

## “Manifesto” for Integrated Medicine

- Integrated Medicine aims to harmonise the roles of all healthcare resources in a seamless manner irrespective of the speciality, the era and the cultural background in which it operates. The main healthcare resources are actually defined as Biomedicine and Complementary and Alternative Medicine (CAM).
- Integrated Medicine addresses the complexity and the wholeness of the individual. It includes the science behind these important issues and assumes joint responsibility for the care and health of the individual. Disease is viewed as a phenomenon that results from many differing factors; the pursuit of health is a priority.
- Integrated Medicine recognises that the individual is a combination of body, mind and soul as related to his own personal history and to the environment. It considers the current division between various therapeutic models to be an obstacle to be overcome in order to lead to shared care and hence to reciprocal assistance.
- The citizen's freedom of healthcare choice is a right that should be upheld and protected in the setting also of the physician's freedom to advise. The personal, cultural and spiritual beliefs of each individual influence his experience and interpretation both of illness and of healing.
- Integrated Medicine contemplates the meaning of health and healing and the meaning of illness and treatment. Each patient is both the subject affected by the disease and the person who can express his potential to heal himself when guided and supported properly.
- Integrated Medicine promotes research on the effectiveness and safety of healthcare irrespective of the many and varied approaches to therapeutic practice. The disciplines in the Integrated Medicine model must guarantee proper levels of theory and of practical safety and effectiveness.
- Integrated Medicine brings together - integrates - the values expressed by citizens and those professional values of the physician and other healthcare workers in the light of social justice and sustainability in the community.
- Integrated Medicine creates a syncretic forum within the different disciplines in medicine. This is made necessary by the new knowledge achieved in the last few decades about the living organism. The paradigm of Integrated Medicine is based on an interdisciplinary approach to healthcare organisation rather than on a hierarchical approach.
- Integrated Medicine values the wise use of scientific knowledge, understanding of the individual's situation and problems, sensitivity to promote mutual understanding, prudence in deciding upon necessary intervention, responsibility as to the ability to predict the consequences of one's therapeutic actions, the ability to listen, the value of the patient's opinion, recognition that the individual's primary means of expression is through language, responsible and judicious use of technology, the relevance of therapeutic actions affecting the patient's current situation, and the value of experience as well as of theoretical knowledge of all the procedures that might help the patient.