



PRE-WORKSHOP  
ONLINE CONTENT

2 DAY WEEKEND  
PRACTICAL  
WORKSHOP

ONLINE TRAINING  
& ASSESSMENT

UQ SCHOOL  
OF MEDICINE  
AWARD

CATEGORY 1  
RACGP / CPD  
POINTS

## Program Objectives

To meet the growing demand from the general community for doctors to provide a broad range of preventative and treatment options, the University of Queensland School of Medicine has developed a Certificate in Integrative Medicine course.

This Certificate program has been designed to provide medical professionals with Best Practice diagnostic and treatment skills using the latest integrative medicine principles, developed with a strong scientific evidence base.

Help your patients reach their optimum health, quality of life, and life expectancy by obtaining skills in the following areas: Cardiovascular Medicine, Gastrointestinal Medicine, Neurological Problems, Respiratory Medicine, Mind Body Medicine, Men's and Women's Health, Musculoskeletal, Management of Allergies.

## Who Should Attend?

The Certificate in Integrative Medicine is open to a wide range of practitioners; from General Practitioners and Pharmacists to Natural Therapists and anyone with a special interest in the integration of mainstream and evidence based medicine.

## Certificate Course Format

The certificate course is designed to meet the needs of busy practitioners by providing a flexible program. The University Of Queensland pre and post course requirement is conducted online and in your own time.

## The Course Includes

- An online pre-workshop activity
- A 2 day weekend workshop
- A post-workshop online assessment of 102 multiple choice questions to be completed in your own time within 6 months of attending the workshop segment.
- 300 page full colour folder including reference materials and all PowerPoint slides presented

## Online Pre - Workshop Activity

To prepare the participant, the University of Queensland provides approx. 150 pages of pre-workshop reading.

## Workshop Delivery

The two day workshop segment of the course is presented by specialists and industry professionals. Ample Question and Answer time is provided.

## Workshop Segment of the Certificate Course

### Introduction to Integrative Medicine

The use of CAM. Expanded information on Chronic Diseases. Obesity, Diabetes, Cardiovascular Disease, Cancers, Eye Disease, Osteoporosis, Toxicology. Diagnosis and extensive treatment options.

### Cardiovascular Medicine

Risk factors and profiling risk factors in vascular and other cardiac disease. Hyperlipidemia. Atherosclerosis. Effective Nutraceuticals. Worldwide country specific studies, statistics and trends.

### Gastrointestinal Medicine

Gut physiology, digestion and absorption. Gastritis and ulcers. Impaired digestion and disease. Intestinal permeability diseases. "Leaky gut" and other diseases. Dysbiosis, IBS, Allergies. Latest management and treatment options.

### Neurological Problems

Extensive information on Migraines, Multiple sclerosis, Parkinson's, dementia, Alzheimer's. Statistics, risk factors, toxicity. Management, micronutrients, treatment protocol.

### Respiratory Medicine

Evidence based solutions. Asthma, allergies. The Common Cold, Coughs. Protocol and treatment options.

### Mind Body Medicine

The mind. Stress and work stress. Depression. Immunity. Cardiovascular studies. Bipolar Disorder, Suicide. Therapies, nutrient options, support options.

### Men's and Women's Health

Statistics. Diseases. Bladder cancer, BPH, prostate cancer, testicular cancer, infertility. PMS, menopause, osteoporosis, HRT, breast cancer, extensive treatment options for men and women.

### Musculoskeletal

Arthritis (Osteoarthritis, Reactive, Infectious, Gout), Fibromyalgia, Osteoporosis, Carpal Tunnel Syndrome. Triggers, mechanisms. Numerous treatment options and studies.

### The Integrative Approach to the Management of Allergies

Allergy causes. Risk factors. Conventional treatments. Probiotics. Alternative treatments. Studies and safety aspects.

## Presenters



### Professor Avni Sali

MB, BS, Ph.D, FRACS, FACS, FACNEM

Director of the National Institute of Integrative Medicine

Currently Professor Sali is the Director of the National Institute of Integrative Medicine. Prior to this appointment Professor Sali was the Head of the Graduate School of Integrative Medicine at Swinburne University, the first of its type in the

Western World. He was primarily responsible for the establishment of this school as well as the first Integrative Hospital.

