

Much More Than An Apple A Day: *Integrative Therapies for Optimizing Health in Children*

Friday, November 14, 2014

7:30 a.m.–5:30 p.m.

School of Nursing Auditorium
Room G013
University of Kansas Medical Center
3901 Rainbow Boulevard
Kansas City, Kansas

CME and CNE credit provided

Course Director
Jeanne Drisko, MD
Riordan Professor of Orthomolecular Medicine
and Research, Director of Integrative Medicine,
University of Kansas Medical Center,
Kansas City, Kan.



Sponsored by University of Kansas Medical Center Department of
Integrative Medicine and University of Kansas Medical Center Continuing
Education & Professional Development

kumcce.ku.edu/IntegrativePeds

Register online, with our paper form
or by calling toll-free 877-404-5823.



Overview

Patients and their families believe pediatric integrative medicine and nutritional approaches can decrease use of conventional pharmaceutical medications. As a result, there is growing demand by consumers for dietary and integrative approaches as adjuncts to conventional pediatric treatments. More than 50 percent of children with chronic disorders use integrative therapies (Vohra et al. 2012). The majority of healthcare practitioners who care for children with chronic disorders are unaware of the growing body of literature that supports integrative therapies. There is growing evidence that diet and nutrition can improve outcomes in children with chronic disorders. For example, micronutrient insufficiencies, such as iron and zinc, have shown to be associated with children diagnosed with ADHD (Millichap & Yee 2012). As a result, it is necessary to explore and evaluate the practice of nutritional and integrative approaches to common health disorders in children through the lens of scientific evidence. This will result in a workforce that is better prepared to discuss these issues with patients and their families when questions about integrative therapies arise (Adams et al. 2013, Vohra et al. 2012, Millichap & Yee 2012).

Target Audience

This symposium is designed for physicians (MD and DO), registered nurses (RN), advanced practice registered nurses (APRN), social workers, psychologists, naturopathic doctor (ND), dietitians (RD) and nutritionists.

Objectives

At the completion of this symposium, participants should be able to:

- Discuss with patients and their families the current evidence for or against the use of nutritional integrative approaches as treatment adjuncts in pediatric disorders.
- Evaluate integrative nutritional approaches to common pediatric disorders
- Define methods in managing nutritional disorders through laboratory assessment and individualized treatment plans.

Planning Committee

Jeanne Drisko, MD, Riordan Professor of Orthomolecular Medicine and Research, Director of Integrative Medicine, University of Kansas Medical Center, Kansas City, Kan.

Anna Esparham, MD, Clinical Assistant Professor, Integrative Medicine, University of Kansas Medical Center, Kansas City, Kan.

Randall Evans, MS, RD, LD, Integrative Medicine, University of Kansas Medical Center, Kansas City, Kan.



Emily Curran, APRN, Integrative Medicine, University of Kansas Medical Center, Kansas City, Kan.

Diana Noland, RD, MPH, CCN, Nutrition Consultant, Burbank, Calif.

Mary Gambino, RN, PhD, Assistant Dean for Community Affairs, Director of Nursing Continuing Education, University of Kansas School of Nursing, Kansas City, Kan.

Janet Ink, Executive Director, Integrative Medicine, University of Kansas Medical Center, Kansas City, Kan.

Marla Sutton, MS, Senior Program Manager, Office of Continuing Education and Professional Development, University of Kansas Medical Center, Kansas City, Kan.

Accreditation

All participants are required to sign attendance rosters at the beginning of each day. A certificate of completion will be provided to all activity participants based on completion of the program evaluation, documentation of actual attendance time, meeting minimum attendance requirements specific to the activity, and payment in full. If you are not paid in full, a link to complete evaluation and get your certificate will be emailed to you upon receipt of payment.

Physicians: The University of Kansas Medical Center Office of Continuing Medical Education & Professional Development is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The KU Medical Center Office of Continuing Medical Education designates this live activity for a maximum of 8 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: Up to 8 contact hours will be awarded to all individuals based on documentation of actual attendance time, meeting minimum attendance requirements specific to the activity, and payment in full.

University of Kansas School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Acknowledgments

Financial contributions and supporters of this program will be acknowledged in print at the symposium.

Exhibits

Commercial vendors are invited to exhibit at this meeting. Limited exhibit space will be available. Call Randy Evans at 913-945-6742 or e-mail revans5@kumc.edu for an application or more information.

Faculty

Susan Carlson, PhD, Professor, University of Kansas Medical Center, Kansas City, Kan.

Lindsey Thompson, MS, RD, CSP, LD, Senior Clinical Nutrition Specialist, Children's Mercy Hospitals & Clinics, Kansas City, Mo.

Anna Esparham, MD, Clinical Assistant Professor, Integrative Medicine, University of Kansas Medical Center, Kansas City, Kan.

Kenneth Fine, MD, Director of Operations and Director of Medical Research, Intestinal Health Institute, Dallas, Tex.

Joy Weydert, MD, Associate Professor, University of Kansas Medical Center, Kansas City, Kan.

Randall Evans, MS, RD, LD, Integrative Medicine, University of Kansas Medical Center, Kansas City, Kan.

