

First Annual Integrative Health Symposium and Expo for Parents and Caregivers

Saturday, Sept. 16, 2017

Ruth and Tristram Colket, Jr.
Translational Research Building

Sponsored by the
Integrative Health Program

chop.cloud-cme.com



SYMPOSIUM INFORMATION

SYMPOSIUM OVERVIEW

Today, many families are looking for a comprehensive approach to health and wellness. Integrative healthcare focuses not just on disease prevention and treatment, but on the whole child as well. Physicians and researchers have found that providing complementary care that considers a child's family, environment, mind, body and soul can reduce stress, speed healing and in some cases resolve symptoms that weren't being addressed through more conventional therapies.

At CHOP, the Integrative Health Program is focused on offering integrative therapies that are evidence-based. The services we provide are not chosen based on trends, but on science and our providers' experience. And when evidence for a therapy is limited but promising, our team is developing the research needed to create even stronger proof that these therapies are effective.

In this half-day symposium, parents and caregivers are invited to come and learn about the therapies and services offered by our Integrative Health Program. You can meet the practitioners who provide services and learn which services may be helpful for your child's and family's well-being. Hands-on demonstrations and instruction may be provided for some of the services offered.

GENERAL INFORMATION

The symposium will be held in conference room 1200AB, first floor of the Ruth and Tristram Colket, Jr. Translational Research Building at Children's Hospital of Philadelphia. Registration begins at 8 a.m.

REGISTRATION INFORMATION

Attendees may register online at **chop.cloud-cme.com**. Preregistration is required, and the deadline for registration is Thursday, Sept. 7, 2017.

The registration fee is \$20, and each additional person is \$10. Adolescents 12 to 18 years old are free. The registration fee includes a continental breakfast and parking.

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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 \$15 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 Thursday, Sept. 7, 2017. 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.

Ruth and Tristram Colket, Jr. Translational Research Building



PROGRAM • SATURDAY, SEPT. 16, 2017

8 a.m. **Registration and Breakfast**

9 a.m. **Welcome and Overview of Integrative Health**
Maria Mascarenhas, MBBS

10 a.m. **Integrative Health Interactive Breakout Sessions**
Experience and learn more about integrative health (IH) therapies and modalities. Participants can sign up for up to three sessions. Each session is no more than 30 minutes. Opportunities to speak with IH providers and to gather materials and brochures regarding these modalities is available during the expo for those who do not sign up for sessions. You can register for your breakout selections when you complete the registration form on the day of the event. Sessions may be capped at 20 participants per session. Sign up early to guarantee your top choices.

Please select only three workshops on your registration form.

A. Osteopathic Manipulation

Paul J. Ufberg, DO, MBA

In this session, learn about the history and essential basic tenets of osteopathic medicine and understand the benefits of osteopathic manipulation.

B. Integrative Nutrition: Anti-inflammatory Diet

Maria Hanna, MS, RD, LDN

Amy Dean, MPH, RD, CSP, LDN

Karen Smith, MS, RD, CSO, LDN

In this breakout session, we will review the basic essentials of the anti-inflammatory diet, a whole foods approach to healthy eating with a focus on healthy snacks. Recipes and demonstrations will be provided.

C. Integrative Nutrition: Food Intolerances

Maria Hanna, MS, RD, LDN

Amy Dean, MPH, RD, CSP, LDN

Karen Smith, MS, RD, CSO, LDN

In this session, we will discuss common diet patterns to address food intolerances. Recipes and demonstrations will be provided. Information about the Food Reactions Clinic at CHOP will also be provided.

D. Mindfulness

Miriam Stewart, MD

Learn about the benefits of mindfulness and how to practice this mind-body activity. Participate in a mindfulness session. Learn how mindfulness tools may help your child and family cope with stress and pain.

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E. Aromatherapy

Vanessa Battista, RN, MS, CPNP, CCRC

Learn when and how to administer aromatherapy, and learn about its indications and contraindications. Identify how to select essential oils and avoid contaminated products.

F. Yoga

Greg Hedler, MSW

Learn how yoga postures and breathing can have therapeutic benefits for a wide range of conditions. Experience yoga postures in a hands-on session and learn postures that you can teach your children. Hear more about yoga classes and programs for CHOP patients and their caregivers.

G. Reiki and Energy Therapies

Barbara Pacca, RN, BSN, CPN

Barbara Spiotto, RN, MA

Energy therapies are gentle, noninvasive treatments that can be used in conjunction with conventional medical care to promote healing and relaxation by rebalancing your child's natural energy flow. Energy therapies can be utilized to support your child's overall health or to focus on a specific symptom or group of symptoms. We will be discussing Healing Touch and Reiki during this session. Participants can expect to learn: how energy therapies can help their child; what to expect during a treatment session; and how to find a provider, here at CHOP and closer to home.

H. Massage

Elizabeth A. Cross, PT, DPT, MSW, CLT

Lydia Rawlins, MEd, OTR/L

Touch is considered absolutely essential for the growing and developing child. Massage can be particularly helpful for children with developmental and/or medical issues. This workshop will provide caregivers with the foundations of infant and child massage, massage strokes, benefits and precautions.

I. Acupuncture

Winona Chua, MD

The goal of this breakout session is to introduce attendees to acupuncture. Participants can expect to learn about and recognize conditions and symptoms for which acupuncture can be helpful. They will be able to describe what happens during a typical acupuncture session.

Noon

Adjournment

COURSE FACULTY

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

Vanessa Battista, RN, MS, CPNP, CCRC

*Pediatric Nurse Practitioner
Pediatric Palliative Advanced Care Team (PACT)*

Winona Chua, MD

*Attending Physician
Division of General Pediatrics
Physician Acupuncturist
Diplomate, American Board of Medical Acupuncture*

Elizabeth A. Cross, PT, DPT, MSW, CLT

Physical Therapy

Amy Dean, MPH, RD, CSP, LDN

*Clinical Dietitian
Outpatient GI Nutrition Clinic
Division of Gastroenterology, Hepatology, and Nutrition
Integrative Health Program – Food Reactions Clinic*

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Maria Hanna, MS, RD, LDN

Advanced Practice Dietitian

Department of Clinical Nutrition

Integrative Health Program

Greg Hedler, MSW

Social Worker

Division of Oncology

Certified Yoga Instructor

Barbara Pacca, RN, BSN, CPN

Healing Touch Certified Practitioner

Reiki Master

Lydia Rawlins, MEd, OTR/L

Occupational Therapy

Acute Care Team

Karen Smith, MS, RD, CSO, LDN

Outpatient Oncology

Barbara Spiotto, RN, MA, HNB-BC

Reiki Master

Amy Troyano, MA, MTBC

Manager

Child Life, Education and Creative Arts Therapy Department

Paul J. Ufberg, DO, MBA

Attending Physician

Division of Gastroenterology, Hepatology and Nutrition