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

Learn more: chop.cloud-cme.com

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.

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.
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 McClafferty, 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

Jessie 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

Allison 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  
Pedi atric Behavioral Medicine and Mindfulness Teaching  
Instructor, Penn Program for Mindfulness

Lorraine Ogrodnicz, LMT, CST  
Certified Process Acupressure Practitioner

Missy Oleaga, LMT  
Certified Clinical Acupressure Instructor  
Advanced Process Acupressure Practitioner  
Soul Lightening Faculty

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