



# Exploring Integrative Medicine from a Clinical to Global Scale

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## About ASCIM

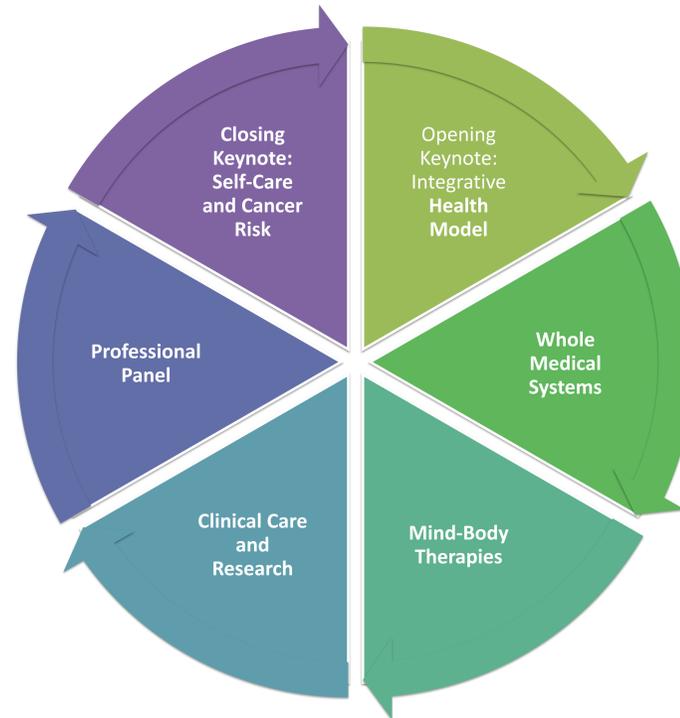
An integrative approach to medicine has proven successful in many countries around the world, including ours. The U.S. healthcare system continues to evolve towards a more patient-centered approach in order to mediate high healthcare costs and modern illnesses such as chronic diseases. In order to address the growing awareness for integrative medicine, our student group, Students for Integrative Medicine (SIM), organized and hosted the Third Annual Student Conference for Integrative Medicine (ASCIM) which took place **Saturday, February 28, 2015 from 9 AM to 5 PM at the UCLA Ronald Reagan Medical Center**. This year's theme, "Exploring Integrative Medicine from a Clinical to Global Setting" aimed to showcase how the concept of prevention and wellness in healthcare systems around the world is growing and expanding to meet these changing needs.

What we hoped to do at this conference was to raise awareness for an integrative healthcare approach by looking at medical whole systems throughout the world to see what we can learn from them, exploring the mind-body connection at the heart of an integrative approach, and investigating different clinical models that incorporate integrative medicine (IM) into their practice today. Furthermore, we wanted to give attendees a chance to network with speakers from unique backgrounds and bond with like-minded individuals.

## Objectives

- **Be Integrative** by raising awareness for the connection between mind, body, and spirit. Highlight the importance of viewing patients in the context of their physical, emotional, and social environments. Explain that integrative medicine is about viewing a patient holistically and taking into account their entire lifestyle, not just the part that immediately relates to their illness.
- **Encourage Personal Responsibility** by promoting the individual to define health as they chose and participate in active engagement of one's health through self-care practices and lifestyle changes. Create an environment that facilitates a healthy lifestyle and does not stigmatize against those who define healthy living differently.
- **Fostering a High Level of Wellness** by providing tools to attendees that will help them improve their lifestyle, mental health, and personal wellness. Encourage students to take their health into their own hands through behavioral and lifestyle choices such as exercise, nutrition, stress-management, and preventative care.
- **Strive to Reduce Inequalities in Health** by capitalizing on ways integrative medicine can address the growing healthcare crises in America. Emphasize the potential of Integrative Medicine to reduce health disparities and inequalities by using methods of healing that improve the health care system through effective, safe, and low-cost treatments.
- **Respect Diversity** by exploring the diverse healing traditions across the many cultures that make up Integrative Medicine. Show that an integrative paradigm of healthcare does not consist solely of Western biomedicine, but the diverse traditions of whole-person healing.

