

## Shape your future in evidence-based healthcare with Recoup Clinical Fellowship in Integrative Root-Cause Medicine

The RECOUP Functional and Lifestyle Medicine Fellowship equips physicians and healthcare professionals with the knowledge and skills to integrate root cause medicine principles into clinical practice

Recoup Health's fellowship program in Integrative Root Cause Medicine offers a unique blend of theoretical knowledge, hands-on training, and practical application:



Didactic Lectures and Workshops



Clinical Rotations



Research Participation



Faculty Mentorship



Case Studies and Interdisciplinary Collaboration



Apply Now! Only 5 Seats Available

## World-class training in advanced treatment techniques

- Master functional medicine principles and evidence-based practices.
- Develop personalized, holistic treatment plans for chronic diseases.
- Gain expertise in integrative approaches, including nutraceuticals, mind-body therapies, and lifestyle interventions.
- Enhance patient education and empower them to actively participate in their healing journey
- Competitive stipend of INR 25,000 and potential for a consultant position at RECOUP hospitals.
- Opportunity to practice as an affiliate and receive patient referrals worldwide.

### Additional Offerings:

- \* Complimentary participation in relevant courses conducted by RECOUP Academy.
- \* Hands-on training in modalities like Yoga Therapy, Tai Chi, and Psychologically Informed Rehabilitation.
- \* Training in research methodology and participation in guided research projects.

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## Get ready for a comprehensive learning experience

- Foundations of Functional Medicine
- Lifestyle Medicine
- Integrative Approaches (nutraceuticals, mind-body therapies)
- Pain Management
- Health Coaching and Patient Empowerment
- Physical and Rehabilitation Medicine
- Interdisciplinary Case Management
- Research and Scholarly Activities
- Clinical Applications in various health conditions



## Become a Champion of Integrative Healthcare

Fellowship duration: **12 months**

Batch Start Date: **May 1, 2024**

Application Deadline: **March 31, 2024**

Selection Process: Shortlisted candidates will be interviewed online or in person at Bengaluru.

## Fellowship Director

**Dr. Deepak Sharan**

Consultant in Orthopaedic Surgery, Rehabilitation, Orthopaedic Rheumatology, Pain, Musculoskeletal, Regenerative, Functional and Lifestyle Medicine, Ergonomics, Occupational Health



## Faculty

- Senior Rehabilitation, Pain, and Sports Medicine Physicians, Physiotherapists, Occupational Therapists, Yoga Therapists, Nutritionists and Clinical Psychologists from RECOUP
- Visiting National and International Faculty

## Eligibility

- A medical degree (MBBS, MD or AYUSH specialties) from an accredited institution or an equivalent degree in a healthcare-related field such as naturopathic medicine (ND), chiropractic (DC), osteopathy (DO), or nursing.
- Residency training in a relevant speciality (for medical doctors) or equivalent clinical training for other healthcare professionals.
- Valid, unrestricted license to practice medicine or healthcare in your jurisdiction.
- (Optional) Board certification in your primary speciality.
- Master's degree in a relevant field (Osteopathy, Chiropractic, Nursing) or postgraduate diploma/master's post-MBBS is desirable.
- Personal laptop with MS Office proficiency and basic biostatistics knowledge.

## Detailed Curriculum

### 1. Foundations of Functional Medicine

- Principles of systems biology and personalized medicine.
- Review of anatomy, physiology and biochemistry.
- Understanding the root causes of chronic disease.
- Functional medicine assessment tools and methodologies.

### 2. Lifestyle Medicine

- Nutrition science and therapeutic diets.
- Exercise prescription and physical activity guidelines.
- Stress management techniques and resilience-building strategies and sleep hygiene.

### 3. Integrative Approaches

- Herbal medicine and nutraceuticals.
- Mind-body therapies: yoga, meditation, and mindfulness.
- Sleep optimization and circadian rhythm regulation.

### 4. Mind-Body Techniques and Psychology Interventions

- Mindfulness-based stress reduction (MBSR), meditation, and relaxation techniques.
- Cognitive-behavioral therapy (CBT) and other psychotherapeutic interventions.
- Behavioral medicine approaches to address lifestyle-related behaviors and mental health.

### 5. Pain Management

- Comprehensive pain assessment, including psychosocial factors.
- Integrative pain management approaches include needling, massage therapy, and manual therapies.
- Pharmacological and non-pharmacological interventions for chronic pain management.

