

UCSD Center for Integrative Medicine Consult Guide

- 1) Type in CIM
- 2) See specific referral below

Referral	Referral Code	Description	Dot Phrase.
General Integrative Medicine Consult	CON9297	<p>Integrative Medicine Consult</p> <p>Integrative physicians partner with their patients, and together evaluate all available options, starting with the most natural, least invasive approaches to facilitate the body's natural healing response. Integrative physicians provide recommendations and ongoing structured support for all factors that influence health, wellness and disease, which include care of the mind, body, spirit and community. In addition, our integrative medicine physicians are personally committed to the ongoing process of self-exploration and self-development. Integrative medicine consultations may be particularly beneficial for patients seeking guidance in prevention and optimal health promotion, as well as the treatment of chronic diseases such as cancer, diabetes, or heart disease. Our integrative medicine team also specializes in women's health, integrative nutrition, gastrointestinal issues, dermatologic and other physical conditions, and well as psychological, sleep, fear, or stress-related conditions.</p>	.cimintegrativemedicine
Osteopathic Manual Medicine Clinic	CON9308	<p>Osteopathic Manual Medicine: Osteopathic manipulative (also known as manual) medicine (OMM) is manual medicine performed by a physician with expertise in osteopathic manual treatment (OMT). There's an emphasis on a whole-person approach to treatment and care. Physicians trained in OMM have an in depth understanding of the structure/anatomy and its relationship with how the body functions.</p>	.cimOMM

		<p>Physicians who specialize in OMM develop expert palpatory skills that enable them to feel parts of the body that may or may not be functioning as optimally as it could be. The goal of an osteopathic treatment is to restore function in the whole person.</p> <p>Osteopathic Manipulative Treatment (OMT): The techniques performed by OMM specialists are called Osteopathic Manipulative Treatment (OMT). A wide-range of hands-on techniques and approaches are used. Techniques include more mechanical treatment that may involve stretching, articulating joints, and range of motion to more subtle type treatments to help the body reorganize. It may involve treatment of joints, bones, ligaments, tendons, muscles, organs, the nervous system, vascular system and/or lymphatic system of the body. OMT is overall gentle and each treatment is uniquely designed for each patient depending on their needs on any given day.</p> <p>These techniques include high-velocity impulse or high-velocity, low amplitude (HVLA), muscle energy, counterstrain, lymphatic techniques, visceral techniques, myofascial release, balanced tension, cranial osteopathic manipulative medicine (also known as cranial osteopathy or osteopathy in the cranial field), traditional osteopathic practices and more.</p> <p>Our OMM team at UCSD has a spectrum of skillsets to serve your needs.</p>	
Acupuncture Clinic	CON9106	<p>Acupuncture: A therapy that involves the insertion of thin needles to specific anatomic sites to stimulate the self-healing process for therapeutic and preventative purposes.</p> <p>Chinese Medicine is an ancient system of medicine that has many applications in the modern world. By targeting the body's energy system, or "chi," clinicians seek to balance the body's structural and functional systems. This is a holistic approach to healthcare that addresses the body, mind and spirit of the patient. Based on an intricate assessment of an individual's physical, mental/emotional and spiritual condition, the Chinese Medicine practitioner utilizes therapies such as acupuncture/acupressure, nutritional therapy, herbal therapy, and therapeutic exercises such as tai qi or qi gong (meditative breathing techniques). These therapies utilize natural methods and the body's innate healing response to balance the body, mind and spirit and lead to improved health and well-being</p>	.cimacu
Integrative Nutrition RD	CON9814	<p>Integrative Nutrition: combines principles of medical nutrition therapy with integrative and functional medicine to provide counseling, education, and guidance for personalized, whole-foods-based diet and lifestyle recommendations. Areas of focus include dietary changes,</p>	.cimIntegrativeRD

