

Complementary Medicines: What Really Works?

A 6-Hour Home Study Program for Health Professionals

There is growing evidence that a number of complementary medicines and nutrients are of benefit for specific medical conditions. However, there is also a great deal of misinformation.

This program distinguishes evidence-based research findings from popular claims. The information presented in this seminar is designed to be of direct relevance to nurses, dental professionals, pharmacists, behavioral health and allied health professions.

Participants completing this program should be able to identify the safety and effectiveness of complementary medicines and nutrients for:

1. Inflammation and chronic pain,
2. Hormone and non-hormone related cancers,
3. Metabolic syndrome and coronary artery disease, and
4. Selected psychiatric and neurologic conditions.

CONTINUING EDUCATION



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

IBP is approved as a provider of continuing education by the **CA Board of Registered Nursing**, Provider #CEP13896, and by the **FL Board of Nursing**. This program provides 6 contact hours.



COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.



IBP is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the **FL Board of Psychology**, by the **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by the **IL Dept. of Professional Regulation MFT CE Sponsor Program**, #168.000183, and by the **TX State Board of Examiners of MFTs**, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EI, Provider Number 45-09-128-1217. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-010-H04-P and 0492-0000-17-010-H04-T.



DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **FL Board of Dentistry**. This program provides 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the **Physical Therapy Board of CA**. IBP is an **IL Dept. of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the **NY State Board of Physical Therapy** as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the **FL Board of Massage Therapy**.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the **CA SLPAB**, #PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

Initial Release Date: 02/04/2017 Expiration Date: 02/04/2020 Content Level: Intermediate

Inflammation and Chronic Pain

- Inflammation— The Silent Epidemic
- Sources of Inflammation
- Anti-Inflammatory Nutrients
- Osteoporosis
- Joint Inflammation
- Oral Health
- Lower Back Pain and Related Musculoskeletal Inflammation

Hormone and Non-Hormone-Related Cancers

- Incidence of Breast Cancer
- Vitamin D
- Dietary Prevention
- Non-Hormone Cancers
- Risky Supplements

Metabolic Syndrome and Coronary Artery Disease

- Blood Pressure
- Cholesterol
- Atherosclerosis
- Managing Type 2 Diabetes
- Cardiovascular Health
- Preventing Heart Failure

Neuropsychiatric Conditions

- Mood Disorders
- Anxiety and Sleep
- Parkinson's Disease
- Alzheimer's Disease
- Age-Related Cognitive Impairment

Complementary Products

- Herbal Products
- Trends
- Drug / Herb Interactions
- Resources

ABOUT THE INSTRUCTOR



Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmacotherapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines.

Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, participants will receive a detailed outline including updated information on the safety and effectiveness of complementary medicines and nutrients used to treat a wide range of conditions and a consumer's guide to quality control.