## Conference Overview



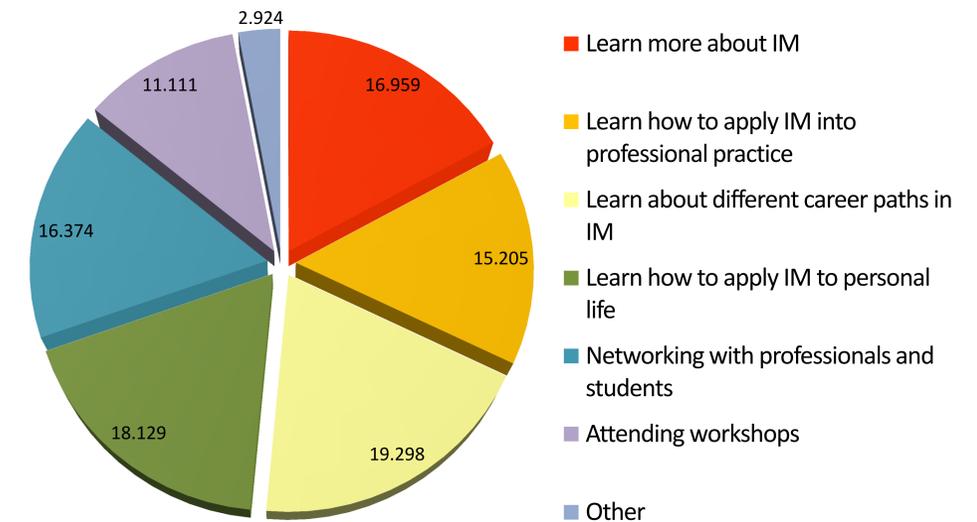
## ASCIM Planning Committee



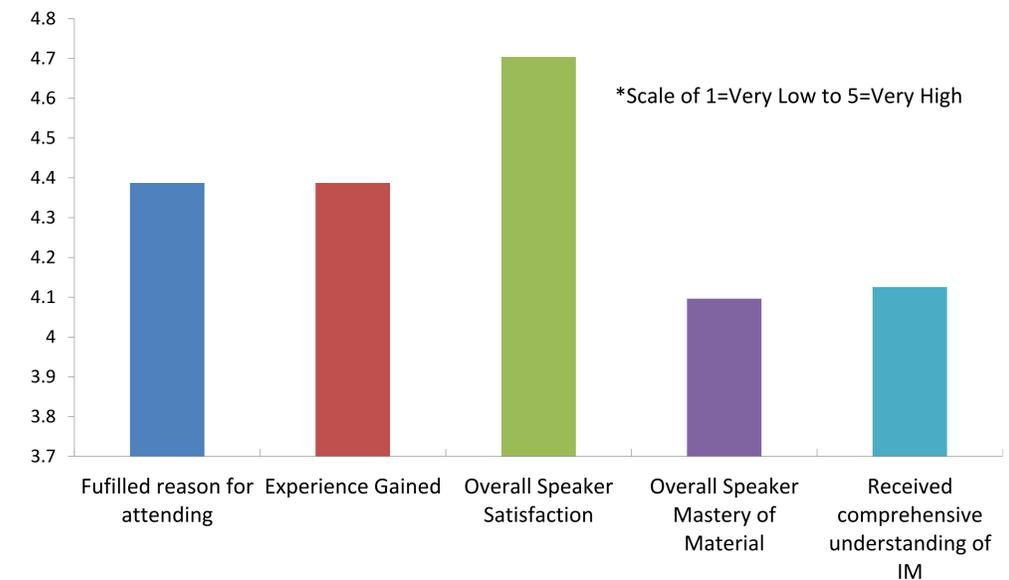
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**Co-Logistics Chairs:** Sharon Ho and Melody Ma  
**Co-Fundraising Chairs:** Jennie Li and Changchang Zhang  
**Co-Programming Chairs:** Erica Larusson, Lilian Chou, and Michelle Mo  
**Designer:** Jessica Lee  
**Center for East-West Medicine Advisors:** Dr. Ka-Kit Hui, Rosana Chan, and Vivianne Chang

## Results

### Reason for attending ASCIM 2015



### ASCIM 2015 Average Conference Satisfaction



## Conclusion & Future Directions

Overall, the conference was a success: statistics compiled from attendee data show that attendees were both satisfied by the conference content and fulfilled their reason for attending.

For future conferences, we hope to incorporate more "hands-on" workshops and place more emphasis on different IM career pathways. We plan on including more real-life and clinical applications of IM in workshops and will provide more networking opportunities for attendees.

## Acknowledgements

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