



Care.
heal.

Osher Center for
Integrative Medicine
University of California, San Francisco
Annual Report 2014–15



Letter from the Director

Dear Friends,

As the US health care system undergoes historic change, the need for evidence-based, person-centered, holistic care has reached unprecedented levels. At the UCSF Osher Center for Integrative Medicine, we are committed to addressing this challenge by infusing the principles of integrative medicine into patient care, education, and research.



I am delighted to report on the UCSF Osher Center's activities and accomplishments over the last year. In the pages that follow, you will learn more about the contributions that the Osher Center is making toward transforming health care, health professions education, and health research. Here are just a few highlights of our pioneering work.

Our clinic, education, and research programs collaborated closely on the development of a new Clinical Fellowship in Integrative Medicine, which began its pilot year in July 2015 with two inaugural fellows and has already generated strong interest across the country.

In a close collaboration between the research and clinical programs, we examined the impact of providing an inpatient acupuncture service at the UCSF Medical Center at Mount Zion. We found that providing acupuncture was associated with statistically significant decreases in pain and improvements in mobility and overall sense of well-being. Based on these findings, we established an Inpatient Integrative Medicine Service for Mount Zion patients, which we are working on expanding to the Mission Bay and Parnassus campuses in the coming year.

We created required content in integrative medicine for the UCSF School of Medicine's new curriculum, the Bridges Curriculum, to ensure that future physicians are prepared to provide evidence-based, whole-person care. Today's medical students require a high level of engagement and sophistication with real-world challenges in order to improve health care for future generations of patients. As a direct result of Osher Center involvement, the Bridges Curriculum, which will launch in August 2016, includes two entirely new required courses focused on the context of health and health care, as well as the individual experience of health and illness.

In the past year, our research program has completed one of the most rigorous and extensive studies ever conducted on the metabolic and immunologic effects of meditation. We examined the effects of adding mindful eating to diet and exercise for obesity, as well as the effects of mindfulness training on stress, mood, and immune responses.

In addition to these programmatic advances, we are growing our wonderful team of Osher Center faculty and staff. We augmented our Pediatric Neurodevelopmental Program with a psychologist and an integrative nutritionist and began the search for new faculty members, including two Chinese medicine practitioners and three physicians



with integrative medicine expertise in oncology, physical medicine and rehabilitation, and internal medicine.

Sadly, this year also marked the death of one of the Osher Center's dearest friends, Ellen Hughes, MD, PhD.

Dr. Hughes was acting director of the Osher Center from 1998 to 2001, as well as the first Osher Center director of education. She was not only a key figure in the establishment and shaping of our center, she was also a brilliant and caring clinician, educator, and

mentor – and one of the pioneers of truly integrative medicine. Dr. Hughes' wisdom, insight, humor, and mindfulness are missed, but she continues to inspire us, both through the way she lived her life and through her approach to the naturalness of death.

I want to thank everyone who is part of the Osher Center community – the faculty and staff, as well as our colleagues and collaborators across UCSF – for working together with such dedication and devotion toward our common goal of advancing and promoting health and wellness for all. I also want to acknowledge and thank the growing group of supporters who enable our progress in integrative medicine by making the Osher Center a focus of their philanthropy.

I invite you to learn more about our Osher Center family and programs at osher.ucsf.edu.

Shelley R. Adler, PhD
Interim Director and Director of Education

Clinical Program

The Osher Center clinical program provides an integrative approach to patient care, blending evidence-based healing traditions with the best of conventional medicine. The program's caring practitioners emphasize disease prevention, patient empowerment, and healing the whole person.

Our program has more formally trained, integrative physicians from diverse disciplines than any other program in the country. The team includes integrative family physicians, oncologists, and pediatricians; an integrative psychiatrist; a manual medicine physician; and an Ayurveda specialist. Additional services include acupuncture and other forms of traditional Chinese medicine, biofeedback, guided imagery, massage therapy, nutrition, psychotherapy, and yoga.

