Creating a Culture of Wellness in Healthcare Settings

Friday, May 17, 2013 — AGENDA

3:00 p.m - 3:30 p.m.	SPEAKER	Joseph Acierno, MD, JD, Chief Medical Officer and Director, Division of Public Health, Nebraska Department of Health and Human Services and Dan Noble, MD, President of the Nebraska Medical Association
	TOPIC	*The Importance of Medical Professionals Caring for Themselves.*
3:30 p.m - 4:15 p.m.	SPEAKER	Jeremy Lazarus, MD, President of the American Medical Association.
	TOPIC	*Managing Stress, Achieving Balance, and Preventing Burnout for Healthcare Professionals.*
4:15 p.m - 5:00 p.m.	SPEAKER	Edward Phillips, MD, Founder and Director of the Institute of Lifestyle Medicine at Harvard Medical School and co-author of "Exercise is Medicine."
	TOPIC	*The Imperative for Lifestyle Medicine.*
5:00 p.m - 5:15 p.m.		Networking Break with Exercise Options

5:15 p.m. - 6:00 p.m. BREAKOUT SESSIONS

1. The Business Aspects of Lifestyle Medicine
   - David Filipi, MD, Blue Cross and Blue Shield of Nebraska - *Coding Preventive Visits.*
   - Edward Phillips, MD, Harvard Institute of Lifestyle Medicine- *Liability Issues of Prescribing Physical Activity.*

2. Dan Anderson, M.D., Ph.D., University of Nebraska Medical Center - *Diet and Exercise as Medicine for the Whole Body: An Uncensored View.*

3. Angie Frederick, MS, ACSM-HFS & EIM (YMCA); Katie Walz, MS, RD, LMNT (Bryan Health); Julie Luzarraga, LICSW, DCSW (Omaha Integrative Care) - *Healthy in a Hurry.*

6:00 p.m - 6:30 p.m.		Networking Break with Exercise Options
6:30 p.m.		DINNER
6:50 p.m - 7:00 p.m.	SPEAKER	Michael Zaruba, MD
	TOPIC	Personal Wellness Story
7:00 p.m - 7:45 p.m.	SPEAKER	James Early, MD, Medical Director of Via Christie Regional Medical Center's Solutions for Life, University of Kansas School of Medicine-Wichita
	TOPIC	*Prescription for Weight Loss.*
8:00 p.m. -9:00 p.m.		Optional Family Activities: Family Zumba with the YMCA

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Saturday, May 18,	AGENDA	
6:30 a.m.-7:15 a.m.	OPTIONAL FAMILY ACTIVITY	The All Before 8 a.m. Adventure Challenge with Kim Barrett, M.Ed, CWPD, ACE, University of Nebraska Lincoln, Campus Recreation Wellness Services
7:15 a.m.-8:00 a.m.		Healthy Continental Breakfast and Cooking Demonstration: *Healthy Eating on the Mediterranean Sea,* Marcia Wallen, RD, Hy-Vee
8:00 a.m.-8:20 a.m.	SPEAKER TOPIC	Joann Schaefer, MD, Blue Cross and Blue Shield of Nebraska *How Will You Create a Culture of Wellness in Your Clinic?*
8:20 a.m.-8:30 a.m.	SPEAKER TOPIC	Diana Lecher, RN, Chadron Community Hospital Personal Wellness Story
8:30 a.m.-9:45 a.m.	SPEAKER TOPIC	Edward Phillips, MD, Harvard Institute of Lifestyle Medicine *Exercise is Medicine: How to Get You and Your Patients Moving.*
9:45 a.m.-10:30 a.m.	SPEAKERS TOPIC	Tom Lenz, Pharm.D. M.A., and Nicole White, Pharm.D. *Be Your Own First Patient.*
10:30 a.m.-11:00 a.m.		Networking Break with Excercise Options

11:00 a.m.-11:45 a.m. BREAKOUT SESSIONS

1. The Business Aspects of Lifestyle Medicine
   - David Filipi, MD, Blue Cross and Blue Shield of Nebraska - *Coding Preventive Visits.*
   - Ryan Whitney, MD, Bryan Health - *Liability Issues of Prescribing Physical Activity.*
2. Dan Anderson, M.D., Ph.D., University of Nebraska Medical Center - *Diet and Exercise as Medicine for the Whole Body: An Uncensored View.*
3. Angie Frederick, MS, ACSM-HFS & EIM (YMCA); Katie Walz, MS, RD, LMNT (Bryan Health); Julie Luzarraga, LICSW, DCSW (Omaha Integrative Care) - *Healthy in a Hurry.*

11:45 a.m. - 12:45 p.m.		Lunch
11:50 a.m.-Noon	SPEAKER TOPIC	Alan Nissen, MD, Nebraska Department of Health and Human Services Medicaid Medical Director Personal Wellness Story
12:25 p.m.-12:45 p.m.	SPEAKER TOPIC	Edward Phillips, MD, Harvard Institute of Lifestyle Medicine Lifestyle Medicine: National Perspective, Resources & Community

Saturday Agenda CONTINUED

12:45 p.m.-1:45 p.m.	PANEL	James Canedy, MD, FACHE (Simply Well); Rebecca Dorn, MA, (WELCOM); Diana Lecher, RN, (Chadron Community Hospital).
	TOPIC	*A Clinic Wellness Program Recipe: 1 Cup of Passion, 1 Cup of Evidence, 1/2 Cup of Assessments and Mixed by a Team and Seasoned to Taste with Policies.*
1:45 p.m.-2:30 p.m.	SPEAKERS	Katie Walz, MS, RD, LMNT and Cindy Kugler, MS, CES, CSPS, CSCS (Bryan Health)
	TOPIC	*15 Minutes or LESS Office Health Coaching: Nutrition, Exercise, Tobacco Cessation…*
2:30 p.m.-2:45 p.m.		Networking Break with Excercise Options
2:45 p.m.-2:55 p.m..	SPEAKER	Alan Thorson, MD
	TOPIC	Personal Wellness Story
2:55 p.m.-3:25 p.m.	SPEAKER	James Early, MD, Medical Director of Via Christie Regional Medical Center's Solutions for Life, University of Kansas School of Medicine - Wichita
	TOPIC	*Practical Wellness Tips*
3:25 p.m.-3:45 p.m.	SPEAKERS	Edward Philips, MD, Harvard Institute of Lifestyle Medicine and Joann Schaefer, MD, Blue Cross and Blue Shield of Nebraska
	TOPIC	*Commitment to the Culture of Wellness: An Action Plan*
3:45 p.m.-4:30 p.m.	SPEAKER	Matt Davison, former star Husker athlete, and current Husker broadcaster.
	Topic	*Be a Wellness Leader*