

“Throughout our 237-year history, military medicine has been interested in providing the most effective means of keeping our warriors healthy and restoring them to function, if they are injured, ill or combat wounded.

These modalities all have a degree of proven utility in maintaining and restoring health--our physicians, nurses and others need to be aware of their potential to help.”

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Samueli Institute and USUHS Hold Collaborative Workshop for Fourth Year Medical Students

Samueli Institute and the Uniformed Services University of Health Sciences (USU) teamed up last week to train fourth year medical students on an integrative approach to health and wellness.

As part of a two-day workshop on December 6 and 7, more than 170 military medical students participated in educational sessions on acupuncture, human performance optimization—sleep, physical fitness and nutrition—and mind-body-medicine trainings including yoga, guided imagery, meditation and hypnosis. The workshops were based on recent research findings that indicate these treatments are effective and economical ways to treat and provide self-care for returning warfighters.



Though our military medical system is the best in the world at treating traumatic injuries on the battlefield, there is much work to be done in treating the invisible wounds of war on the home front. Veterans are suffering from Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), suicide, substance abuse and family problems.

The urgent need has led the military to expand its services and use research-based integrative practices to help thousands of returning warfighters. Samueli Institute is collaborating with USU in Bethesda, Md., to train the next generation of military doctors and other health care providers in complementary and integrative techniques to help maintain the readiness of the force and to combat the side effects of drug-centered approaches to stress and pain management.

“These practices are also restorative and important for self-care of the physicians and other health care providers themselves. If we want a health care system to provide more health and not just more medical treatment, we need to give our doctors and nurses skills in lifestyle and health promotion,” said Wayne B. Jonas, MD, President and CEO of Samueli Institute.

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This work is supported by the US Army Medical Research and Materiel Command under Award No. W81XWH-11-0538. The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation. In the conduct of research where humans are the subjects, the investigator(s) adhered to the policies regarding the protection of human subjects as prescribed by Code of Federal Regulations (CFR) Title 45, Volume 1, Part 46; Title 32, Chapter 1, Part 219; and Title 21, Chapter 1, Part 50 (Protection of Human Subjects).