The Osher Center Clinical Practice's mission is to:

- transform health care by delivering the highest-quality integrative medicine services to each patient
- launch precedent-setting integrative clinical services throughout UCSF
- provide expertise and infrastructure for clinical research and education
- educate colleagues and the general public about the benefits of integrative medicine locally, nationally, and internationally
- develop a financially sustainable model for the delivery of integrative medicine services



Present Focus and Emerging Directions

The clinical program has three key emerging initiatives: to develop an inpatient Integrative Medicine Service within UCSF Health, to launch a Clinical Fellowship in Integrative Medicine, and to establish new models of clinical service to ensure financial sustainability in today's rapidly evolving health care environment.

Clinical Services

Patient demand for services at the Osher Center Clinical Practice is strong, with the number of patient visits significantly growing over each of the past several years, including a 38 percent increase in the last year. Integrative physician visits accounted for 53 percent of



patient visits this past year, while acupuncture accounted for 35 percent. Biofeedback, massage therapy, psychotherapy, and women's health visits accounted for the remaining 12 percent of patient visits.

Public Education Classes

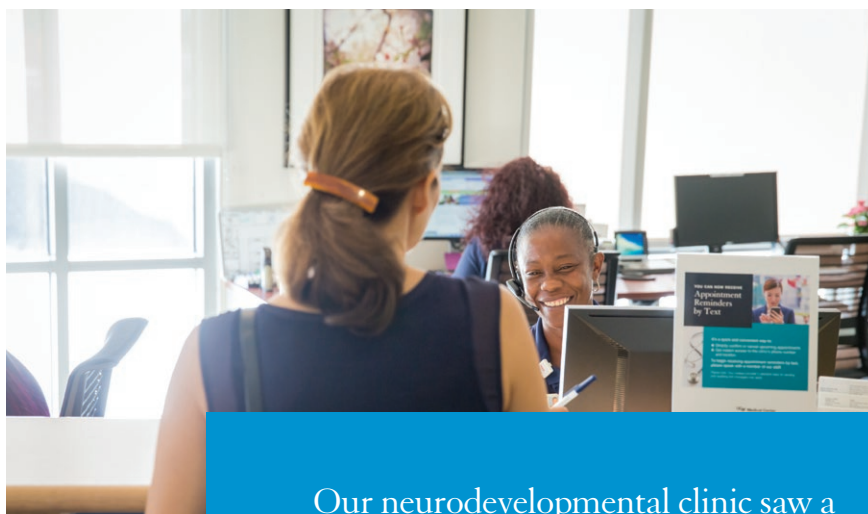
The center offers classes that are open to patients, members of the UCSF community, and the general public. These programs are an efficient way to educate people regarding techniques for maintaining health and managing illness.

Patients who come to the Osher Center for treatment are often referred to these public education classes as part of their individualized treatment plan. Conversely, many people begin their experience at the Osher Center in group programs and then return to be seen individually in the clinic. These classes served more than 2,100 learners in the past year.

Clinical Grants

This year, we received grants to support direct services to patients who are suffering and in great need of the services provided by the Osher Center Clinical Practice. Grants went to the following:

- Campus–community partnership with Larkin Street Youth Services
- Pediatric Neurodevelopmental Diagnostic and Treatment Service
- Community Care Fund for low-income patients to receive treatment in the Osher clinic
- Public education programs: Medical Yoga for People with Cancer, Laughter Yoga, and Prepare for Surgery



Our neurodevelopmental clinic saw a 5-year-old boy with autism who had very little language and did not relate to or play with family members. He had chronic eczema and congestion. We instituted a gluten-free, casein-free diet, which yielded dramatic results. “Ever since we started this diet it has been phenomenal,” says the boy’s mother. He is talking more, sharing thoughts with his parents, doing more pretend play, and wanting to play more with his brother. His congestion and eczema have also improved. We continue working with nutritional and other safe methods to help this child and family improve, thrive, and perhaps recover from a serious developmental syndrome, for which conventional medicine offers limited treatment options.

