



8 Hearts Health & Wellness Gastro Residency

8 Hearts Health & Wellness and Steven Sandberg-Lewis, ND, are excited to announce a unique opportunity for a Gastrointestinal-focused residency. 8 Hearts is an integrative medical clinic located in southwest Portland inside the historic Water Tower Building of John's Landing. We are dedicated to expose our residents to an integrative perspective of everything gastrointestinal with hands-on experience in both conventional and naturopathic models of treatment and management. 8 Hearts offers a wide range of services including: Naturopathic Medicine, Integrative Oncology, Acupuncture and Chinese Medicine, Chiropractic Care, Neurofeedback, Heidelberg pH Testing, SIBO Breath Testing, Female Fertility and Hormone management, and Structural Integration.

This residency will allow both an opportunity to explore an integrative perspective of gastroenterology, and also the business workings of a thriving clinic through exposure of co-managing a medicinary, as well as experience in proper coding, billing, and insurance credentialing.

Residency Medical Supervisor

Dr. Steven Sandberg-Lewis is a practicing naturopathic physician with over 40 years of clinical experience. Initially, he practiced family medicine on Orcas Island in Washington until coming to the National University of Natural Medicine (NUNM) 30 years ago where he supervises student interns in clinic rotations and lectures focused mainly on gastroenterology.

In his private practice at 8 Hearts, Dr. Sandberg-Lewis manages patients with digestive diseases who desire naturopathic treatment options for conditions that have defied diagnosis by other physicians. **His areas of focus include:** Irritable Bowel Disease, Celiac Disease, Irritable Bowel Syndrome, SIBO, Gastroesophageal and Bile Reflux, Gastroparesis, Biliary Dyskinesia, Chronic Nausea, and Impaired Gastric Motility.

He utilizes a multi-modality approach to achieve optimal wellness including: soft tissue techniques, such as, structural integration and visceral manipulation, herbal therapeutics, homeopathic remedies, pharmaceutical prescribing, Neurofeedback, neuro-lingual-muscle testing, and many functional laboratory markers.

In addition to full-time faculty at NUNM and private practice at 8 Hearts Health and Wellness, Dr. Sandberg-Lewis lectures at medical seminars, presents webinars and is frequently interviewed on issues of digestive health and disease. He is the author of the medical textbook, *Functional Gastroenterology: Assessing and Addressing the Cause of Functional Digestive Disorders*, and can regularly be found in *The Townsend Letter*.

Residency Responsibilities

(Due to the dynamic nature of the Residency position, the following may not represent an all-inclusive list of responsibilities but provides a general overview.)

Dr. Sandberg-Lewis's Private Shift – approx. 35%

- Room patients and obtain vitals
- Observe patient visits and assist with charting
- Write any prescriptions or lab requisitions
- Deliver and clarify final treatment plan to patients
- Follow up with patient's messages via Charm portal between visits (within 48 hours)
- Coordinate preceptors as need arises

NUNM Mentor Shift (in conjunction with Dr. Sandberg-Lewis) – approx. 15%

- Recruit students for Mentor Shift (early spring and fall)
- Organize and help conduct student interviews (as needed)
- Organize and conduct orientation for new students a beginning of term
- Review patient charts in detail prior to shift
- Plan weekly learning activities during preview
- Assist students in delivering treatment plans
- Field all questions from students regarding Mentor Shift patients
- Ensure proper charting by students and closing of charts by Dr. Sandberg-Lewis

Personal Private Shift (at 8 Hearts) – approx. 35%

- Partner with 8 Hearts to complete insurance credentialing
- Conduct appropriate follow up visits for Dr. Sandberg-Lewis in office or via phone
- Establish care and conduct personal private shift office visits
- Follow up with patients' messages via Charm portal between visits (within 48 hours)
- Conduct Breath Testing and Heidelberg testing as needed
- Perform blood draws for patients as needed

Clinic Administrative Responsibilities -- approx. 15%

- Contribute to patient education resources and new Work Flows
- Manage and contribute to Clinic web site content and social media presence
- Co-manage Clinic medicinary inventory

**Additional Opportunities - Clinic Rotations (Partner Sites)

- Mark Whiteford, MD – The Oregon Clinic, Minimally Invasive Gastric Surgeon
- Ron Hapke, MD – Northwest Gastroenterology Clinic, Gastroenterologist