

**Internal Medicine & Mindfulness for
Medical Professionals: Cultivating Resilience
July 16-23, 2017**

Detailed Conference Agenda

Please Note: Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

Sunday July 16, 2017

Vancouver, BC

2:30 – 3:00 **Conference Registration**

Monday July 17, 2017

At Sea

MORNING

8:00 – 9:00 **Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

9:00 – 10:00 **Introduction to Contemplative Neuroscience and Neuroplasticity**

Dr. Tim Cook

Neuroscience research has now clearly shown that the brain's structure and function changes on a moment to moment basis in response to the environment, behavior and attitudes. Experiential training or brain exercises have shown considerable promise in managing many chronic diseases and in preventing illness.

10:00 – 12:00 **Introduction to Mindfulness: Cultivating Provider Resilience**

Dr. Rahul Gupta

During his first session, Dr. Gupta will define what mindfulness is and the importance of provider resilience in the care of patients and community. He will discuss the evidence on the use of mindfulness practices for provider well-being and recall the neurophysiology of how mindfulness works.

12:00 – 1:00 **Genomics and Personalized Medicine 101** - *Dr. Tim Cook*

Personalized medicine is founded on the latest genomic analyses that allow the tailoring of health care of individual patients. From nutritional supplements, diet and exercise to the most appropriate medications, chemotherapy and health screening genomic testing is now available and evidence-based, but under-utilized. In this review the basic concepts and practices of personalized medicine will be outlined with case examples.

Tuesday July 18, 2017

Sitka, Alaska

MORNING

7:45 – 8:00 **Welcome: Day 2** - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

8:00 – 10:00 **Mindfulness & Perception: What Are We Missing?**

Dr. Rahul Gupta

Dr. Gupta will explore the role of hidden assumptions/interpretations/beliefs that interfere with accurate appraisal of situations and recognize how misperceptions often lead to medical error, relationship breakdown and provider burnout. He will review how mindfulness works to improve perceptive capacity and focused attention. Participants will participate in 1-2 new mindfulness practices to foster provider resilience.

Wednesday July 19, 2017

Hubbard Glacier

MORNING

7:45 – 8:00 **Welcome: Day 3** - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

8:00 – 9:30 **Vascular Disease is Inflammation, NOT Just Cholesterol** - *Dr. Tim Cook*
Heart attack and stroke remain the most common cause of mortality in North American adults. Sudden death in those who were unaware of their underlying cardiovascular disease (CVD) is the presentation of CVD in up to 25%. It is known that conventional CVD risk calculators misclassify patients frequently and new tools allowing doctors' to identify at-risk patients earlier are available. These are based on a new paradigm of atherosclerosis as a primary inflammatory disease of vascular endothelium. For those with established CVD, maximal treatments (based on LDL lowering) still leave residual risk thought to be due to persistent pro-inflammatory responses.

AFTERNOON

4:00 – 6:00 **Understanding the Physiology of Stress and Resilience**

Dr. Rahul Gupta

Dr. Gupta will review the functioning of the autonomic nervous system, flight/fight/freeze responses and discuss the impact of chronic stress, hyper-arousal and dissociative states on health.

Thursday July 20, 2017

Juneau, Alaska

MORNING

8:30 – 9:30

Global Medicine: Native Medicine in Alaska: People and Plants

Linda Kruger, PhD

During this session, there will be a discussion on how native healing differs from Western Allopathic Medicine and the role of healing plants along with specific plants in native healing. The presenter will also review how cultural factors can affect the presentation and management of illness and explore the concept of “cultural resonance” in an effort to improve the health care of native peoples.

Friday July 21, 2017

Ketchikan, Alaska

MORNING

7:45 – 8:00

Welcome: Day 5 - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

8:00 – 9:30

Integrative Health: A New Medical Paradigm - Dr. Tim Cook

Over 50% of North Americans, and higher percentages of Europeans utilize the services of complementary health professionals, as well as various natural health products. While there is increasing evidence of efficacy and cost-benefit of many of these, there are also concerns about adverse effects of combinations of conventional medications and natural health products and inappropriate expenditures on ineffective therapies. It is important for primary care and specialist physicians to recognize that their patients are engaging in Complementary Care and to have open dialogue about it.

9:30– 11:30

Mindful Communication: Fostering Presence and Connection

Dr. Rahul Gupta

During this session, Dr. Gupta will discuss habitual maladaptive communication patterns that lead to disharmony and disconnections. He will introduce fundamentals of mindful communication and brainstorm with delegates ways of integrating pauses into the work day to support wise decision making.

11:30 – 12:30 Lyme Disease: Acute Management and the Chronic Disease Conundrum - Dr. Tim Cook

In his last session, Dr. Cook will discuss Lyme Disease and that an increasing proportion of Canadians and North Americans are residing in Lyme-endemic regions and that these regions are expanding. He will discuss the clinical presentations of acute (early localized), early disseminated and late disseminated Lyme and tick co-infections and the management of these along with the controversy around treatments of chronic Lyme Disease.

Saturday July 22, 2017

At Sea

MORNING

7:45 – 8:00 **Welcome: Day 6** - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

8:00 – 9:30 **Integrating Mindfulness into Life & Workplace - Dr. Rahul Gupta**
Dr. Gupta will review the core aspects of optimum health, and how to bring mindfulness into these elements. He will discuss ways of bringing mindfulness into busy medical practice in realistic and meaningful ways. Through the session, he will discuss the difference between formal and informal mindfulness practices.

9:30 - 10:00 **BREAK**

10:00 – 11:30 Mindfulness Resources: Moving Forward - Dr. Rahul Gupta
During his last session, Dr. Gupta will review mindfulness and the resources available.