



INAUGURAL INOVA
**Integrative & Functional
Medicine Conference**

CLINICAL & PRACTICAL APPLICATIONS FOR HEALTHCARE PROVIDERS

Saturday, April 14, 2018 7:00am – 5:00pm



**Continuing
Medical
Education**

Inova Center for Personalized Health Conference Center
3225 Gallows Road, Fairfax, VA 22037

www.inova.org/integrativemedcme



About the Conference

Integrative and Functional Medicine strives to restore and preserve health and wellness throughout the duration of a patient's life by understanding the person's unique circumstances and addressing the full range of physical, emotional, mental, social, spiritual and environmental influences that affect health.

This conference will examine the most recent data and evidence-based approaches utilized in helping patients manage their cancer, chronic migraines, IBS, menopause, PTSD, cognitive decline and acute pain syndromes. This clinically relevant program is designed to educate and engage healthcare practitioners and those interested in incorporating preventive, lifestyle, integrative and functional medicine approaches into their practice.

Program Directors

Marie Steinmetz, MD, DABFM, DABoIM, IFMCP

Integrative Medicine Consultant
JP Killeen Associates, Inc.

William L. Lang, MD, MHA

VP International Medicine
Inova

Mary Ann Friesen PhD, RN, CPHQ

Nursing Research and Evidence Based
Practice Coordinator Professional
Practice
Inova

Co-Program Director

Diane Swengros, MSN, RN, BC, CHTP

Certified Healing Touch Practitioner
Inova

Target Audience

- Physicians of all specialties
- Surgeons of all specialties
- Physician Assistants
- Advanced Practice Nurses/ Nurse Practitioners
- Registered Nurses
- Allied Health Professionals
- Holistic Care Nurses
- Chiropractors
- Traditional Medicine Providers

Learning Objectives

- Describe the evidence-based outcomes associated with a variety of integrative modalities including herbs, mind-body work, acupressure, acupuncture, and bio-field therapy that can be applied in current clinical practice.
- Develop skills to be able to communicate and teach patients about the safe use of herbs.
- Critically appraise the research and evidence-based-practice regarding the use of integrative and functional medicine.

Accreditation Statement



The Office of Continuing Medical Education for Inova Health System designates this live activity for a maximum of **7.25** AMA PRA Category 1 Credit[s]™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physicians may claim up to **7.25** credits in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.

This program has been approved for **7.3** contact hours by the Inova Learning Network, an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Agenda

7:00 AM – 7:20 AM	Qi Gong and Tai Chi [Optional for attendees]	11:05 AM – 12:00 AM	Integrative Cancer Care <i>Donald Abrams, MD, UCSF Medical Center</i>
7:15 AM – 7:50 AM	Registration, Continental Breakfast & Exhibitors	12:00 PM – 1:00 PM	Lunch and Exhibitors
7:50 AM – 8:00 AM	Introduction and Opening Remarks	1:00 PM – 1:55 PM	Rapid Acupuncture in the Department of Defense <i>Lewis Hofmann, MD, FAAFP Former White House Physician</i>
8:00 AM – 8:55 AM	Global Supply Network of Botanicals: Pure or Adulterated? <i>Mark Blumenthal, Founder and Executive Director, American Botanical Council</i>	1:55 PM – 2:40 PM	Concurrent Breakout Sessions
8:55 AM – 9:50 AM	Integrative Medical Management of Menopausal Symptoms <i>Jeanne Shiffman, MD, IFMCP, NCMP, Well Being-Being Well</i>		Healing Touch: Adding to the Body of Knowledge Using Universal Energy to Promote Healing <i>Theresa Davis, PhD, RN, ME-BC, CHTP and Diane Swengros, MSN, RN, BC, CHTP</i>
9:50 AM – 10:10 AM	Networking and Exhibitors		Integrative Care of Headaches – <i>Dorothy Polahar, DO, DABFM, DABoIM</i>
10:10 AM – 11:05 AM	Guided Imagery: Evidence for a Portable, User-Friendly, Self-Administered Mind-Body Intervention <i>Belleruth Naparstek, ACSW, BCD, Health Journeys</i>		Integrative and Functional Medicine Approach to Common GI Complaints <i>Anca Sisu, MD, DABFM, DABoIM, RN</i>

Course Faculty

An Integrative and Functional Approach to Cognitive Health and Decline

Rosemarie Rose, MD, DABFM, DABoIM, IFMCP
Lead Physician, Inova Integrative and Functional Medicine



Donald I. Abrams, M.D.

Chief of the Hematology-Oncology Division
San Francisco General Hospital
Integrative oncologist UCSF Osher
Center for Integrative Medicine
Professor of Clinical Medicine at the
University of California San Francisco
Co-editor *Textbook in Integrative
Oncology* with Andrew Weil, M.D.



