



CONTINUING MEDICAL EDUCATION
TREATING FATIGUE:
A MIND-BODY MEDICINE APPROACH

A proven behavioral intervention
program for cancer patients & others
with chronic fatigue

Friday, March 14, 2008
8:00 am - 4:00 pm

THE WEINBERG CENTER AT
MERCY MEDICAL CENTER
227 ST. PAUL PLACE
BALTIMORE, MD 21202

Advanced Practice Nurses ♦ Nurses
Social Workers ♦ Primary Care
Physicians ♦ Oncologists
Physician Assistants

Sponsored by
The Prevention & Research Center
at Mercy

Partial Program Support from the
Maryland Affiliate Susan G. Komen for the Cure Foundation

CONTINUING EDUCATION HOURS

**Nurses/Nurse Practitioners/Clinical
Nurse Specialists: 6.0 Hours**

Nurses and advanced practice nurses who attend the complete program will earn 6 contact hours. Mercy Medical Center is an approved provider of continuing nursing education by the *Maryland Nurses Association*, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers: 6.0 Hours

Social Workers who attend the complete program will earn 6 Category I contact hours. This seminar is co-sponsored by the Mercy Medical Center Department of Social Work which has been approved by the Maryland State Board of Social Work Examiners.

Physicians: 7.0 Hours

Mercy is accredited by the *Medical and Chirurgical Faculty of Maryland*, a group formed to sponsor continuing medical education for physicians. Mercy designates this educational activity for a maximum of 7 hours in Category I credit toward the American Medical Association Physicians Recognition Award.

Current Research Studies
Please See Our Website
www.mdmercy.com

- ❖ Fatigue Intervention Trial
- ❖ Aromatase Inhibitor Study
- ❖ Cancer Treatment Trials

COURSE SUMMARY

Participants will learn about an exciting approach that has been shown to improve post-treatment fatigue among cancer patients. This successful behavioral intervention program has broad applications to any patient with a chronic condition trying to make healthy lifestyle choices.

AGENDA

OVERVIEW

- ❖ Be Well, Stay Healthy Program
- ❖ Evidence of Benefit

MIND-BODY MEDICINE

- ❖ The Scientific Basis
- ❖ Relaxation Response:
 - ♦ Principles and Practices
- ❖ Guided Imagery and Related Techniques:
 - ♦ Tools that Work

PROGRAM COMPONENTS

- ❖ Cognitive behavioral techniques:
 - ♦ Supporting lifestyle changes
- ❖ Incorporating Exercise:
 - ♦ Strategies for Success
- ❖ Nutrition:
 - ♦ Helping patients make healthy eating choices
- ❖ Coping With Common Health Problems:
 - ♦ Sleep disturbances; Menopause symptoms; Cognitive changes; Sexuality
- ❖ Complementary and Alternative Therapies:
 - ♦ What works
- ❖ Yoga:
 - ♦ Principles and Practices for Fatigue Management

PROGRAM FACULTY

Kathy J. Helzlsouer, MD. MHS, is the Medical Director of the Prevention and Research Center at Mercy Medical Center. She is a medical oncologist and clinical epidemiologist with broad experience addressing women's health issues, including cancer risk assessment, disease prevention and quality of life research with breast cancer survivors. Dr. Helzlsouer is known nationally and internationally for her expertise in these areas.

Susan E. Appling, MS, CRNP, is a Nurse Practitioner for the Prevention and Research Center at Mercy where she treats women with breast-related concerns. She is also the study coordinator for research initiatives addressing quality of life issues for breast cancer survivors.

Susan Scarvalone, MSW, is the Clinical Research Therapist for the Prevention and Research Center at Mercy. She has over twenty years of experience counseling individuals with cancer and their families. As the cognitive behavioral therapist for clinical research studies at Mercy, she is leading support groups for breast cancer survivors with fatigue.

Maureen McBeth, PT, CLT, is a physical therapist and Program Manager for Women's Health in the Center for Restorative Therapies at Mercy. She has extensive experience working with women recovering from breast cancer and is a certified lymphedema therapist who has developed a comprehensive lymphedema management program.

Stephannie Weikert, RYT, is an experienced yoga instructor who teaches a gentle, nurturing style of yoga that emphasizes personal empowerment and deep relaxation by encouraging mindfulness during practice. She is formally trained in Integrative Yoga Therapy and is registered with the Yoga Alliance.

REGISTRATION

Yes I will attend. Complete for each registrant.
Tuition includes: Course Manual, Theraband, Continental Breakfast, Lunch and Parking

- \$35.00 before February 29th
- \$40.00 standard registration

Cancellation Policy: \$15 handling fee charged for all cancellations. No refund after March 1st.

- Nurse
- Adv.Practice Nurse
- Social Worker
- Physician
- Physician Asst.
- Other _____

Name _____

Address _____

City, State Zip _____

Daytime Phone _____

Fax _____

Email _____

REGISTER BY MAIL, FAX OR PHONE:
THE PREVENTION & RESEARCH CENTER
THE WEINBERG CENTER AT MERCY
227 ST. PAUL PLACE, 6TH FLOOR
BALTIMORE, MD 21202
PHONE: 410-951-7950
FAX: 410-951-7931

All registrations must be prepaid. Please make checks payable to The Prevention & Research Center at Mercy or fill out information below.

MasterCard Card # _____

Visa Cardholder Name _____

Discover Exp. Date _____