Agenda

7:30 a.m. Registration, Exhibits and Continental Breakfast

8:00 a.m. Welcome and Introductions
Jeanne Drisko, MD – Course Director and Moderator

8:30 a.m. Essential Fatty Acid Role in Brain Development
Susan Carlson, PhD

9:30 a.m. Ketogenic Diet
Lindsey Thompson, MS, RD, CSP, LD

10:30 a.m. Refreshment Break and Exhibits

11:00 a.m. Integrative Pediatric Mental Health
Anna Esparham, MD

Noon Lunch Provided
Panel Discussion

1:00 p.m. Pediatric Gastrointestinal Health
Ken Fine, MD

2:30 p.m. The Integrative Pediatric Residency Education Project
Joy Weydert, MD

3:00 p.m. Refreshment Break and Exhibits

3:30 p.m. Sports Nutrition
Randy Evans, RD

4:30 p.m. The Black Box – Nutritional Intake and Testing
Anna Esparham, MD

5:30 p.m. Adjournment

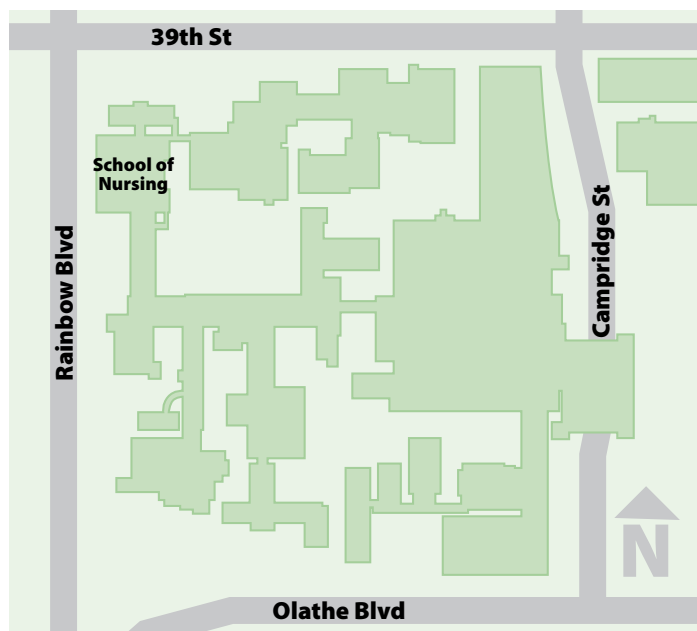
Registration and Fees

Payment is required at the time of registration. Only registrations accompanied with payment will be accepted. Please register in advance. Fees include course materials, continental breakfast, lunch, refreshments and continuing education credit.

Physician	\$199
Advance Practice Nurse/Nurse	\$199
Other Health Care Professional	\$199
KU Preceptor or Medical Student	\$99
General Public or Non-Health Care Professionals	\$99
Resident or Fellow	\$99
Printed Handouts	\$25

Location & Parking

All events will take place at the School of Nursing Auditorium, Room G013, on the University of Kansas Medical Center campus located at 3901 Rainbow Blvd., Kansas City, Kan. The room will be Wi-Fi accessible. Please bring a sweater or jacket, since temperatures can be difficult to control in large rooms.



Lodging

A block of rooms has been reserved at the Holiday Inn Express, located directly across from the School of Nursing Auditorium, at the daily rate of \$109 for single or double occupancy. To take advantage of the special rate, call 913 236-8700 by November 1, 2014, and mention that you will be attending the KU Medical Center. After November 1, 2014, room availability and rates cannot be guaranteed. If you wish to book reservations on line you may do so by visiting www.hiokansascity.com and using group code "AAD" (apple a day) to secure the group rate.



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Full name (First, MI, Last, Suffix) _____

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2 Fees

- Physician \$199
- Advance Practice Nurse/Nurse \$199
- Other Health Care Professional \$199
- KU Preceptor or Medical Student \$99
- General Public or Non-Health Care Professionals \$99
- Resident or Fellow \$99
- Printed Handouts \$25

Total due \$ _____

3 Payment

Registrations will not be processed until payment is received.

Check enclosed, payable to **KU Medical Center**.

MasterCard VISA (no other cards accepted)

Card # _____ Exp. _____

Name on card (print) _____

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4 Easy Ways to Register

Mail Complete the registration form and mail with payment to:

The University of Kansas
Continuing Education
Registrations
1515 Saint Andrews Drive
Lawrence, Kansas 66047-1619

Phone Toll-free 877-404-5823

or 785-864-5823

Fax 785-864-4871

TDD 800-766-3777

Web kumcce.ku.edu/IntegrativePeds



Special Accommodation

If you will need special accommodation, please mark the box above, and a member of the Continuing Education staff will contact you.

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Refund and Cancellation Policy

A full refund of registration fees, less a \$15 administrative fee, will be available if requested in writing and received by October 31, 2014. No refunds will be made after that date. A \$30 fee also will be charged for returned checks. **(Please note that if you fail to cancel by the deadline and do not attend, you are still responsible for payment.)** KU Continuing Education reserves the right to cancel "Much More Than An Apple A Day: Integrative Therapies for Optimizing Health in Children" and return all fees in the event of insufficient registration. The liability of the University of Kansas is limited to the registration fee. The University of Kansas will not be responsible for any losses incurred by registrants, including but not limited to airline cancellation charges or hotel deposits.

Nondiscrimination Policy

The University of Kansas prohibits discrimination on the basis of race, color, ethnicity, religion, sex, national origin, age, ancestry, disability, status as a veteran, sexual orientation, marital status, parental status, gender identity, gender expression and genetic information in the University's programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of the Office of Institutional Opportunity and Access, IOA@ku.edu, 1246 W. Campus Road, Room 153A, Lawrence, KS, 66045, 785-864-6414, 711 TTY.

Program Accessibility

We accommodate persons with disabilities. Please call 785-864-5823 or mark the space on the registration form, and a KU Medical Center Continuing Education & Professional Development representative will contact you to discuss your needs. To ensure accommodation, please register at least two weeks before the start of the symposium. See the nondiscrimination policy above.

The University of Kansas Medical Center is an AA/EO Title IX institution.