

NUMA
Núcleo de Medicina Antroposófica
Universidade Federal de São Paulo – UNIFESP
São Paulo – Brazil

The **NUMA** (*Núcleo de Medicina Antroposófica* - Nucleus of Anthroposophical Medicine) is a project aiming the combination of research, teaching and assistance, in order to become a Reference Center in the training of health care professionals from *SUS* (*Sistema Único de Saúde* - Brazil's Unified Health System) and new researchers in *PICS* (*Práticas Integrativas e Complementares* - Integrative and Complementary Practices) focusing on anthroposophical medicine, thus raising the level of scientific evidence in this area.

The project is coordinated by Mary Uchiyama Nakamura, MD, PhD, Full Prof, and assisted by Jorge Kioshi Hosomi, PharmD, MD, MS and Moacyr Mendes de Moraes, Lic. Ps. Established in 2007, NUMA has organized itself to meet the overall objective of expanding access to Anthroposophy applied to Health, and its development, preferably amongst public health professionals and users of the *SUS*, through actions within the UNIFESP (Universidade Federal de São Paulo - Federal University of São Paulo), in the Department of Obstetrics (Anthroposophical Pre-natal Outpatient Clinic). The NUMA assistance team is composed by physicians, psychologists, physical therapists, nurses, nutritionists and a pharmacist.

The teaching activities of Anthroposophy applied to Health are divided into undergraduate programs, *Latu Sensu* postgraduate courses (extension and specialization courses), scientific events and traineeships for residents.

The research activities are conducted by *Strictu Sensu* postgraduate programs (doctorate and master degrees).

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