Previously Professor Sali was the Head of the Department of Surgery University of Melbourne at the Heidelberg Repatriation Hospital, in Melbourne. Professor Sali has trained in surgery, oncology and integrative medicine. In 2002 he was awarded the St Michael's award for outstanding community services. In 2005 he was awarded the Australian Humanitarian award for contributions to health. Currently he is the President, International Council of Integrative Medicine and President Australasian Integrative Medicine Association and on the Board of the Gawler Foundation (and its past President on two occasions).



### Professor Robert B Allen

Private Medical Practice,  
Donvale, Melbourne.

Regarded as a leading expert in Integrative Medicine, Professor Allen has published several leading texts on the subject. A founding, and current board member of the Australian College for Advancement in Medicine. He is a fellow of the

Australian Medical Acupuncture College and a member of the Australian Medical Association, Australian Society for Environmental Medicine, British Society for Allergy, Nutritional & Environmental Medicine and the Australian Medical Acupuncture College. Professor Allen was also chairman of the board of the Australian College of Nutritional & Environmental Medicine from 1980 to 1991.

Professor Allen has been lecturing to Doctors and other health professionals throughout Australia since the early 1980's which has included presenting several lectures at GPCE Melbourne and Sydney, Swinburne University, U.N.E. School of Health Sciences, A.C.N.E.M. courses for Doctors and presented a major lecture on Heavy Metal Toxicity and Longevity on Clinical Metal Toxicity at Tokyo International Anti-Aging Conference.



### Associate Professor Luis Vitetta

BSc (Hons), PhD, Grad Dip. Intgr. Med.,  
Grad. Dip. Nutr/Environ Med.

Associate Professor Vitetta is Associate Professor and Principal Research Fellow, in the Unit of Health Integration, School of Medicine, University of Queensland at the Princess Alexandra Hospital in Brisbane.

Previously he was Senior Research Fellow and Associate Professor at the Centre for Molecular Biology and Medicine at the Epworth Medical Centre in Melbourne and during the years 2000-2005 he was the Deputy Head and Director of Research of the Graduate School of Integrative Medicine at Swinburne University.

He served as a member of the Cancer Council's Epidemiology group, was an alternate Director of the Victorian Public Health Research and Education Council, and member of its research committee. He is currently a member of the executive board of the Australian Research Centre for Complementary and Alternative Medicine in Melbourne and is the Director of the UQ National Institute of Complementary Medicine Centre.

Associate Professor Vitetta is a University of Melbourne graduate from the Department of Surgery, Faculty of Medicine.



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA  
SCHOOL OF MEDICINE

# CERTIFICATE IN INTEGRATIVE MEDICINE

## Post-Workshop Assessment Requirement

This course features an online post-workshop assessment requirement consisting of 102 multiple choice questions. The assessment is to be completed at the practitioner's convenience within six months of attending the workshop. The format is designed to enable the practitioner to log in and out as required, rather than having to complete the questions in one sitting.

A Statutory Declaration must be completed and signed at the conclusion of the assessment to verify the practitioner has completed it without outside assistance.

Upon receipt of the Statutory Declaration the University of Queensland School of Medicine Award is posted to the successful participant.

## Awards

### Certificate in Integrative Medicine

University of Queensland School of Medicine

## College Points

The Certificate in Integrative Medicine in the 2008-2010 triennium is approved for the following points.

## RACGP 40 Category One CPD Points

Points for the successful completion of the course are submitted to the Royal Australian College of General Practitioners when the following components of the course have been completed:

1. Online pre-workshop activity
2. 2 day face to face training
3. Online post-workshop assessment completed and required pass mark achieved
4. Statutory declaration form completed and received by HealthCert.



To register or for more information  
please contact **Christine** on  
07 3137 1399 or visit

[www.integrativecourses.com.au](http://www.integrativecourses.com.au)