

# Complementary & Integrative Medicine: 2008 Wake Forest University Baptist Medical Center

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## Overview

WFUBMC is among the leading medical centers nationally in integrative medicine and has been a member of the Consortium of Academic Health Centers for Integrative Medicine since 2005.

## Definition

“Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.”

- *The Consortium of Academic Health Centers for Integrative Medicine*

## 2008 Program Highlights

- ❖ Creation of a **senior advisory board** consisting of full professors from 6 departments in the medical school and 6 Vice Presidents from the hospital (Arcury, Avis, Chilton, Curl, Kemper, Tegeler; Atkinson, Johnson, Parker, Small, Snelgrove, Yates) with program leaders in yoga (Danhauer), massage (Melcher), Healing Touch (Larrimore), HeartMath (LaRose), Visual and Performing Arts (McClenny), BestHealth (Lyll), GreenWorks (Kilbourne), Public Relations and Marketing (Wright), Relationship-based care (McDowell), Nursing Research (Sackett), mind-body therapies (Feldman), community physicians (Pashayan), and administrative assistance from Bailey and Zachary. Julie Milunic, publisher of Natural Triad magazine, chairs our external advisory board.
- ❖ **New training programs** in Healing Touch (10 sessions, 114 teaching students) and HeartMath emotional self-management (136 students in 2 sessions).
- ❖ Implementation of **Ambience Therapy** – healing sound system, installed in pediatric psychiatry as a pilot program and in Neurology for research; we are building partnership with Chip Davis and Mannheim Steamroller
- ❖ Free **yoga classes** in the Comprehensive Cancer Center
- ❖ Research grant income of \$25,571,290
- ❖ Philanthropic gifts of \$253,000
- ❖ Other gifts of \$2,963.87
- ❖ Training revenues of \$43,442
- ❖ Research publications: 191 peer-reviewed publications by over 150 faculty
- ❖ Massage: 1,560 therapeutic massage treatments
- ❖ Media coverage: >150 Television, radio, on-line and print stories locally and nationally