### 6. Health Coaching and Patient Empowerment

- Principles of health coaching and motivational interviewing.
- Patient-centred communication skills and shared decision-making.
- Empowering patients to take an active role in their health and wellness.

### 7. Physical and Rehabilitation Medicine

- Rehabilitation principles for musculoskeletal, neurological, and cardiopulmonary conditions.
- Exercise physiology, functional movement assessments, and therapeutic exercise prescription.
- Rehabilitation strategies for chronic pain management and functional restoration.

## 8. Interdisciplinary Case Management:

- Case-based learning sessions integrating functional, lifestyle, mind-body, and rehabilitation medicine approaches.
- Interdisciplinary team meetings to discuss complex cases and develop comprehensive treatment plans.
- Collaboration with other healthcare professionals, including physicians, psychologists, physical therapists, and health coaches.

## 9. Research and Scholarly Activities

- Engaging in research projects, scholarly activities, and quality improvement initiatives related to functional and lifestyle medicine, pain management, and rehabilitation.
- Publication of research findings and presentations at conferences to contribute to advancing the field.

## Clinical Conditions

Including but not limited to:

### 1. Chronic Diseases

- Cardiovascular diseases (e.g., hypertension, heart disease)
- Metabolic disorders (e.g., diabetes, obesity)
- Autoimmune conditions (e.g., rheumatoid arthritis, inflammatory bowel disease)
- Neurological disorders (e.g., multiple sclerosis, Parkinson's disease)
- Endocrine disorders (e.g., thyroid disorders, adrenal fatigue)

### 2. Mental Health Conditions

- Anxiety disorders (e.g., generalized anxiety disorder, panic disorder)
- Depression and mood disorders
- Post-traumatic stress disorder (PTSD)
- Eating disorders (e.g., anorexia nervosa, bulimia)
- Substance use disorders (e.g., alcoholism, drug addiction)

### 3. Pain Management and Rehabilitation

- Chronic pain conditions (e.g., fibromyalgia, chronic back pain)
- Musculoskeletal injuries (e.g., sports injuries, repetitive strain injuries)
- Neurological pain syndromes (e.g., neuropathic pain, migraines)
- Post-surgical rehabilitation
- Functional limitations due to disability or injury

### 4. Digestive Disorders

- Irritable bowel syndrome (IBS)
- Inflammatory bowel disease (IBD)
- Gastroesophageal reflux disease (GERD)
- Food sensitivities and intolerances
- Dysbiosis and gut microbiome imbalances

## 5. Sleep Disorders

- Insomnia
- Sleep apnea
- Circadian rhythm disorders
- Restless leg syndrome
- Parasomnias (e.g., sleepwalking, night terrors)

## 6. Mental Health Conditions

- Stress-related hypertension
- Stress-induced gastrointestinal symptoms (e.g., irritable bowel syndrome)
- Stress-related dermatological conditions (e.g., eczema, psoriasis)
- Adrenal fatigue and burnout
- Insomnia and sleep disturbances related to stress

## 7. Women's Health Issues

- Polycystic ovary syndrome (PCOS)
- Menopausal symptoms
- Hormonal imbalances
- Premenstrual syndrome (PMS)
- Infertility and reproductive health concerns

## 8. Cardiometabolic Health

- Dyslipidemia (e.g., high cholesterol)
- Hypertension
- Metabolic syndrome
- Obesity and weight management
- Type 2 diabetes and insulin resistance

## 9. Cancer Supportive Care

- Symptom management during cancer treatment (e.g., nausea, fatigue, pain)
- Supportive care for cancer survivors (e.g., post-treatment fatigue, emotional well-being)
- Integrative approaches to improve quality of life and support immune function
- Metabolic approaches

## 10. Preventive Healthcare

- Health promotion and disease prevention through lifestyle modifications
- Risk factor modification for chronic diseases (e.g., smoking cessation, healthy eating)
- Stress reduction techniques to enhance resilience and improve overall well-being



## Why Choose RECOUP's Fellowship?

### Unparalleled Learning Environment

RECOUP is a leading healthcare institution renowned for its commitment to clinical excellence, research innovation, and education.

Our esteemed faculty comprises experienced rehabilitation physicians, physiotherapists, occupational therapists, ergonomists, and other healthcare professionals who are passionate about sharing their knowledge and expertise.

You will gain access to state-of-the-art facilities equipped with advanced diagnostic and therapeutic technologies, providing a stimulating and supportive learning environment.

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### Contact Details:

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