Clinical Education and Training

Clinical Fellowship in Integrative Medicine

This year marked the major planning phase for a new Clinical Fellowship in Integrative Medicine training program, which will enhance the training of future generations of integrative medicine physicians, with a goal of becoming one of the best and most innovative programs of its kind.

After an initial pilot year, which began in July 2015, three to four fellows will participate in a one-year training program, composed of a full curriculum in all aspects of integrative medicine, as well as hands-on clinical training. A unique aspect of this program is the pairing of clinical fellows with Osher Center specialists from diverse clinical disciplines – for example, oncology, pediatrics, or psychiatry – to provide highly specialized training.

Integrative Medicine Teaching Clinic

This program has expanded to encompass both pediatric and adult clinics, with residents rotating one-on-one with Osher Center Clinical Practice physicians and other practitioners to develop a broad range of integrative medicine skills and knowledge. The residents also are taught how to acquire and integrate clinical information from multiple sources to create effective treatment plans and manage cases. More than 110 residents from family medicine and internal medicine at UCSF, fellows from other medical specialties at UCSF, and residents from other US and international programs have participated.



Looking Ahead: Challenges and Plans

The vision for the Osher Center clinical program is to continue to grow and to provide the highest-quality integrative care for everyone seeking these services, regardless of their socioeconomic status. Achieving this will require additional practitioners and philanthropic support as well as clinic space.

The clinical program continues to provide services throughout UCSF, embedding its practitioners in both the inpatient and outpatient settings on various campuses with plans to expand these services in the near future – such as to inpatients awaiting bone marrow transplants, outpatients receiving chemotherapy, and children with a wide variety of acute and chronic disorders. The clinical program will continue to integrate its own delivery of care with strong collaborations between its practitioners and the Osher Center's education and research programs.

Education Program

The goal of the Osher Center's education program is to build on the center's many strengths in order to develop and deliver programs that teach UCSF learners the fundamentals of integrative medicine and ultimately improve the health and wellness of individuals, families, and communities, while promoting health equity.

The education program is dedicated to enhancing health and wellness for all people through:

- health professions education and training
- curriculum development
- mentoring
- leadership
- education research in integrative medicine

Present Focus and Emerging Directions

Preparing 21st Century Integrative Health Professionals

Social and structural inequalities in health care, together with social and behavioral factors that are determinants of health outcomes, present ongoing challenges. They also represent key intervention opportunities. The education program's vision is for all members of society to have access to care that is patient centered, safe, effective, efficient, and cost conscious. The goal is for all health professions graduates, regardless of future specialty, to acquire basic knowledge and skills in integrative medicine and for these future health care practitioners to be prepared to promote population health and advance diversity to achieve health equity.

Integrative Palliative Care and End-of-Life Education

Palliative care is any form of health care or treatment that reduces the severity of disease symptoms, helps to prevent and relieve suffering, and improves the quality of life of people facing serious illness. We have developed a unique, collaborative education program for professional



and lay caregivers that is designed to increase competence and confidence, as well as decrease high rates of burnout. This effort builds on the Osher Center's expertise in educational program development in integrative medicine, health professions training, interprofessional teamwork, and health equity issues. Its goal is to achieve optimal healing and well-being by providing person- and family-centered, evidence-based, relationship-based care.

