

SIXTH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM

From Theory to Practice:
Integrative Primary Care Pediatrics

Friday, Sept. 30, 2022 | 8 a.m. to 4 p.m.
Virtual Symposium

Learn more:
chop.cloud-cme.com



Overview

In this one-day virtual symposium, attendees will learn about integrative health in the pediatric primary care setting. The Symposium content will address how integrative health approaches the treatment and management of common pediatric conditions addressed in primary care including behavioral health, sleep, skin conditions, GI, nutrition and headaches, for example. Attendees will be provided with practical skills and tools to promote health and well-being for both the patient and the provider.

General information

The registration fee includes live stream access to the conference, access to view online presentations, CME/CEU and other credits. The registration fee is \$125 (MD), \$75 (RD, RN, NP, fellows, residents and other allied health care professionals) and \$25 for students.

Course Objectives

1. Define integrative health
2. Identify at least three evidence-based integrative therapies for common pediatric conditions presenting in primary care
3. Identify evidence-based integrative therapies for common pediatric behavioral health problems including depression, anxiety, insomnia and ADHD
4. Describe strategies for assessing the safety and quality of supplements and herbal remedies

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.

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 3.75 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 \$15 service charge, but is not responsible for any related costs, charges or expenses to participants. In order to process refunds for course withdrawals, cancellation must be received in writing by Friday, Sept. 9, 2022. No refunds will be issued thereafter.

Program • Friday, Sept. 30, 2022

8 a.m. Welcome and Introduction

Miriam Stewart, MD

8:05 a.m. Keynote – Integrative Primary Care: Lessons Learned in 25 Years in Practice

Lawrence Rosen, MD

8:40 a.m. Integrative Mental Health in Primary Care

Sneha Lakshmi Venkatraman, MD

9:25 a.m. Integrative Approaches to Common Gastrointestinal Issues

Ann Ming Yeh, MD

10 a.m. Break

10:15 a.m. Integrative Approaches to Headache and Migraine

*Anna Esparham, MD, DABOIM,
DABMA*

10:50 a.m. Supplements and Botanicals for Pediatric Health

Anne Kennard, DO

11:20 a.m. Integrative Dermatology

Peter Lio, MD

Noon Lunch

**1 p.m. Breakout Sessions A
Integrative Health for ADHD**

Mark Bertin, MD

Culinary Medicine

Lindsey Albenberg, DO

Amy Dean, MPH, RDN, LDN

Andrea Nepa, MS, RD, CSP, LDN

**2 p.m. Breakout Sessions B
Motivational Interviewing**

Valerie Jacobs, MD, PhD

Integrative Health Toolkit for Healthcare-related Anxiety

Jody Thomas, PhD

**3 p.m. Clinician Heal Thyself:
Self-care for the Provider
and Patient**

Miriam Stewart, MD

Ariel A. Williamson, PhD, DBSM

Barbara S. Rolnick, MD

Maureen Heil C-IAYT, ERYT-500,

RALC, RCYT

Tiffany Silliman Cohen, LMT,

CPMT, BCTMB

Lisa Squires, RN, BSN, CCRN-K,

HNB-BC

4 p.m. Closing Remarks

Course Directors

Miriam Stewart, MD

Director of Physician Well-being

Attending Physician

Associate Professor of Clinical Pediatrics

Maria Mascarenhas, MBBS

Director, Integrative Health Program

Pediatric Gastroenterologist and Nutrition

Pediatrician

Professor of Pediatrics

Course Faculty

Lindsey Albenberg, DO

Pediatric Gastroenterologist

Researcher at Center for Pediatric Inflammatory

Bowel Disease

Assistant Professor of Pediatrics

Tiffany Silliman Cohen, LMT, CPMT, BCTMB

Massage Therapist

Amy Dean, MPH, RDN, LDN

Clinical Dietitian

Maureen Heil, C-IAYT, ERYT-500, RALC, RCYT

Yoga Therapist

Ayurvedic Lifestyle Consultant

Reiki Master Teacher

Andrea Nepa, MS, RD, CSP, LDN

Clinical Dietitian

Barbara S. Rolnick, MD

Primary Care Pediatrician

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

Integrative Health Program Nurse Coordinator

Ariel A. Williamson, PhD, DBSM

Psychologist

Diplomat in Behavioral Sleep Medicine

Assistant Professor of Psychiatry and Pediatrics

Guest Faculty

Mark Bertin, MD

Developmental Pediatrician

NY Medical College and Windward Teacher

Training Institute

New York, NY

Anna Esparham, MD, DABOIM, DABMA

Founder of Health Is PowHer Podcast

Clinical Associate Professor of Pediatrics

Children's Mercy Hospital

Kansas City, MO

Valerie Jacobs, MD, PhD, FAAP

Integrative Physician

Camelback Pediatrics

Phoenix, AZ

Anne Kennard, DO, FACOG, ABOIM, Dipl-ABLM

Obstetrics and Gynecology

Integrative and Lifestyle Medicine

Marian Regional Medical Center

Santa Maria, CA

Peter Lio, MD, FAAD

Founding Director, Chicago Integrative Eczema Center

Clinical Assistant Professor of Dermatology and Pediatrics

Northwestern University Feinberg School of Medicine

Evanston, IL

Lawrence Rosen, MD

Founder, The Whole Child Center

Assistant Professor of Pediatrics

Hackensack Meridian School of Medicine

Hackensack, NJ

Jody Thomas, PhD

Licensed Clinical Psychologist

Chief Executive Officer, Meg Foundation

Adjunct Lecturer, Stanford University School of Medicine

Stanford, CA

Sneha Lakshmi Venkatraman, MD

Psychiatrist

Clinical Assistant Professor of Psychiatry and the Behavioral Sciences (Clinician Educator)

Keck School of Medicine of the University of Southern California

Los Angeles, CA

Ann Ming Yeh, MD, FAAP

Program Director, Pediatric Integrative Medicine Fellowship

Pediatric Gastroenterology, Hepatology and Nutrition

Clinical Associate Professor

Stanford University, CA