Session Details

Session #: 206
Title: Why Integrative Medicine Brings Me Joy
Speaker: Lee Anne Hellesto, MSN, FNP, RN, NP, NP-C
Date: Friday, October 14
Time: 11:30am-12:45pm
CE Contact Hours: 1.25
Pharm Hours: 0.25

Session Description

Significant changes in medicine have led to decreased focus on the patient. The use of Integrative Medicine leads back to the patient-centered approach we were all taught in nursing school. An exploration of Integrative Medicine and discussion of how to use the principals in your clinic provide a powerful array of tools to bring to your practice. Through use of several case studies you can experience the simple yet powerful concepts available with Integrative Medicine. Demonstrations of several techniques provide tools to take home for use in your clinic. Integrative Medicine provides the vehicle to bring medicine into the future with the patient clearly at the center of care.

Learning Objectives

Upon completion of this session, the learner will be able to:
1. Identify what Integrative Medicine is and how the principles relate to Principles of Nursing.
2. Explore the different Integrative Medicine tools available.
3. Identify a framework for Integrative Medicine to use with your patients.
4. Describe how Integrative Medicine is the way of the future.

Disclosures

Conflict of Interest for Presenter:

- Lee Anne Hellesto has declared that she sells supplements to the established clients in her practice. The relevant relationship with the commercial interest has been evaluated and determined to be pertinent to the content of this educational activity. The activity’s presentation will be reviewed for absence of bias that is actual/potential or real/perceived, balance in presentation, evidence-based content or other indicators of integrity, AND will be monitored at the conference to evaluate for absence of commercial bias during the presentation. Participant feedback from the activity will also be evaluated for absence of commercial bias.
- As faculty/presenter/author for this activity, the presenter(s) attest that they will provide the best available evidence for this content and present information fairly and without bias.