

The Office of Women's and Men's Health - Nebraska Department of Health and Human Services,
the Women's Health Advisory Council and Creighton University Health Sciences Continuing Education

PRESENT



Taking Care in a Changing World
2011 Nebraska Women's Health Symposium

November 9, 2011

Co-Sponsors

Alegent Health
Madonna ProActive
Saint Elizabeth Regional Medical Center
Tobacco Free Nebraska
VA Nebraska W. Iowa Health Care System

Cornhusker Marriot Hotel
Lincoln, Nebraska

Designed For

Nurses, Physicians, Physician Assistants, Nurse Practitioners, Social Workers, Pharmacists, Dietitians, Public Health Professionals, and Anyone Interested in Women's Health Issues

2011 Nebraska Women's Health Symposium

Purpose: The conference will provide practitioners with the most recent information that will enhance knowledge, skills, performance and promote patient health. It will also review and update clinical issues in a woman's lifespan with a special emphasis on positive changes for the improvement of health and quality of life and preventive aspects in medical conditions.

Objectives: At the end of this program, the participants should be able to:

- Identify the positive aspects of change
- Explain the critical role of tobacco cessation in health and recovery
- Relate information about current transformations in VHA healthcare addressing the needs and caring for women veterans
- Review basic concepts of dementia and describe new discoveries of the brain
- Explain the neonatal and developmental effects of maternal depression
- Identify the difference between drugs and supplements
- Explain how institutions, policies and society shape race in our country
- Discuss structural reforms that are likely to occur in health care innovation
- Describe the importance of focusing on your own health
- Illustrate the focal point for primary prevention practice—promoting policies, organizational practices, and collaborative efforts that improve health and quality of life
- Discuss the importance of vitamin D in prevention of disease
- Demonstrate fun physical activity to enhance or maintain fitness and overall health and wellness
- Describe how to help women, partners, mothers, and busy healthcare professionals cope better with stress
- Modify recipes by adjusting or decreasing sugar, sodium, and/or fat to improve nutrition
- Describe relaxation techniques that can contribute to reducing anxiety and stress

Accreditation Statement: This activity has been planned and implemented by Creighton University Health Sciences Continuing Education and the Nebraska Department of Health and Human Services for the advancement of patient care. Creighton University Health Sciences Continuing Education is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the healthcare team.

Designation Statements:

Category 1

The Creighton University School of Medicine designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credit(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses CE

The Creighton University Health Sciences Continuing Education designates this activity for 6.75 contact hours for nurses.

Social Workers

The Board of Mental Health Practice no longer approves continuing education offerings, but may accept as continuing education for certification renewal, learning experiences, provided they are planned and conducted for social workers and if they are related to social work.

Dietitians

This program has been approved for Continuing Professional Education credit(s) by the Commission on Dietetic Registration for 6 hours plus 1 exhibit hour.

EMS

This educational activity has been approved for up to 6.0 educational hours for all levels of EMS personnel through Creighton University.

Certified Health Education Specialists and/or Master Certified Health Education Specialists

Sponsored by Health Sciences Continuing Education, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 6.5 total Category 1 continuing education contact hours. Maximum advanced-level continuing education contact hours available are 6.5.

Pharmacy Education

The 2011 Nebraska Women's Health Symposium is sponsored by Creighton University Health Sciences Continuing Education (HSCE). HSCE is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This activity is assigned Universal Activity # (UAN) 0839-9999-11-003-Lo4-P and is accredited for 6.75 hours for attendance of all CE sessions on November 9, 2011. The 2011 Nebraska Women's Health Symposium is a knowledge-based CE activity.

