



UCI Susan Samueli
Integrative Health Institute



Integrative Cardiology 1-year Fellowship

Fellowship Dates: July 1, 2024-June 30, 2025

OVERVIEW

Fellowship Director:
Dr. Gradus-Pizlo

Requirements:
Graduate of internal medicine or family medicine
ACGME-accredited program and eligible for California
medical license

Topic:
Integrative cardiology is a developing field, which
includes patient education of lifestyle changes
and techniques like mindfulness with standard
medical care.

Focus:
Train a new kind of specialist who has a better
understanding of the importance of treating the whole
person and has knowledge of resources offered by
the field of integrative medicine.

Inquiries:
Please send letter of interest and CV by
Feb. 15, 2024
to ssihieducation@hs.uci.edu
titled "2024 Integrative Cardiology Application_Your
Name"

Director: Dr. Gradus-Pizlo igpizlo@hs.uci.edu
Coordinator: Laurie Skorheim lskorhei@hs.uci.edu

The University of California, Irvine has been a leader in the field of integrative cardiology under the leadership of Dr. Shaista Malik, associate vice chancellor for integrative health and executive director of the Susan Samueli Integrative Health Institute. Three cardiology faculty members practice in the field of integrative cardiology and have established clinics at the Susan Samueli Integrative Health Institute in Irvine and Newport Beach, including Ailin Barseghian-El Farra, MD; Irmina Gradus-Pizlo, MD; and Shaista Malik, MD, PhD, MPH.

The UCI SSIHI Integrative Cardiology Fellowship was started in July 2021 given the interest and importance in training future physicians with these skill sets. The fellowship is a one-year program, non-ACGME accredited. The curriculum includes approximately 50% clinical time and 50% research time. Fellows will work directly with the integrative cardiologists as well as many other integrative care providers. Research opportunities are with all faculty, including guidance from Shaista Malik, MD, PhD, MPH, and Nathan Wong, PhD.

SSIHI clinics afford opportunities to work with multidisciplinary care teams, including acupuncturists, dietitians, physical therapists, psychologists, naturopathic doctors, and integrative physicians specializing in pain management, weight management and gastroenterology.

Research opportunities will include involvement in the continued development of an integrative medicine registry/database as well as epidemiologic and clinical studies related to preventive cardiology and integrative cardiology. Clinically, in addition to clinics and multidisciplinary care team collaborations with SSIHI, the fellow will also spend time on the general cardiology inpatient service to round out their experience.