

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Integrative Medicine: Evidence-Based Approach for Practice

Friday, May 1, 2020

Virginia Mason Hospital and Seattle Medical Center

Presented online via livestream



Virginia Mason

Faculty

COURSE DIRECTORS

Carrie A. Horwitch, MD, MPH, MACP

Internal Medicine

Virginia Mason, Seattle, Wash.

Astrid Pujari, MD

Medical Director, Center for Integrative Medicine at Virginia Mason

Virginia Mason, Seattle, Wash.

GUEST FACULTY

Richard Dallam, FAIA

Managing Partner

NBBJ International Healthcare Practice

Seattle, Wash.

Suzanne Edison, MA, MFA

Poet, Educator & Therapist

Seattle, Wash.

Kathleen Lumiere, DAOM, LAc

Acupuncturist

DAOM Program Director

Bastyr University

Seattle, Wash.

VIRGINIA MASON FACULTY

Lela Altman, ND, LAc

Naturopathic Physician & Acupuncturist

Atul Gupta, MD

Physical Medicine & Rehab

Kevin Connor, ND

Integrative Medicine

Integrative Medicine: Evidence-Based Approach for Practice

This course will provide an evidence-based overview of tools and techniques from integrative medicine. We will address key questions around patient use of dietary supplements, non-pharmacologic options for chronic pain, and natural approaches to address small intestinal bacteria overgrowth (SIBO). For the two afternoon workshop sessions you will have your choice of reviewing musculoskeletal techniques; exploring the benefits of and practicing laughter and breathing techniques, and applying the use of narrative medicine and writing exercises for improved well-being and compassion.

Teaching methods include lecture, questions and answers with faculty, and break-out sessions.

TARGET AUDIENCE:

This course is appropriate for physicians, residents, advanced practice providers and nurses across all disciplines.

COURSE OBJECTIVES:

- Discuss the impact of environmental design on emotional and physical well-being
- Identify evidence-based use of common supplements
- Define tendinopathies and recommend non-pharmacologic treatment alternatives
- Cite the health benefits of positive psychology, and apply its techniques in your daily practice
- Assess how and when to use an elemental diet for the treatment of small intestinal bacteria overgrowth (SIBO)
- Discuss the types of issues that can be managed with acupuncture
- Use and recommend narrative medicine to tell a story and improve well-being
- Recommend laughter and breathing techniques to help reduce stress and improve health
- Use trigger point injections to address musculoskeletal pain



Accreditation with Commendation: Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: Virginia Mason Medical Center designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). **Determination of credit is pending.**

ABIM MOC: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.0 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Location: The course will be held online via livestream. For information, contact the CME Department at 206-341-0142 or email cme@virginiamason.org.

Agenda *(To be updated and adapted for livestream presentation)*

- 7:00 a.m. *Registration opens, continental breakfast*
- 7:30 a.m. **GRAND ROUNDS PRESENTATION:**
Designing for Health and Well-being
Richard Dallam, FAIA
- 8:30 a.m. *Break*
- 8:45 a.m. **Opening Remarks/Overview**
Astrid Pujari, MD and Carrie Horwitch, MD
- 9:00 a.m. **Evidence-Based Approach to Supplements**
Astrid Pujari, MD
- 9:45 a.m. **Let's Get You Back In The Game: Management of Tendinopathies**
Atul Gupta, MD
- 10:30 a.m. *Break*
- 10:45 a.m. **Managing Stress: Use of Positive Psychology Techniques**
Carrie Horwitch, MD
- 11:15 a.m. **Natural Approaches to Small Intestinal Bacteria Overgrowth (SIBO)**
Lela Altman, ND
- 11:45 a.m. **Evidence-Based Use of Acupuncture**
Kathleen Lumiere, DAOM
- 12:15 p.m. *Lunch (provided)*
- 12:45 p.m. **WORKSHOP SESSION 1:**
A. Narrative Medicine
Suzanne Edison, MA
B. Laughter and Breathing Techniques
Carrie Horwitch, MD and Astrid Pujari, MD
- 1:45 p.m. **WORKSHOP SESSION 2:**
A. Narrative Medicine
Suzanne Edison, MA
B. Musculoskeletal Techniques
Kevin Connor, ND
- 2:45 p.m. **Wrap Up & Evaluation**
Astrid Pujari, MD and Carrie Horwitch, MD
- 3:00 p.m. *Adjourn*

Registration

To register, complete the form below and send via:



MAIL:

Virginia Mason CME Dept.
1100 Ninth Ave, D3-CME
Seattle, WA 98101



PHONE: 206-341-0142



FAX: 206-341-1480



E-MAIL: cme@virginiamason.org

WEB: VirginiaMasonCME.org

Cancellation and Refund Policy: Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

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Please print clearly

NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Due to continued COVID-19 social distancing restrictions, we will present this course via online livestream only. Please contact the CME office if you have any questions.

PAYMENT:

Tuition: \$185

- Check enclosed. Make check payable to Virginia Mason CME.
 Please charge my: VISA MasterCard American Express Discover

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

SIGNATURE

- Please add me to your e-mail list for news of upcoming CME courses at Virginia Mason.