2011 Nebraska Women's Health Symposium

Agenda

- 7:00 - 7:45** **Registration, Exhibits and Continental Breakfast**
- 7:45 - 8:00** **Welcome and Opening**
Brandi Tumbleson, MA and Shashi Bhatia, MD
- 8:00 - 9:00** **Keynote Presentation ~ Sprinting Through Change...Injury Free**
Sue Outson, MA, LMPH
- 9:00 - 10:00** **Plenary Presentation ~ Leading Whole Health - Tobacco Cessation and Wellness Initiatives**
Chad Morris, MS, PhD and Cynthia Wang, PsyD
- 10:00 - 10:30** **Break and Exhibits**
- 10:30 - 11:30** **Breakout Sessions ~ Keeping Up With Change**
A. *Caring for Women Veterans* ~ Constance Logan, PhD and Cyndi Niemack-Brown, CMSW, LMHP
B. *Dementia and the Changing World of the Brain* ~ Sanjay Singh, MD
C. *Maternal Depression Matters* ~ Sharon Hammer, MD
D. *Complementary Medicine, Issues, Frustrations, and Good Ideas* ~ Ally Dering-Anderson, PharmD, RP
E. *Health Disparities: Why We Must Talk About Race* ~ Sarena Dacus, BA and Brenda Thompson, MPH
F. *The Payer's Role in Health Care Innovation* ~ Dr. Dave Filipi, MD, MBA, FAAFP
- 11:30 - 11:45** **Break and Exhibits**
- 11:45 - 12:45** **Lunch ~ The Heart Truth: Women and Heart Disease Campaign from the National Heart, Lung, and Blood Institute.** E. Page Austin
- 12:45 - 1:45** **Plenary Presentation ~ Focus on Wellness, Focus on You**
Joann Schaefer, MD
- 1:45 - 2:00** **Prevention Institute Activity Video**
- 2:00 - 2:15** **Break, Exhibits**
- 2:15 - 3:20** **Interactive Sessions: Taking Care of Yourself; Taking Care of Others**
(pick 2 for 30 minutes each)
G. *Vitamin D Finds Its Place in the Sun: Importance for Prevention of Disease* ~ Joan Lappe, PhD, RN, FAAN
H. *Physical Activity That's Fun* ~ Certified Zumba Instructor from Madonna ProActive
I. *Managing Your Stress* ~ Thomas Guck, PhD
J. *Healthy Recipe Modifications* ~ Marcia Wallen, MS, RD, LMNT
K. *Exercise for Mind and Body* ~ Certified Yoga Instructor from Madonna ProActive
- 3:20-3:30** **Break, Exhibits**
- 3:30-4:30** **Plenary Presentation**
The Prescription Reads: Hope and Resiliency PRN ~ Sister Marie Micheletto, RSM, MA, LMHP, LPC
- 4:30-4:45** **Closing**
Brandi Tumbleson, MA and Shashi Bhatia, MD

Speaker Biographies



E. Page Austin oversees the National Heart, Lung, and Blood Institute's (NHLBI) The Heart Truth® Champions Program - an initiative aimed at training community health advocates to raise awareness about women and heart disease. She has trained nearly 400 men and women to be community heart health educators - who then went on to reach more than 340,000 people with Heart Truth messaging. Prior to joining the Ogilvy Agency, Page served as deputy associate director of projects and policy for former first lady Mrs. Laura Bush at the White House for more than six years. She also managed Mrs. Bush's involvement in The Heart Truth campaign. Page is experienced in coordinating national and international events in the areas of education, culture, women and children's health, HIV/AIDS, malaria, and global literacy. Page has traveled extensively around the U.S. and Africa with Mrs. Bush to execute policy events and initiatives. Page has also worked for the U.S. Department of Energy where she co-developed and managed the energy education initiative. She holds a bachelor's degree from Mississippi State University.



