

INTEGRATIVE MEDICINE IN RESIDENCY

Integrative Medicine in Residency IMR 2026 Curriculum Overview

Core Content	Content Hours
IMR Orientation	2.25
Orientation	0.25
Introduction to Integrative Medicine	2
Integrative Medicine Professionalism	15.25
Healthcare Professional Wellbeing (2026-2028)	12.25
Anti-Racism in Integrative Medicine	3
Integrative Lifestyle Interventions	20.5
Introduction to Nutrition	5.5
The Anti-Inflammatory Diet (2026-2028)	3.25
Physical Activity in Health	3
Integrative Sleep Health	5
Integrative Environmental Health: An Introduction (2026-2028)	2
Pediatric Immunizations	1.75
Foundations in Supplements	13.25
Micronutrients & Supplements: An Intro	2.5
Vitamins	2.75
Minerals	2.25
Common Dietary Supplements	3.25
Botanicals Introduction	2.5
Foundations in Mind-Body Medicine	10.25
Introduction to Mind-Body Medicine	1.5
Stress, Relaxation and Health	2
Mind-Body Modalities	6.75
Systems and Approaches in Integrative Medicine	6.5
Integrative Assessment and Treatment Plan	1
Whole Systems Introduction	3.75
Intro to Microbiome	1.75
Clinical Application of Integrative Medicine	42.75
Women's Health	6
Topics in Obesity (2025-2027)	3.75
Integrative Diabetes Care	3.5
Integrative Pain Management: Foundations (2026-2028)	1.75
Integrative Mental Health: An Introduction	2.75
Anxiety: An Integrative Approach (2024-2026)	4.75
Depression: An Integrative Approach (2026-2028)	6.5
Integrative Pediatric Neurology: ADHD	4
Integrative Gastroenterology	5.5
Integrative Cardiology (Hypertension & Dyslipidemia)	4.25
Final Assessments	TBD
Total Content Hours	110.75