

Symposium on Integrative Health: Advances in Research and Evidence-based Practice

Friday, Sept. 15, 2017

Ruth and Tristram Colket, Jr.
Translational Research
Building

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OVERVIEW

Integrative healthcare is a patient-centered approach to healthcare that combines Western medicine with a broad range of therapeutic modalities drawn from healing traditions around the world. The evidence base for integrative medicine interventions is growing, and patients and families are increasingly using integrative modalities and expecting physicians to offer guidance on their use. This one-day symposium will offer healthcare practitioners a review of the evidence on common integrative modalities and their application to clinical practice.

The conference will be held in the Ruth and Tristram Colket, Jr. Translational Research Building at Children's Hospital of Philadelphia. The registration fee is \$125 (MD), \$60 (RD, RN, NP, fellows, residents and allied healthcare professionals), \$25 (students) and includes continental breakfast, breaks, lunch, parking and syllabus material.

COURSE OBJECTIVES

1. Describe the changes of mindfulness and spirituality seen on neuroimaging
2. Understand the effects of mindfulness practice on healthcare professionals
3. Discuss the research and funding priority areas for the National Center for Complementary and Integrative Health
4. Describe nonpharmacological approaches to chronic pain and functional somatic syndromes in adolescents
5. Review the current research data for the use of medical marijuana in children with neurologic disorders
6. Discuss the impact of diet on the intestinal microbiome
7. Recognize the role of aromatherapy in improving the patient experience

ACCME ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

AMA CREDIT DESIGNATION STATEMENT

Children's Hospital of Philadelphia designates this live activity for a maximum of **6.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CONTINUING NURSING EDUCATION APPROVED PROVIDER STATEMENT

Children's Hospital of Philadelphia is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

OCCUPATIONAL THERAPY ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is an approved provider of continuing education by the American Occupational Therapy Association Inc. 6.5 Contact hours or .65 AOTA CEUs will be awarded to participants at the completion of the program. Assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. Approved Provider Number: 4878. Appropriate for Intermediate-level Occupational Therapists.



Course falls under category of Domain of OT and Occupational Therapy Process.

PHYSICAL THERAPY ACCREDITATION

Approval for 6.25 CEUs has been requested in Pennsylvania.

DIETITIAN ACCREDITATION STATEMENT

This activity has been submitted to the Commission on Dietetic Registration for 6.5 hours of continuing professional education units (CPEUs) for registered dietitians.



Children's Hospital of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's Hospital of Philadelphia maintains responsibility for this program and its content. Intermediate Instructional Level. Approved for 6 hours CEUs.

CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a \$40 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by Friday, Sept. 1. No refunds will be issued thereafter.

SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please call the Continuing Medical Education Department at 215-590-5263.

For additional information, please contact Jessi Erlichman at erlichman@email.chop.edu.

PROGRAM — FRIDAY, SEPT. 15, 2017

- 8 a.m.** **Registration and Continental Breakfast**
- 8:30 a.m.** **Welcome and Introduction**
Maria Mascarenhas, MBBS
- 8:40 a.m.** **Neuroimaging in Mindfulness and Spirituality**
David B. Yaden, MD
- 9:40 a.m.** **Healing the Healer: Mindfulness for Healthcare Professionals**
Michael J. Baime, MD
- 10:40 a.m.** **Break**
- 11 a.m.** **National Center for Complementary and Integrative Health's Research and Funding Priority Areas**
Wendy Weber, ND, PhD, MPH
- Noon** **Lunch**
- 1 p.m.** **Nonpharmacological Approaches to Chronic Pain and Functional Somatic Syndromes in Adolescents**
Natoshia Raishevick Cunningham, PhD
- 2 p.m.** **Are We “High” Yet? The Data for Medical Marijuana in Neurologic Disorders**
Eric Marsh, MD, PhD
- 3 p.m.** **Break**
- 3:15 p.m.** **Diet and the Intestinal Microbiome: Implications on Health and Disease**
Lindsey Albenberg, DO
- 4 p.m.** **Aromatherapy: How Essential Oils Have Found Their Place in the Patient Experience**
Susan B. Kristiniak, DHA, MSN, RN, AHN-BC, NEA-BC
- 4:45 p.m.** **Closing Remarks and Adjournment**
- 5 p.m.** **Reception**

Unless otherwise noted, faculty are from Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

COURSE DIRECTORS

Jessi Erlichman, MPH

*Manager, GI Center & Research Development
Administrative Director, CHOP Microbiome Center*

Maria Mascarenhas, MBBS

*Section Chief, Nutrition
Director, Integrative Health Program
Director, Nutrition Support Service
Medical Director, Clinical Nutrition
Associate Professor of Pediatrics*

Miriam Stewart, MD

*Neonatal Hospitalist
Co-chair, Program for Humanistic Medicine and Physician Well-being*

COURSE FACULTY

Lindsey Albenberg, DO

*Attending Gastroenterologist
Assistant Professor of Pediatrics*

Ather Ali, ND, MPH, MHS

*Director, Yale Adult and Pediatric Integrative Medicine Clinic
Medical Director, Integrative Medicine, Smilow Cancer Hospital at Yale New Haven
Assistant Professor of Pediatrics and of Medicine
Yale School of Medicine*

Michael J. Baime, MD

Director, Penn Program for Mindfulness

Carol Donner, MHA, RN-BC

Educational Nurse Specialist

Dina Karvounides, PsyD

Pediatric Psychologist

Susan B. Kristiniak, DHA, MSN, RN, AHN-BC, NEA-BC

*Associate Director for Palliative Care
Penn Medicine*

Eric Marsh, MD, PhD

*Attending Neurologist
Assistant Professor of Neurology and Pediatrics*

Andrew B. Newberg, MD

*Associate Director of Research, Marcus Institute of Integrative Health
Professor of Emergency Medicine and Radiology
Thomas Jefferson University Hospital*

Wendy Weber, ND, PhD, MPH

*Chief, Clinical Research in Complementary and Integrative Health Branch
Division of Extramural Research
National Center for Complementary and Integrative Health
National Institutes of Health*