Recent and Current Projects

Integrative Medicine in the UCSF Medical School Curriculum

The Bridges Curriculum – a bold redesign of the UCSF medical school curriculum – has presented a unique opportunity for integrative medicine to be further incorporated into core content. The Osher Center education program is integrally involved in the development of the foundational sciences

“ I can't tell you how much your integrative medicine class helped me and, by proxy, my future patients. I understand the need for my own self-care, which will help prevent burnout and allow me to be and remain empathetic to my patients. ”

— Nursing doctoral student

element of the new curriculum. Osher Center Director of Education Shelley Adler, PhD, is serving as co-chair of the Foundational Sciences Committee, the group charged with overseeing the development of the curriculum's core scientific content, including integrative medicine. For the first time, the curriculum will include eight weeks of content on the societal context of health and health care, as well as the individual experience of health and illness. The new curriculum emphasizes learning health-promoting and wellness-maintaining approaches, not just curative strategies.

Interprofessional and Team-Based Integrative Medicine

The education program is in the final year of a five-year, National Institutes of Health (NIH)-funded study to develop, implement, evaluate, and disseminate a multidisciplinary, interprofessional curriculum in integrative medicine. A key outcome of this study is the creation of a new UCSF Interprofessional Standardized Patient Exercise (ISPE) – a requirement for all third-year medical, nurse practitioner, pharmacy, dental, and physical therapy students. The ISPE is designed to provide health professions students with a structured learning



“ I now understand that there is no uniform definition of healing. It takes on multiple forms in the world. Each patient that we will encounter possesses an individual idea of what form healing should take. ”

— Fourth-year medical student

experience working within an interprofessional health care team. The education program is collaborating with colleagues in geriatrics and palliative care to develop an integrative medicine case for the next round of ISPE.

Integrative Medicine Elective Courses

The Osher Center offers annual courses to all UCSF students and trainees. Among the most popular courses taught this past year were:

- **Integrative Approaches to End-of-Life Care**, an 80-hour course that offers students the opportunity to learn about cultural and historical aspects of integrative, end-of-life care, as well as to learn methods of self-care to teach patients and also practice themselves.
- **Interprofessional Approaches to Integrative Medicine**, an 80-hour course that includes an overview of the sociocultural context of integrative medicine, didactic and experiential sessions with integrative practitioners, and community preceptorships.

“ I feel more freedom to follow my dreams and pursue healing in medicine. I have gained skills to think about the meaning of how medicine is practiced and to consider it within cultural, economic, and political influences. I am excited to pursue integrative and community-oriented practice and not settle for the status quo. ”

— Fourth-year medical student

- **Complementary Paths of Healing**, a student-run elective sponsored by the education program that provides an introduction to several major complementary health systems through lectures, group discussions, and hands-on activities.

Implementing a Collaborative Education Program in Integrative Palliative and End-of-Life Care

The education program is strengthening the Osher Center's campus-community partnership with Zen Hospice Project by extending and enhancing its highly successful educational programming in integrative palliative care. This work focuses on the intersection of integrative medicine and palliative/end-of-life care and includes:

- **Caring for the Caregiver**, a training program for direct-care workers (nursing assistants, home health aides, personal care aides) who provide care to people at the end of life. The Mount Zion Health Fund (MZHF) supported the development of this curriculum through a Campus-Community Partnership Award (the second MZHF grant awarded to the Osher Center education program/Zen Hospice team). The two-day curriculum was successfully piloted at the Osher Center with local direct-care workers and is currently being adapted for delivery through San Francisco In-Home Supportive Services, an organization that helps elderly people and people with disabilities live safely and independently in their homes.
- **The Mindful Caregiver: Caring for Self and Other**, a two-and-a-half-day workshop for informal caregivers (family and friends) who care for loved ones at the end of life. The workshop includes didactic and experiential sessions on integrative techniques, including mindfulness and meditation, as a means of increasing compassion and resiliency when caring for people with chronic or terminal illnesses.



Looking Ahead: Challenges and Plans

The education program is poised to begin a new strategic initiative: online education. By transforming elements of its highly successful curriculum in integrative medicine into an online format, the program will more efficiently and compellingly present key integrative medicine information to UCSF students and trainees, and share its educational offerings with a much broader range of learners at UCSF and beyond.