		<p>lifestyle modifications, specific foods, meal timing, meal patterns, physical activity recommendations, collaboration with health care team, nutrient analysis through lab work and physical assessment, medication interactions, functional foods and supplement suggestions. Integrative nutrition is especially useful for preventive care to optimize health or for individuals facing nutrition-related challenges such as:</p> <p>Diabetes, kidney disease, hypertension, weight loss for overweight or obesity (BMI>25), gastrointestinal</p> <p>Symptoms/illness (intestinal dysbiosis, IBS, IBD, gastric bypass, surgery to primary or supporting digestive organs),</p> <p>Thyroid disorders, food allergies, cardiovascular disease, significant exposure to antibiotics, chronic use of PPI or</p> <p>NSAIDs, inflammatory conditions, mitochondrial dysfunction disorders, cancer,</p> <p>Mood or memory disorders, or for advanced athletic/fitness training.</p>	
<p>Consult/Referral to Naturopathy Consult Clinic (Cannabinoid support)</p>	<p>CON9480</p>	<p>Naturopathic Medicine :encourages the self-healing abilities of the individual primarily through the education and promotion of natural, non-toxic therapeutic methods and modalities. This healing tradition relies on a rich set of practices and therapies that can be both distinctive from and complementary to mainstream allopathic or osteopathic medicine.</p> <p>Naturopathic doctors are typically trained in a wide array of therapies including herbology, homeopathy, massage, hydrotherapy, physical medicine, behavioral medicine, Traditional Chinese medicine, Ayurvedic medicine, acupuncture, and nutrition therapy, as well as clinical practices such as minor surgery, pharmacology, and obstetrics.</p> <p>In order to be licensed, naturopathic doctors must attend a four-year, graduate-level naturopathic medical school and take professional board exams. NDs are educated in the same basic sciences as an MD, but also study holistic and non-toxic approaches with a strong focus on disease prevention and promoting wellness. In addition to a standard medical curriculum, naturopathic medical schools teach clinical nutrition, homeopathic medicine, botanical medicine, psychology, and counseling.</p>	<p>.cimNaturopathy</p>

Consult/Referral to CIM Integrative Health and Wellness Coaching	CON929702	Health and Wellness Coaches partner with patients in cultivating the knowledge, skills, tools and confidence to improve their health and well-being. With extensive training in the science of health behavior change, our nationally board-certified health and wellness coaches empower patients to develop and sustain lifestyle habits to optimize health as well as better manage a variety of chronic diseases and conditions. In a review of the current research, health and wellness coaching has been shown to improve health outcomes for patients with diabetes, obesity, and hypertension, with positive improvements in HgbA1c, Blood pressure, and weight.	.CIMhealthcoaching
Consult Massage/ Energy Therapies	CON9367	Massage Therapy Trained specialists at UC San Diego offer massage therapy - inpatient and outpatient - to promote healing in the body through increased circulation, joint mobility, improved muscle tone, and to help ease tension, stress, spasms and pain. Physicians at UC San Diego work closely with massage therapists to coordinate an individualized treatment plan, which may be for an injury or part of your plan of care for conditions such as: anxiety, headaches, neck, back, or nerve pain, muscle or joint pain/injury, temporomandibular joint (TMJ) issues, fibromyalgia, insomnia, myofascial pain syndrome, digestive disorders, or many other conditions.	.cimmassages
Center for Mindfulness	CON9306	Mindfulness -Based Stress Reduction In the approach known as Mindfulness-Based Stress Reduction (MBSR), individuals are taught to practice mindfulness meditation, mindful movement/gentle stretching and yoga as ways to become more aware, more present, and more relaxed as they face the stress of their own lives.	.cimmindfulness
SLIM Program	CON929702	Supervised Lifestyle and Integrative Medicine (SLIM) Weight Loss Program This provider is medically supervised an indeed to help patient meet weight loss goals with healthy habits and intensive lifestyle management . This program included individual and group appointments.	.cimSLIM

Resources:

<https://cih.ucsd.edu/medicine/clinical-care>