

HO214: Joint H-Program With the Section on Integrative Medicine, Section on Hospice and Palliative Medicine, and Section on Developmental Behavioral Pediatrics

Heal Thyself and Heal Others: Harnessing Narrative Medicine, Contemplative Practices, and Nature in Pediatric Care

Saturday, September 27

8:00 AM	Welcome, Year-in Review, and SOIM Pioneer Award Announcement* <i>Shiu-Lin Tsai, MD FAAP – Chair, SOIM</i> Pioneer Award: Melanie Gold DO
8:15 AM	Speaker Introduction by Michelle Loy, MD FAAP – SOIM program Chair*
8:20 AM	Grant Recipient Presentation <i>Does the Creative Mindset of Pediatric Emergency Medicine Fellows Predict Burnout?</i> <i>Dr. Naghma Khan, MD, MS</i>
8:35 AM	Oral Research Presentations <ol style="list-style-type: none"><i>Biofeedback training in child and adolescent patients may reduce headache pain by decreasing insomnia and improving sleep</i><i>Preliminary Findings on High-Dose Vitamin D Supplementation and Insulin Resistance in Adolescents with Obesity: Randomized Controlled Trial</i>
8:55 AM	Break with Optional Yoga*
9:00 AM	Narrative Medicine: Looking, Listening, and Finding Meaning In Our Work <i>Rachel Kowalsky, MD MPH, FAAP, FACEP</i>
9:40 AM	The Rested Healer: A New Vision for Medicine, Grief, and Creativity <i>Roxanne Almas MD, MSPH</i>
10:20 AM	Integrative Approaches to Self-Care for Sleep <i>Melanie Gold DO</i>
11:00 AM	Green Time Before Screen Time: Prescribing and Promoting Nature for Pediatric Wellbeing <i>David Victorson PhD</i>
12:00 PM	Adjourn

*This portion of the agenda is not designated for CME credit.