Dr. Shashi Bhatia graduated from Punjab University Medical College Amritsar, India in 1969. She did her internship and residency in obstetrics and gynecology at Postgraduate Institute for research and education Chandigarh, India. She completed her residency in psychiatry and fellowship in child and adolescent psychiatry at Creighton University School of Medicine and joined the Creighton faculty in 1979. She has been Director of Creighton-Nebraska combined Child and Adolescent Training program since 1993, Director of Creighton Division of Child and Adolescent Psychiatry and Medical Director, Midland Residential Treatment Center for Children and Adolescents. She is a Distinguished Fellow of the American Psychiatric Association, Fellow of the American Psychiatric Association, Fellow of the American Academy of Child and Adolescent Psychiatry. Dr. Bhatia has received several honors and is a member of numerous local and national professional organizations as well as being well published in peer-review journals.



Serena Dacus recently began a position as Site Director for the Middle School Learning Center Initiative (MSLCI) at McMillan Magnet Center. The MSLCI is a partnership between the Mayor's After-School Initiative, the Omaha Public Schools, the YMCA of Greater Omaha, and the Sherwood Foundation. In addition, Ms. Dacus is actively involved in a variety of local public health efforts, such as Omaha Table Talk, Alpha Kappa Alpha Sorority, Inc., Susan G. Komen of Nebraska, and is a member of the Women's Health Advisory Council. In 2005 Ms. Dacus earned a BA Psychology from St. Louis University, and is currently pursuing her MPH at the University of Nebraska Medical Center. Ms. Dacus and her husband, RaShad, are also the proud parents of a 10 month old daughter, Emery.



Dr. Ally Dering-Anderson is a Clinical Assistant Professor in the Department of Pharmacy Practice at the University of Nebraska College of Pharmacy. As a member of the faculty, she has teaching duties in the Pharmacy Law and Ethics, Pharmacotherapy, and Pharmaceutical Care classes. She is the coordinator and primary lecturer in the OTC & Self Care Products class. She is also the Pharmacist Supervisor of the elective Public Policy rotation for senior level pharmacy students. Dr. Dering-Anderson has served as a mentor for PharmD students enrolled in the online program at Creighton University School of Pharmacy and Health Professions for several years. Dr. Dering-Anderson is a frequent presenter on health-related issues, specifically self-care for public forums. She has a live, call-in radio show carried by six stations in the upper Midwest.



Dr. David Filipi is Medical Director for Quality Advancement for Blue Cross Blue Shield of Nebraska. A board certified family physician, he was previously vice president of Medical Affairs and Chief Medical Officer for Methodist Physicians Clinic in Omaha. He currently chairs the Douglas County Board of Health. Dr. Filipi graduated from the University of Nebraska College of Medicine. He was elected President of the Nebraska Academy of Family Physicians in 1989, the Metro Omaha Medical Association in 2005 and then President of the Nebraska Medical Association in 2009. In 1996 he earned an MBA from the University of Nebraska-Omaha. Dr. Filipi served nationally on both the American Academy of Family Physicians (AAFP) Commissions on Socio-Economics and Quality. He was also the AAFP liaison to NCQA, the American Academy of Pediatrics, and the American College of Pathology Laboratory Reference Committee.



Dr. Thomas P. Guck is Professor, Vice-Chair and Director of Behavioral Sciences in the Department of Family Medicine at Creighton University School of Medicine in Omaha, Nebraska. Dr. Guck completed his undergraduate training in Psychology at Hastings College, Hastings, NE. He obtained his Masters Degree in Industrial/Organizational Psychology from the University of Nebraska-Omaha. He received his Ph.D. in Counseling Psychology from the University of Nebraska-Lincoln after completing an American Psychological Association approved internship in Clinical Psychology at the University of Nebraska Medical Center. He held positions at the Veterans Administration Medical Center in Minneapolis and the University of Nebraska Medical Center prior to joining the Creighton University faculty in September, 1996. Dr. Guck is a member of the American Psychological Association, Nebraska Psychological Association, International Association of the Study of Pain, American Pain Society, Society of Behavioral Medicine, as well as other professional organizations. He has published in many peer reviewed international and national journals.

biographies continued



Dr. Sharon Hammer is a member of the Governor's Women's Health Advisory Council. She is a Board-certified adult psychiatrist and assistant professor of psychiatry at the University of Nebraska Medical Center. She is also the director of Women's Mental Health Services at the Olson Center for Women's Health. Dr. Hammer completed her M.D. at UNMC, and did her residency in psychiatry at Washington University, MO. Dr. Hammer is a member of the National Association for Psychosocial Obstetrics and Gynecology.