Few traditional mechanisms exist to financially support integrative medicine education. Because funding opportunities emphasize curricular creation and do not provide ongoing funds to implement and sustain innovations, philanthropic support for the education program is critical.

The future of integrative health care demands new approaches to shaping the minds and hearts of health professionals, including new curricula, new teaching methods, new collaborations, and a renewed emphasis on patients' and health professionals' wellness. As a recognized leader in integrative medicine education, the Osher Center education program is strategically positioned to drive health professions education to the next level of excellence.

Research Program

The overall goal of the UCSF Osher Center research program is to strengthen the scientific evidence base for integrative medicine by achieving the following core aims:

- rigorously test the effectiveness and safety of integrative medicine approaches for the prevention and treatment of specific conditions, with a focus on issues for which conventional pharmaceutical or surgical treatments have significant limitations, such as pain, mood regulation, stress management, and obesity
- determine the mechanisms of action of integrative medicine treatments, especially where interaction between mind and body is involved
- assess how best to use technological, behavioral, and integrative medicine tools, including diet and exercise, to achieve healthy lifestyles

“The patients who have gotten acupuncture on the floor as part of the study loved it. That was the thing that they looked forward to every day.”

— Practitioner

Present Focus and Emerging Directions

The Osher Center is one of the world's leading centers for research in the field of integrative medicine. The research program conducts rigorous scientific research on treatments that address patients' health and wellness, including biological, psychological, social, and spiritual aspects. The center's researchers seek to improve the current understanding of how treatments work and how well they work, thereby advancing the evaluation of

integrative medicine approaches, as well as the inclusion of effective approaches in mainstream medical care.

Key areas of focus include:

- **Mind–body health approaches:** The research program focuses on the effects of meditation, mindfulness-based interventions, and yoga.
- **Integrative exercise and lifestyle changes:** Chronic disease is the cause of many of the most critical health issues facing this country, and lifestyle changes are central to improving health outcomes.
- **Mechanisms of action:** The goal of this effort is to understand the physiological effects of a given therapy, such as meditation, on the neuroendocrine, immune, respiratory, and metabolic systems of the body.
- **Integrative oncology:** Integrative approaches are needed to assist in managing the side effects of cancer treatment and for coping with associated stressors, such as fear of recurrence.
- **Integrative medicine in underserved communities:** Integrative medicine can offer cost-effective ways to enhance medical care and may help with disorders frequently seen in this setting, such as diabetes and heart disease.
- **Preparing the next generation of researchers:**

The research program has a highly successful postdoctoral fellowship program – the Training in Research in Integrative Medicine program, sponsored by the National Center for Complementary and Integrative Health at the NIH – that prepares physicians and PhDs for research careers. This





year, we received 11 applications from highly qualified medical students for one predoctoral fellowship position.

Recent and Current Projects

- **Pragmatic Research Trial of Acupuncture Extended to Inpatient Services (PRAXIS) study:** In collaboration with the clinical program, we examined the impact of providing an inpatient acupuncture service at UCSF Medical Center at Mount Zion. The study found that providing acupuncture was associated with statistically significant decreases in worst pain experienced during the previous 24 hours and improvements in overall sense of well-being and mobility. We are seeking to extend this important work through new grant proposals to the NIH and to the Patient-Centered Outcomes Research Institute (PCORI).
- **Supporting Health through Integrating Nutrition and Exercise (SHINE) study** on the metabolic and immunologic effects of meditation: This five-year project was one of the most rigorous and extensive studies of the effects of mindfulness meditation to

“Acupuncture made me feel better overall, gave me some relief from my headache and nausea. It was positive therapy... There’s an invisible barrier in the hospital. The surgeon doesn’t want to touch you. It’s a weird thing that Western medicine has decided: ‘We’re happy to write you a prescription, but we won’t rub your shoulders.’ It’s easier to throw a prescription at it. It’s harder to take the time to relate to a patient and give them a feeling of comfort. It seems backwards.”

