

2009 Clinical Competencies

The 16th International Symposium on Functional Medicine

The Westin Diplomat Resort & Spa, Hollywood, Florida

May 27-30, 2009

The appropriate medical care system for the 21st century will focus on clinical applications and competencies that address the assessment and therapeutic needs of each client through a patient-centered approach. The paradigm shift from grouping people into categories based on an ICD-9 perspective (organ system disease) to a more personalized and comprehensive medical model that recognizes that everyone is unique genetically and environmentally will require tailored-care responsiveness to these uniquenesses. IFM has developed the Functional Medicine Matrix Model™ to help clinicians assess and develop therapeutic plans that bring the overarching concepts of personalized medicine directly into the clinic—real-time, in-the-trenches competencies that address the complex, chronic illnesses that characterize the majority of daily work by clinicians. IFM has made a commitment to deliver to clinicians these needed competencies in a transparent and usable form. At the beginning of each year, IFM will publish the focus and actual list of the clinical competencies for that year's IFM educational programs.

The specific clinical competencies that IFM will focus on during the 16th Symposium are as follows. Participants can expect to gain clinical competencies in the following areas:

1. Elicit and recognize important history and physical exam findings that help to clarify antecedents, triggers, and mediators correlating with mood disturbances such as depression, bipolar disorder, seasonal affective disorder, postpartum depression, PMS, and post-traumatic stress disorder.
2. Create patient-clinician partnerships that are critical for facilitating healing.
3. Identify and treat the most important antecedents and triggers of mood disorders, including dietary imbalances, nutritional insufficiencies, hormonal dysregulation (adrenal, thyroid, progesterone, estrogen), chronic inflammation, occult infections, environmental toxins, and emotional trauma
4. Recognize and differentiate useful and reliable laboratory tests for evaluation of mood disorders, and know the most appropriate circumstances in which they should be used. Laboratory evaluation will include cortisol, DHEA, gluten sensitivity, vitamin B12, folic acid, vitamin D, and specific amino acids.

5. Evaluate the clinical usefulness of urinary neurotransmitter testing.
6. Evaluate the evidence base and the underlying biochemistry for the use of specific nutraceuticals and botanicals in the management of mood disorders

Join IFM and your colleagues for an innovative 21st century medicine Symposium that will develop, deepen, and expand your clinical competencies in treating patients with mood disorders.