Constance Logan is the Military Sexual Trauma Coordinator from the Omaha Veterans Administration Medical Center and Cyndi Niemack-Brown is the Women's Health Coordinator at Veteran Affairs, Nebraska Western Iowa Health Care System. Dr. Logan has a Ph.D. as a licensed psychologist and also has a private practice. She earned her PhD at the University of Cincinnati Graduate School in Cincinnati, Ohio, and did post-doctoral study at the Cincinnati Psychoanalytic Institute. She is a member of the American Psychological Association and the Nebraska Psychological Association, as well as the National Registry of Health Service Providers in Psychology.

Ms. Niemack-Brown graduated from the University of Nebraska at Kearney with a Bachelors in Comprehensive Psychology, and from the University of Nebraska at Omaha with a Masters in Social Work. She is licensed as a CMSW and LMHP in Nebraska.



Dr. Joan Lappe is the Criss/Beirne Professor of Nursing, and a Professor of Medicine at Creighton University where she is a member of the research team in the Creighton Osteoporosis Research Center. She is a Fellow of the American Academy of Nursing and serves on the Scientific Advisory Board of the National Osteoporosis Foundation (NOF). She is a consultant for the National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases National Resource Center as well as the Department of Defense (DOD). Dr. Lappe obtained a diploma in nursing from St. Catherine's School of Nursing in Omaha, her Bachelor of Science in Nursing from the University of Nebraska Medical Center, her Master of Science from Creighton University and her Ph.D in Nursing from UNMC. Dr. Lappe's primary research interest is determination of the effects of nutrition and physical activity on

promotion of health and prevention of disease. She and her team have completed two large studies of stress fractures in U.S. Military recruits, and a landmark study, funded by the NIH, that found vitamin D and calcium supplementation decreased the risk of cancer by 60-70%. She is currently conducting an NIH-funded study to determine if increasing intake of dairy foods to currently recommended levels in adolescent females will decrease the risk of overweight.



Sister Marie Micheletto, RSM, MA, LPC, LMHP, is a Sister of Mercy of the Americas, a psychotherapist and an educational humorist, and a project person for Alegend Hospice/Home Health. Sr. Marie has co-authored FOCCUS an inventory for pre-marital preparation and REFOCCUS an inventory for married couples. She is an international speaker giving retreats and workshops.



Dr. Chad Morris is an Associate Professor at the University of Colorado Anschutz Medical Campus, Department of Psychiatry. At the University of Colorado, he is the Director of both the Behavioral Health & Wellness Program and Postdoctoral Fellowship for Administration and Evaluation Psychology. He is also the Vice President of Spark Inspiration which offers corporate wellness solutions. Dr. Morris is the principal investigator of a number of studies exploring the effectiveness of psychosocial and pharmacologic wellness strategies across the age range. He has provided policy and programmatic consultation across 25 states and territories, as well as internationally. He is Past-President of the Colorado Psychological Association and a Licensed Psychologist.