— Patient

date. The substantial data generated on the effects of adding mindful eating to diet and exercise for obesity and the effects of mindfulness training on stress responses, mood, and immune responses, led to three peer-reviewed publications in 2015.

- **National leadership in the 2016 International Congress on Integrative Medicine and Health:** This gathering has emerged as the foremost meeting nationally and internationally for research in integrative medicine. The 2016 meeting is being expanded to better encompass clinical, education, and health policy areas. UCSF Osher Center leadership is playing a key role in this meeting; Rick Hecht, MD, serves as Organizing Committee chair and Shelley Adler, PhD, serves as co-chair for education topics on the Program Committee.
- **New NIH Planning Grant to develop a yoga intervention for sleep disturbance during cancer chemotherapy:** Anand Dhruva, MD, an Osher Center research oncologist, has successfully obtained NIH funding for a new study on the use of yoga for control of symptoms during chemotherapy.



Looking Ahead: Challenges and Plans

The past decade has seen a 25 percent decrease in NIH funding for research nationwide. The Osher Center is increasingly looking to philanthropic support for its research efforts. To date, philanthropy has provided crucial funding for pilot studies that provide the important initial data needed for us to submit competitive NIH grant proposals. Pilot grant funding also helps strategically advance the work of fellows and junior faculty.

The research program has successfully supported junior faculty members in obtaining career development awards from the NIH. We continue to work with junior faculty members as they transition from mentored awards to independent research funding – an especially challenging transition, given the difficult climate for NIH funding.

Funders

We are grateful to the individuals, families, and organizations that provided generous and vital support over the past year to help us advance the UCSF Osher Center for Integrative Medicine's clinical, education, and research programs.

The listings below are for the 2015 fiscal year (July 1, 2014–June 30, 2015).

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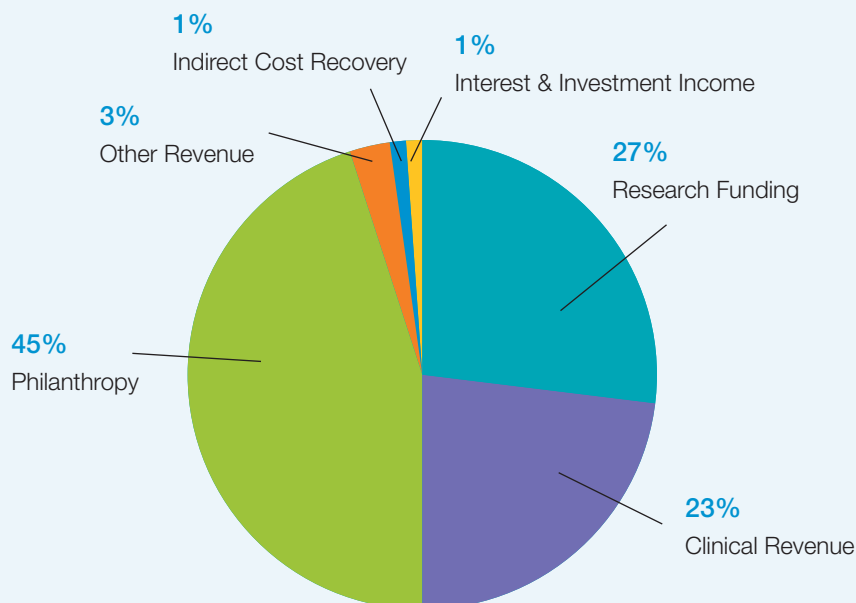
The Osher Center for Integrative Medicine was founded in 1998, under the leadership of then Dean Haile Debas, MD, and with generous support from The Bernard Osher Foundation. Dr. Debas believed that, as one of the top-ranked biomedical research and teaching institutions in the world, UCSF needed to take the lead in researching complementary and integrative therapies, educating health professionals so that they could advise their patients about these approaches, and providing a clinical service that integrated these therapies into care. Bernard and Barbro Osher developed an interest in integrative medicine in the early 1980s, when the field was just emerging. The Oshers have supported the creation of similar programs at Harvard Medical School, the Karolinska Institute in Stockholm, Northwestern University, and Vanderbilt University.

