

CAM: Pediatric Integrative Medicine Model: Utilizing Pediatric Research Complementary and Alternative Medicine HRSA# 9827

This project will develop a truly integrative model that utilizes Complementary and Alternative Medicine (CAM) in concert with conventional medicine to improve the standard of care. The Pediatric Integrative Medicine Model will allow for cross-communication among pediatricians, specialists involved in specific disease management, and CAM practitioners. Plans of care reflecting the input of all involved clinicians will be presented to the patient through a single point of contact to provide an efficient, comprehensive health care delivery system. Our goals for this project include:

1. To develop a pioneer center of excellence for a pediatric integrative medicine model;
2. To develop collaboration between CAM practitioners and clinicians to increase the respect between the two healthcare delivery systems;
3. To increase awareness of health and wellness in children at an early age.

With the seed funds awarded through HRSA# 9827 we will build our program on the Department of Pediatrics' pre-existing strengths. The University of Miami, Department of Pediatrics has an ongoing one-of-a-kind program in pediatric cardiac rehabilitation that focuses on both physical activity and nutritional interventions for children who are well or who have chronic illness.

This holistic approach will be strengthened by the addition of novel equipment including instruments that measure body composition in both newborns (where influences of maternal nutrition and health on the infant can be assessed immediately after birth) and older children; Pilates interventions for management of childhood obesity and de-conditioning due to inactivity (computers, video, TV); laser therapy for pain management in children; and biofeedback therapy to treat multiple disorders associated with stress (particularly with respect to over-eating). With the impact that a physically active lifestyle and behavior have on health, children can reap the benefits of this early awareness and interventions well into adulthood. This project will serve the greater Miami metropolitan area that encompasses over 6 million people from the 4 counties in South Florida. We may also serve as a referral area to the entire southeast as there are no such practices in the entire region devoted specifically to children.