

## Competency-based Catalogue on Complementary and Integrative Medicine for GP trainees

<i>GP trainees should...</i>
<b>Medical knowledge</b>
1. <i>...be able to explain common CIM (complementary medicine, integrative medicine, naturopathy) concepts.</i>
2. <i>...be able to explain common CIM treatments including their respective theories, postulated modes of action, limitations.</i>
3. <i>...be able to give advice concerning CIM therapies for the most frequent consultation issues in family medicine.</i>
<b>Patient care and communication</b>
4. <i>...conduct a biopsychosocial health interview, including aspects of lifestyle and usage of CIM.</i>
5. <i>...be able to inform patients critically about CIM treatments, which could potentially harm health and budget.</i>
6. <i>...be able to use non-pharmacological treatments (e.g. home remedies) for frequent issues of consultation (e.g. pain, fever, uncomplicated infections, etc.) or guide their patients thereto.</i>
7. <i>...be able to use common phytotherapeutics and supplements for frequent issues of consultation (e.g. pain, fever, uncomplicated infections, etc.).</i>
8. <i>...be able to consult regarding different relaxation techniques (meditation, mind and body practices, mindfulness, tai chi, yoga, etc.).</i>
9. <i>...be able to specifically apply placebo and self-efficacy effects as needed for the therapeutic process.</i>
<b>Practice-based learning</b>
10. <i>...be able to use evidence-based sources of information concerning CIM.</i>
11. <i>...be able to identify their individual learning needs concerning CIM.</i>
<b>Professionalism</b>
12. <i>...show respect and sympathy for patients' interpretations of health, disease and suffering, based on individual attitudes and therapy requests concerning CIM.</i>
13. <i>...be open-minded and remain open to dialogue when it comes to another understanding of health and disease by medical and non-medical colleagues involved in a treatment.</i>
14. <i>...be able to take suitable action for self-care as needed.</i>
<b>Competencies based on the German Health Care System</b>
15. <i>...know conditions and general framework of different professional groups offering CIM treatments (e.g. natural practitioners/ Heilpraktiker).</i>
16. <i>...know conditions and general framework for the medical practice concerning common CIM treatments (e.g. availability, prescription, legal regulations).</i>

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