Financial Overview

Fund Sources

July 1, 2014–June 30, 2015

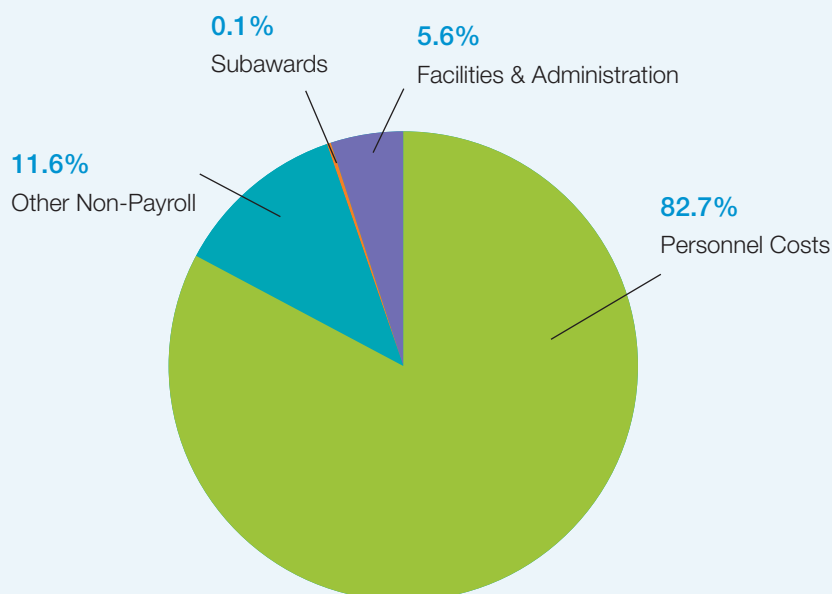
Total: \$5,823,474



Expenditures

July 1, 2014–June 30, 2015

Total: \$5,470,428



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of Nursing

UCSF Osher Center for Integrative Medicine

The UCSF Osher Center for Integrative Medicine aims to advance health, healing, and prevention by integrating modern medicine with evidence-based approaches from healing traditions from around the world. Our mission is to transform the way medicine is practiced and health is promoted by:

- creating new integrative models of clinical care that combine modern medicine, healthier lifestyle practices, and established healing approaches that emphasize prevention, patient empowerment, and whole-person healing
- educating medical and other health professional students, clinicians, and researchers in integrative medicine
- conducting rigorous research to better understand integrative and complementary healing practices and how they exert their effects on health

Osher Center faculty and staff bring together UCSF's strengths in clinical care, health professions education, and biomedical research, and apply them to integrative medicine. We believe that the great achievements of biomedicine can be augmented by employing a broad array of non-pharmacologic tools to health and healing. These tools include acupuncture, massage, yoga, meditation, exercise, diet, and lifestyle interventions. We are committed to advancing high-quality research on these practices, educating the next generation of health care practitioners, and bringing integrative medicine to all patients, including those in medically underserved settings.

UCSF is a leading university dedicated to promoting health worldwide through advanced biomedical research, graduate-level education in the life sciences and health professions, and excellence in patient care. It includes top-ranked graduate schools of dentistry, medicine, nursing, and pharmacy; a graduate division with nationally renowned programs in basic, biomedical, translational, and population sciences; a preeminent biomedical research enterprise; and top-ranked hospitals, UCSF Medical Center and UCSF Benioff Children's Hospitals, in San Francisco and Oakland.



For more information about how you can make a difference, please contact:

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