Sue Outson has worked as both a mental health counselor and organizational consultant for 25 years. She has worked in a variety of settings including public schools, health care, banking, manufacturing and nonprofit agencies. She has an undergraduate degree in Speech and Drama and a graduate degree in Counseling Psychology and is a Licensed Mental Health Practitioner. Whether it is a keynote presentation or an educational seminar, Sue consistently receives enthusiastic reviews for her ability to discuss meaningful topics utilizing humor and realistic strategies. Sue Outson currently provides services as a counselor, coach and presenter through Sue Outson Consulting and is near completion of a book entitled "Flower Pots & A Dog Named Carol." The book is dedicated to

her mother who has battled Alzheimer's for the past 11 years.

biographies continued



Dr. Joann Schaefer was appointed as Chief Medical Officer in 2005 and reappointed in 2007, along with becoming the Director of the Division of Public Health. Prior to that, she was tenured Associate Professor in the Department of Family Medicine at Creighton University School of Medicine. Dr. Schaefer is responsible for the regulation of health care facilities and professionals in Nebraska. She also oversees many statewide efforts in the increasing of the public's health. Dr. Schaefer previously served as Deputy Chief Medical Officer for the Nebraska Department of Health and Human Services for three years. She coordinated the bioterrorism grant, as well as chaired the Child Death Review Team. Dr. Schaefer received her M.D. from Creighton University, received her undergraduate degree at California State University Fullerton. Dr. Schaefer was awarded Physician of the Year in 2004 by the Nebraska Medical Association.



Dr. Sanjay P. Singh is the Chairman of the Department of Neurology at Creighton University School of Medicine, and the Medical Director of Neurologic Services at Creighton University Medical Center. Previously he served as Vice Chairman-Education of the Department of Neurological Sciences at the University of Nebraska Medical Center and as the Director of The Nebraska Epilepsy Center. Dr. Singh received his Medical Degree from M.L.N. Medical College in India, and completed his Neurology residency at George Washington University Medical Center in Washington D.C. In addition, he completed a two year fellowship in Epilepsy/Clinical Neurophysiology at Yale University School of Medicine. Dr. Singh is a member of the American Academy of Neurology and the American Epilepsy Society. He has been honored by the American Academy of Neurology and welcomed into the national honor roll of teachers by giving him the A.B. Baker Teacher recognition national award. He has been awarded the prestigious Chancellor's Gold U Award/ Kudos Award from the Board of Regents of University of Nebraska in 2007 for his outstanding contributions. He has also been awarded the prestigious Hind Rattan Award (Jewel of India Award) Dr. Singh has authored several articles in peer reviewed journals and lectures on a frequent basis. He is the author of a book, "Locatelli and Singh's Handbook of Neurology."



Brenda Thompson is a Project Coordinator with CityMatCH, at the University of Nebraska Medical Center, where she leads work related to perinatal HIV prevention and health equity. Brenda initially came to CityMatCH in 2006 via a two year field assignment with the Public Health Prevention Service (PHPS) of the Centers for Disease Control and Prevention (CDC). During that time, Brenda coordinated a national collaborative focused on promoting a healthy weight in women of reproductive age. Prior to joining PHPS, Brenda worked in HIV prevention, harm reduction and international health. Brenda's passion for public health was sparked when designing and implementing an HIV education curriculum in Zimbabwe. That experience led her to pursue a Masters in Public Health in global health at Emory University, as well as additional international public health research in Mexico.



Brandi Holys Tumbleson is Chair of the Women's Health Advisory Council. She received an MA in Health Education from the University of Nebraska, with coursework in the UNMC Master of Public Health program. She received a B.A. in Business Administration and Human Resources from Hastings College. Ms. Tumbleson is currently the Executive Director for Three Rivers Public Health, covering Dodge, Saunders, and Washington County. Her previous work includes the Visiting Nurse Association, Creighton University, March of Dimes, and Nebraska Department of Health and Human Services Office of Women's Health.



Marcia Wallen, MS, RD, LMNT, is the Williamsburg Hy-Vee registered dietitian. Marcia is a Lincoln native and a graduate of the University of Nebraska-Lincoln and Iowa State University. She has experience in a variety of health care settings including work as a hospital clinical dietitian and department head, consultant to nursing homes and as a nutritionist and program coordinator for the WIC Program. Her special interests are children and families, weight loss and diabetes management. Marcia looks forward to helping you lead an easier, healthier and happier life.



