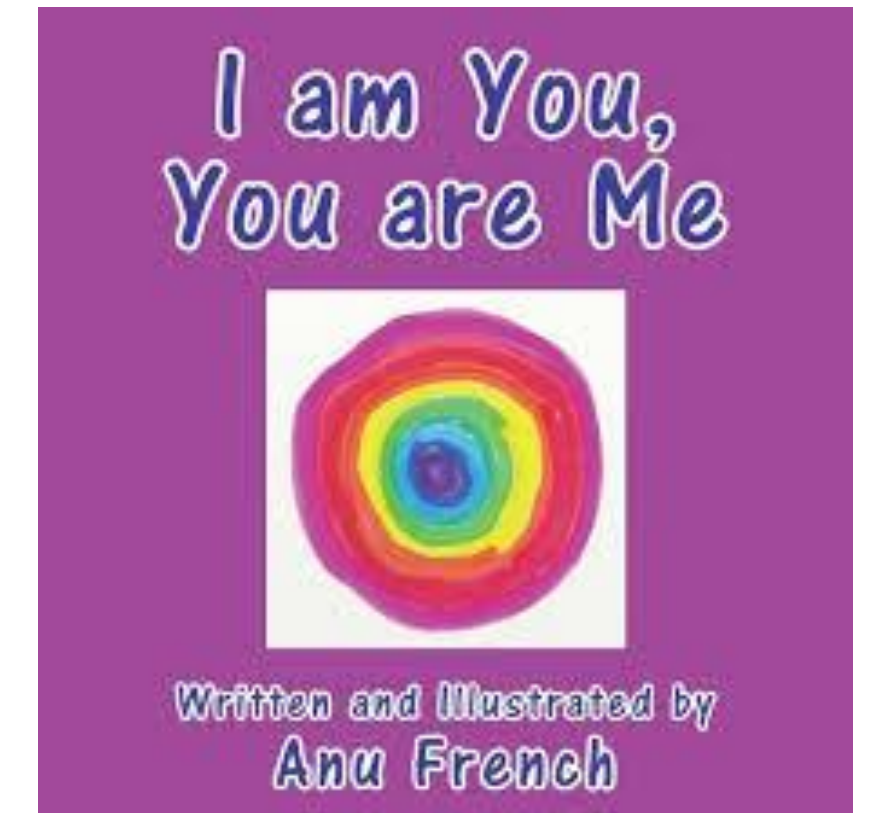
A member of the AAP's Pediatric Integrative Medicine Leadership Initiative .

She has completed a pediatric residency at The Children's Hospital of Michigan, a fellowship in Integrative Medicine through Dr. Andrew Weil's Center for Integrative Medicine/University of Arizona, an Integrative Psychiatry Fellowship through the Integrative Psychiatry Institute/University of Colorado and Advanced Pediatric Training through the IFM (Institute for Functional Medicine).

Office: SSM Health Cardinal Glennon Pediatrics in [St.Louis, Missouri, United States](#), and teaches community electives in Integrative Pediatrics and Nutrition.

She offers community workshops on Mantra sound healing, and mindful art

Activity: Yoga, mind body, meditative music CD 'Wake Up My Divinity'



Dianne McNeill

Was born and raised in Western Pennsylvania

Medical school at University of Pittsburgh

Completed her residency in Pediatrics at San Antonio Texas

A staff Pediatrician at Womack Army Medical Center in Fort Bragg

A Fellowship in Integrative Medicine with the Arizona Center for Integrative Medicine at the University of Arizona which she completed in 2020.

In 2023: Certification in Lifestyle Medicine. This certification focuses on the mastery of the science of preventing, treating, and reversing disease in an evidence-based manner from the **American Board of Lifestyle Medicine**.

Address: Cornerstone Pediatrics, [Chesapeake, Virginia, United States](#)

Activity: Taekwondo & Yoga





zsalehipediatric@gmail.com



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Thank

You