



# Integrative Medicine

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### Creating the Future of Integrative Medicine, One Needle at a Time

MARCH 31, 2016 by JESSICA WAKEMAN in ACUPUNCTURE & OM NEWS, AIMC BERKELEY NEWS



The ground-breaking team from AIMC Berkeley. Left to right – Ra Adcock, Shawna Seth, Mike Morgan LAc, Liana Russo, Catherine Provencal.

By: Ra Adcock

In September 2015, AIMC Berkeley launched an exciting new offsite clinical internship program offering acupuncture at UCSF Benioff Children's Hospital at Mission Bay. The hospital is a new, award-winning, state of the art facility located in the southeast corner of San Francisco, CA. This offsite clinical internship, one of four at AIMC Berkeley, provides senior students with the opportunity to perform acupuncture in complex, integrative medicine settings.

The unique program at UCSF Benioff Children's Hospital, possibly the first of its kind in the country, provides acupuncture directly to the hospital's staff of approximately 1,200 doctors, nurses, psychologists, social workers, teachers, and other administrative and support personnel. Each week, the program offers an average of forty-five acupuncture treatments in a community-style clinic located on the hospital's campus. This special design creates the opportunity for staff to be treated during precious break times without ever having to leave the hospital, allowing many to remain on-call and available for their young patients.

The partnership serves to remedy several problems: the need for medical professionals, themselves, to receive regular, preventative health care; the need for acupuncture students to have access to medical training within hospitals; and the need for hospitals to form positive relationships with acupuncture to help forge the future of integrative medicine.

In its first twenty-five weeks, the program has provided 1000 acupuncture treatments to more than 500 different staff members. It is exciting to note that 56% of the program's participants had never before experienced acupuncture. Many staff members keep coming back each week for treatment and are receiving great results. Indeed, in a poll of approximately 350 program participants, 98% stated they "enjoyed their acupuncture session" and 90% stated they "felt better" immediately after the treatment. Of those same participants, 72% felt "more relaxed," 39% felt "less

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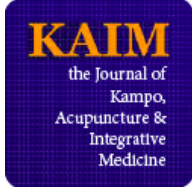
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stressed," 35% felt "less tension," 17% felt "more focused," and 14% felt "less pain," while only 2% felt "the same as before" the treatment. (Survey participants could select more than one choice.)

Some of the most common health complaints being treated by AIMC Berkeley's clinical interns include, but are not limited to: orthopedic pain such as neck and low back pain, acute strains and sprains, repetitive strain injuries such as tennis elbow and carpal tunnel syndrome, temporomandibular joint dysfunction (TMJ), chronic headache, insomnia, hypertension, depression, gastritis and other digestive problems, inflammatory conditions such as arthritis and irritable bowel syndrome (IBS), allergic rhinitis and hay fever. These conditions are some, but not all, of the conditions acknowledged by the World Health Organization (WHO) as being effectively treatable with acupuncture.



Moreover, AIMC Berkeley's acupuncture program offered at UCSF's Benioff Children's Hospital, invoking the nature of preventative medicine, is designed to help prevent burn-out, ease compassion fatigue, reduce sick days and improve job satisfaction for hospital staff. In turn, the program also serves to elevate the quality and consistency of medical care provided to the hospital's pediatric patients who come from all over the world with many of the most difficult medical cases. In this sense, the benefits of AIMC Berkeley's unique acupuncture program are multifold as they aim to support everyone in the hospital's community.

Another valuable aspect of this program is the unparalleled training experience it provides to acupuncture students at AIMC Berkeley. Slowly but surely, acupuncture is being incorporated into integrative medicine practices and major hospitals throughout the country. Acupuncturists who seek to obtain, or possibly help create, careers in hospitals benefit from receiving clinical training in hospital settings during their graduate education.

Shawna Seth, a recent graduate of AIMC Berkeley and one of the first interns to provide acupuncture in the UCSF program, expressed her gratitude for the unique learning opportunity it provided. "Having recently trained in Tianjin, China, with AIMC Berkeley, I got to see the benefits of integrative medicine within the Chinese hospital system. Seeing the beginnings of an integrative approach here in San Francisco is particularly rewarding. I am heartened by the warmth acupuncture has received from the doctors, nurses, and staff at UCSF Benioff Children's Hospital. There's such a bright future for medicine in the Bay Area."

AIMC Berkeley's acupuncture program at UCSF Benioff Children's Hospital is helping introduce acupuncture into one of the country's leading hospitals, one that serves as a test ground for visionary programs. This acupuncture clinic provides physicians, nurses and administrative staff with the chance to experience acupuncture treatment first hand. Hospital leaders, experiencing the effects of acupuncture themselves, may be encouraged to create more acupuncture programs for patients within the hospital and perhaps spread it to other medical facilities. In the long term, AIMC Berkeley's revolutionary acupuncture program at UCSF Benioff Children's Hospital may serve as a model to change the face of integrative care services for patients at hospitals across the country, while also creating important jobs for acupuncture professionals.

In this same innovative light, AIMC Berkeley offers three other long-standing Offsite Clinical Internships. The other programs include: West Berkeley Family Practice, a low-income community medicine clinic; San Francisco Homeless Prenatal Program, an award winning non-profit that services families and people of all ages; and UC Berkeley Sports Medicine Clinic, where young, Olympic-level athletes are treated. Each of these offsite internship programs were developed to further AIMC Berkeley's mission of developing caring, proficient and successful acupuncture practitioners while "treating illness and promoting health and wellness" especially in disadvantaged

populations like low income, minority, women and children. The development of AIMC Berkeley's fourth Offsite Clinical Internship at UCSF Benioff Children's Hospital addresses the need in our healthcare system to care for those who care for us.

Robyn 'Ra' Adcock



"More and more, families are turning to Chinese medicine and acupuncture to preserve their children's health and gently bring their kids back into balance when they do get sick. Children love acupuncture and easily relate to it because Chinese medicine is based on the natural rhythms of life and the cycles of the seasons. I feel great joy in sharing this medicine with children and adults of all ages."

Robyn "Ra" Adcock, LMT, offers a clinical focus on pediatrics, family medicine, preventative care and herbal medicine. Allergies, asthma, skin conditions, headaches, depression and neurological conditions are just a few of the areas she has experience in treating. For children, she offers non-insertion contact needling, gentle Japanese-style acupuncture, pediatric shonishin and comforting tuina (massage). For the past 16 years, Ra has practiced many modalities of healing and bodywork including cranial sacral therapy, Esalen massage, shiatsu, Reiki, reflexology and Zero Balancing. She also teaches qigong and martial arts, in which she holds a black belt certification in Tae Kwon Do. Ra is proud to serve and guide the profession of acupuncture by serving on the Board of Directors for the California State Oriental Medical Association (CSOMA).

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