

**THIRD ANNUAL
INTEGRATIVE HEALTH
SYMPOSIUM**

**From Pathogenesis
to Salutogenesis:
A Wellness Perspective
for Patients and Their
Healthcare Team**

Friday, Sept. 27, 2019

Ruth and Tristram Colket, Jr.
Translational Research
Building on the Raymond G.
Perelman Campus

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 **Children's Hospital
of Philadelphia**
Breakthroughs. Every day.



OVERVIEW

Medical practice has traditionally focused on pathology — the diagnosis and treatment of disease. However, as the World Health Organization notes in its constitution, health is a “state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” In order to support patients in achieving well-being and ensuring their own well-being over the career span, healthcare professionals must possess a toolbox geared toward fostering health as well as treating disease. Salutogenesis is an approach that seeks to build on strengths and to support health in all the domains of a person’s life. In this one-day symposium, attendees will learn about salutogenesis and the relationship between stress, coping and health. Lectures will focus on how to manage provider stress and burnout and how to support a patient’s well-being through nutrition, mind-body techniques, positive psychology, trauma-informed care and other integrative modalities.

GENERAL INFORMATION

The conference will be held in the Ruth and Tristram Colket, Jr. Translational Research Building on the Raymond G. Perelman Campus. The registration fee is **\$125 (MD), \$75 (RD, RN, NP, fellows, residents and other allied healthcare professionals)** and includes continental breakfast, breaks, lunch, parking and syllabus material.

COURSE OBJECTIVES

- Define salutogenesis and how it can be applied to patient care in both adult and pediatric settings
- Describe the current state of evidence on the way that nutrition, physical activity, and sleep impact cognitive functioning and healthcare provider performance
- Define adverse childhood events and describe their impact on physical and mental health outcomes
- Identify strategies to advance individual and organizational well-being

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 7.0 *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.

DIETITIAN ACCREDITATION STATEMENT

Children's Hospital has requested CEU hours of continuing education credit for registered dietitians for the conference.

APA ACCREDITATION STATEMENT

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 1 credit per hour is awarded.

SOCIAL WORK ACCREDITATION STATEMENT

CHOP is a pre-approved provider of continuing education credits for Pennsylvania Licensed Social Workers, Marriage and Family Therapists, and Professional Counselors. Participants licensed in Pennsylvania who attend the full workshop and complete the required evaluation are eligible for Continuing Education Credits. Participants licensed in other states should check with local licensing boards to determine continuing education approval.

MAINTENANCE OF CERTIFICATION STATEMENT

Successful completion of this CME activity, which includes participation in the activity, with individual assessments of the participant and feedback to the participant, enables the participant to earn 5.0 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit.

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 Monday, Sept. 16, 2019. 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 contact the Continuing Medical Education Department at 215-590-5263.

PROGRAM • FRIDAY, SEPT. 27, 2019

- 7:30 a.m. **Registration and Continental Breakfast**
- 8 a.m. **Welcome and Introduction**
Miriam Stewart, MD
- 8:10 a.m. **Within You and Without You: Health, Healing and the Medical Encounter**
Russell H. Greenfield, MD
- 9:10 a.m. **Resilience and Well-being in the Workplace: Strategies to Support Well-being and Human Flourishing**
Mary Jo Kreitzer, PhD, RN, FAAN
- 9:55 a.m. **Break**
- 10:10 a.m. **Pediatric Salutogenesis: A Modern Approach to Children's Wellbeing**
Hilary McCafferty, MD, FAAP
- 10:55 a.m. **Translating the Science of ACEs into Clinical Practice**
Ellen Goldstein, PhD
- 11:40 a.m. **Performance Nutrition for Healthcare Professionals**
Maryam S. Hamidi, PhD
- 12:25 p.m. **Lunch**
- 1:25 p.m. **Risk and Resilience in Early Childhood Brain Development**
Allyson Mackey, PhD
- 2:10 p.m. **Break**
- 2:20 p.m. **Workshop Session 1 (Choose one of the topics below):**
- A. Mindfulness Techniques and Concepts to Help with Anxiety, Pain and Stress in Your Patients, and Avoid Burnout in You.**
M. Bidi McSorley, MD
- B. Transitioning from SAD to AI: Tools for the Busy HCP**
Amy Dean, MPH, RD, LDN
Maria Hanna, MS, RD, LDN
Maryam S. Hamidi, PhD
- 3:10 p.m. **Workshop Session 2 (Choose one of the topics below):**
- A. Seva Stress Release: A Holistic Method to Treat Shock and Stress**
Lisa Squires, BSN, RN, CCRN, PHRN, HNB-BC
Missy Oleaga, LMT
Lorraine Ogrodnick, LMT, CST
- B. From Balance to Integration: Building Work-life Resilience**
Miriam Stewart, MD
- 4 p.m. **Adjourn**

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

COURSE DIRECTORS

Maria Mascarenhas, MBBS

Section Chief, Nutrition

Director, Integrative Health Program

Director, Nutrition Support Service

Medical Director, Clinical Nutrition

Professor of Pediatrics

Miriam Stewart, MD

Complex Care Hospitalist

Hospice and Palliative Medicine Fellow

Director, Physician Well-being Initiative

PLANNING COMMITTEE

Amy Dean, MPH, RD, LDN

Pediatric Clinical Dietitian

Department of Clinical Nutrition

Department of Nursing and Clinical Care Services

Jessi Erlichman, MPH

Administrative Director, GI Clinical Research

and PennCHOP Microbiome Center

Division of Gastroenterology, Hepatology

& Nutrition

Dina Karvounides, PsyD

Pediatric Psychologist

Pediatric Headache Program

Tonia Kulp, E-RYT 500, YACEP

Certified Yoga Instructor

Allison Moomaw, MSN, RN

Nursing Professional Development Specialist

Continuing Nursing Education

Nurse Planner

Lisa Squires, BSN, RN, CCRN, PHRN, HNB-BC

Integrative Health Program Nurse Coordinator

Paul Ufberg, DO, MBA

Division of Gastroenterology, Hepatology

& Nutrition

Assistant Professor of Clinical Pediatrics

COURSE FACULTY

Ellen Goldstein, PhD

T32 Primary Care Research Fellow

Department of Family Medicine and

Community Health

University of Wisconsin

Russell H. Greenfield, MD

Clinical Professor of Medicine

University of North Carolina

Chapel Hill School of Medicine

Maryam S. Hamidi, PhD

Associate Director of Scholarship and Health

Promotion

Department of Psychiatry and Behavioral Sciences

Stanford Medicine WellMD Center

Maria Hanna, MS, RD, LDN

Advanced Practice Dietitian

Clinical Nutrition Department

Department of Nursing and Clinical Care Services

Mary Jo Kreitzer, PhD, RN, FAAN

Director, Earl E. Bakken Center for Spirituality

& Healing

Professor, School of Nursing

University of Minnesota

Allyson Mackey, PhD

Assistant Professor, Department of Psychology

University of Pennsylvania

Hilary McClafferty, MD, FAAP

Director, Pediatric Emergency Medicine

Tucson Medical Center

Founding Director

Pediatric Integrative Medicine in Residency

University of Arizona, Tucson, Ariz.

M. Bidi McSorley, MD

Pediatrician, Private Practice

Pediatric Behavioral Medicine and

Mindfulness Teaching

Instructor, Penn Program for Mindfulness

Lorraine Ogrodnick, LMT, CST

Certified Process Acupressure Practitioner

Missy Oleaga, LMT

Certified Clinical Acupressure Instructor

Advanced Process Acupressure Practitioner

Soul Lightening Faculty