



Integrative therapies such as acupressure (above) and acupuncture (opposite page) have a proven track record of providing relief from nausea and pain, respectively



Rubman Scholarship

Jeffrey Rubman, MD'71 and his wife Carol Shulman Rubman (center) possess a deep respect for both the physician and nursing professions and the value of interprofessional practice. In 2021, they doubled their scholarship support so that a total of 20 College of Nursing and Health Sciences and Larner College of Medicine students could benefit. Here the couple pose with eight of the Rubman Scholarship recipients.

Pioneering Health Care Initiative Bolstered by Philanthropy

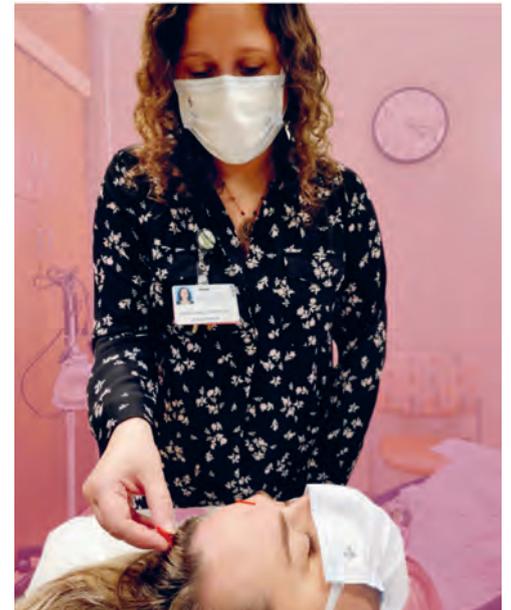
Academic Health Sciences provides the hub for an emerging multi-disciplinary field focused on reducing chronic illness.

Chronic, progressive and preventable health conditions are driving human suffering and rapidly increasing health costs. Over 130 million Americans are affected by chronic diseases, but our nation lacks an effective system to foster the lifestyle behavior changes that thwart them (exercise more, eat better, reduce stress). Integrative Health (IH) at UVM, a collaboration among the College of Nursing and Health Sciences, the Larner College of Medicine and the UVM Medical Center, is now modeling a solution, and donor support is adding fuel.

IH focuses on the whole person, including physical, mental and emotional well-being. IH is informed by evidence and employs myriad therapeutic and lifestyle approaches and disciplines. Through education, clinical intervention, research and public policy, IH strives to modernize the existing health care paradigm to ensure that whole-person health is available to all. Interprofessional in nature, IH unites faculty, clinicians, students and researchers across disciplines and throughout the University and the Medical Center.

UVM Integrative Health innovations are often fueled by philanthropy. Here are some of the programs that charitable gifts from alumni, grateful patients, community members and others are advancing:

- Integrative Health and Wellness Coaching (established 2019) and Integrative Healthcare certificate (established 2018) programs have tripled enrollment since their inception, and graduates are in high demand.
- Open Source Wellness, a newly launched group health and wellness coaching program, focuses on improving the health and well-being of UVM employees.
- UVM Medical Center's Comprehensive Pain Program continues to be a national thought leader, combining traditional pain management with integrative therapies. Patients are showing significant improvements in their well-being, chronic pain acceptance, self-compassion and physical function, along with decreasing rates of depression and emergency room visits.
- The Integrative Pain Management Conference and endowed Laura Mann Integrative Healthcare Lecture Series continue to broaden best-practices education, build interprofessional networks and attract new talent to the IH field.



- Integrative therapies at the UVM Cancer Center and the UVM Children's Hospital continue to offer supportive services to patients and families with their proven track record for controlling pain, fatigue and other side effects while improving psychological outlook and quality of life.

Pandemic-related stresses on individuals and on the health care system have shown us that preventive, proactive care is more important than ever. Donor-supported IH is paving the way to a healthier future in which more people are empowered and thriving.



To learn more about investing in nursing and health science excellence

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