Dr. Cindy Wang is a licensed clinical psychologist and Clinical Director at the Behavioral Health and Wellness Program (BHWP) at the University of Colorado School of Medicine. Dr. Wang is also the President and Founder of Spark Inspiration, which offers corporate wellness solutions. Dr. Wang serves as an At-Large Member for the American Psychological Association (APA) Committee of State Leaders (CSL) as well as the Colorado Representative of the Psychology in the Workplace Network (PWN) for the APA. She founded the Society for the Advancement of Multiculturalism and Diversity (SAMd), a Division of the Colorado Psychological Association (CPA), where she continues to serve on the SAMd Leadership Council. Cindy is passionate about authentic and mindful living, the transformational change process, and wellness and health promotion. She loves to share her life with family and friends, explore new places, play tennis and tap into her creativity.

2011 Women's Health Symposium *housekeeping*

Dress: Participants are encouraged to dress comfortably in layers that can be removed or added in the event of temperature fluctuations.

Cell Phones: Please respect other conference participants and place your cell phone on vibrate or turn it off during sessions. If you should receive a call, please leave the session to take the call in a commons area.

Infants: Infants under 6 months of age are welcome at the conference. Please respect the learning needs of other participants, and care for your baby outside of the meeting rooms if your baby makes either 'happy' or 'sad' sounds.

Lodging: For those registrants requiring overnight accommodations, please contact: 1-866-706-7706

WEBSITE: www.marriott.com/hotels/travel/lnkfs-the-cornhusker-a-marriott-hotel

Cornhusker Marriott

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Parking: Parking is approximately \$9 per day, and is NOT included in your registration fee. Please visit the following website for maps and directions: www.marriott.com/hotels/maps/travel/lnkfs-the-cornhusker-a-marriott-hotel/

CANCELLATION: Please call 1-800-548-2633 or 402-280-5659 or email lindaminor@creighton.edu by Tuesday, November 1, 2011 for a refund less \$25.00.

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*Nebraska Women's Health
Advisory Council*



CATHOLIC HEALTH
INITIATIVESSM

Saint Elizabeth
Regional Medical Center

Registration Form

Celebrating the 15th Nebraska Women's Health Symposium
Wednesday, November 9, 2011
Cornhusker Marriot Hotel, Lincoln, Nebraska

*Registration Deadline
November 4th*

Registration Fee \$85.00

- includes Continuing Education Credit (if applicable) breaks, and lunch
- fee does not include parking

Please Note: You do not need to fill this form out if you have already registered online.

Name: _____ **Organization:** _____

Home Address: _____ **City, State, Zip:** _____

Daytime Phone: _____ **Email:** _____

Preferred Name (for nametag): _____ **Occupation:** _____

Please check box if you want to receive Continuing Education Credit, and if a nurse include: nursing license number _____ and state of licensure _____

Please Pick Sessions

Morning Breakout Session, (pick 1) ___A ___B ___C ___D ___E ___F

Afternoon Session, (pick 2) ___G ___H ___I ___J ___K

So that we may better accommodate you, please list any dietary or accessibility needs: _____

For State employees:

DHHS employees must complete the registration form and write the Business Unit # (may also be referred to as an account number) that will be used to pay the registration at the end of this paragraph. All State of NE employees outside of DHHS must supply their Nebraska Information System Address Book # for the program or division that will receive the Interoffice Billing Transaction (IBT) document for payment for the registration. Please write this number, along with the name of the program or division, at the end of this paragraph. If you are unfamiliar with the items described above, please call Mary Lentini at 402-471-0158.

Business Unit # _____ Address Book # _____ Program/Division _____

Make Checks Payable to: Nebraska Office of Women's and Men's Health~FTIN: 47-0491233

Mail Registration Form with your check or money order to:

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Nebraska Office of Women's Health
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