Mark Blumenthal

Founder and Executive Director
American Botanical Council



Theresa Davis, PhD, RN, NE-BC, CHTP

Inova Health System enVision eICU, Clinical
Operations Director, Falls Church, VA
Adjunct Faculty Shenandoah University Eleanor
Wade Custer School of Nursing, Winchester, VA
Adjunct Faculty George Mason University Falls Church, VA

2:40 PM – 3:00 PM

Networking and Exhibitors

3:00PM – 3:55 PM

Marijuana: Is It Medicine Yet?

Donald Abrams, MD, UCSF Medical Center

3:55 PM – 4:50 PM

10 Herbs You Can Start Using Tomorrow

Marie Steinmetz, MD, DABFM, DABoIM, IFMCP

4:50 PM – 5:00 PM

Closing Remarks and Meeting Adjourn

The agenda is subject to change. Please visit
www.inova.org/integrativemedcme for all updates.

(continued)



Course Faculty


Lewis Hofmann, MD, FAAFP

Col (ret), USAF, MC, FS

Air Force Acupuncture and Integrative Medicine Center

Diplomate, American Board of Family Medicine

Fellow, American Academy of Family Physicians

Adjunct Assistant Professor of Family Medicine

Uniformed Services University School of Medicine

Former President, Uniformed Services

Academy of Family Physicians

Former White House Physician

Malcolm Grow Clinic

Joint Base Andrews, MD


Belleruth Naparstek, ACSW, BCD

Founder, Health Journeys Guided Imagery Audios

Author, *Staying Well with Guided Imagery*, *Your Sixth Sense*
and *Invisible Heroes: Survivors of Trauma and How They Heal*


Rosemarie Rose, MD, DABFM, DABoIM, IFMCP

Clinical Associate Faculty, Virginia Commonwealth
University School of Medicine

Inova Integrative and Functional Medicine

Certified Heartmath ® Practitioner

Licensed Acupuncture Physician


Dorothy Polahar, DO, DABFM, DABoIM

Licensed Acupuncture Physician

Integrative and Functional Medicine


Jeanne Shiffman, MD, IFMCP, NCMP

Licensed Acupuncture Physician

Well Being-Being Well, Mclean, VA


Anca Sisu, MD, DABFM, DABoIM

Inova Integrative and Functional Medicine


Marie Steinmetz, MD, DABFM, DABoIM, IFMCP

Clinical Associate Faculty, Virginia Commonwealth
University School of Medicine

Acupuncture Physician

Integrative Medicine Consultant, JP Killeen Associates, Inc.


Diane Swengros, MSN, RN, BC, CHTP

Senior Education Coordinator

Certified Healing Touch Practitioner

Inova Learning Network

Inova Health System

Registration and Details

Register today: www.inova.org/integrativemedcme

Inova/IMG Physician	\$139
Physician	\$159
Nurse, Nurse Practitioner, Nursing Student, Registered Nurse	\$109
Allied Health Professional	\$109
Resident, Fellow or Medical Student	\$109
Massage Therapist and Other Profession	\$109

Registration cancellation is only accepted prior to March 14, 2018. The registration fee is non-refundable after the cancellation date.

Parking

Parking is complimentary at the Inova Center for Personalized Medicine—Conference Center. Please use the surface lots on either side of the Conference Center.

Area Hotels

Hyatt Mosaic Merrifield

8296 Glass Alley, Fairfax, VA 22031

<https://fallschurch.house.hyatt.com/en/hotel/home.html>

Marriott Fairview Park

3111 Fairview Park Drive, Falls Church, VA 22042

<http://www.marriott.com/hotels/travel/wasfp-falls-church-marriott-fairview-park/>

Course Syllabus

In an effort to conserve resources, no printed materials will be given at the conference. You will receive access to a conference web link to view presentation slides upon registration.

Conference Requests

Conference dress is business casual and we ask that that you bring a sweater or jacket for your personal comfort during the meeting should the room be too cool for your comfort.

If you have a special dietary need or request, please email Hannah Arriola, hannah.arriola@inova.org no later than April 1.

Persons with disabilities who may need auxiliary aids or services should send a request to Hannah Arriola, hannah.arriola@inova.org so that appropriate arrangements can be made in advance. Requests should be made no later than April 1.

For More Information:

Hannah Arriola, Meeting Coordinator

hannah.arriola@inova.org or 703-204-6383

www.inova.org/integrativemedcme



INAUGURAL INOVA

Integrative & Functional Medicine Conference

CLINICAL & PRACTICAL APPLICATIONS FOR HEALTHCARE PROVIDERS



Continuing
Medical
Education

8110 Gatehouse Road, Suite 500W
Falls Church, VA 22042

NONPROFIT ORG
U.S. POSTAGE
PAID
FALLS CHURCH, VA
PERMIT 118

