

2nd Annual

Spirituality in **MEDICINE**

Sponsored by Washington Adventist Hospital

Tuesday, October 7, 2008

**The Music Center at Strathmore
5301 Tuckerman Lane
North Bethesda, Maryland**

Keynote Speakers:

Mitchell W. Krucoff, MD, FACC

Professor, Medicine and Cardiology
Duke University

Harold G. Koenig, MD, M.HSc.

Associate Professor of Psychiatry and Associate
Professor of Medicine
Duke University

Course Directors:

Reverend Ismael Gama

Washington Adventist Hospital
Associate Vice President,
Mission Integration & Spiritual Care

Mark A. Turco, MD, FACC, FSCAI

Washington Adventist Hospital
Director, Center for Cardiac & Vascular Research

Harish Vaidya, CNMT-NCT

Associate Course Director
Washington Adventist Hospital



mind ▶ body ▶ spirit ▶ health

 **Washington Adventist Hospital**

www.WashingtonAdventistHospital.com/Spirituality

Dear Colleagues

It is with great joy and excitement that we welcome you to the second annual Spirituality in Medicine Symposium 2008. This year we continue the journey of seeking greater understanding of the role spirituality has in patient care.

When patients are seriously ill their spiritual beliefs influence the medical decisions that they will have to make. Therefore, Spirituality in Medicine 2008 will offer the opportunity for participants to increase their knowledge on the use of religion and spirituality in coping with chronic illness, stress, anxiety and depression.

Our symposium, sponsored by Washington Adventist Hospital, features world renowned keynote speakers and a panel of experts who stimulate provocative discussion and bring experienced-based perspectives to the role of spirituality in medical practice.

We invite you to attend this program on Tuesday, October 7, 2008 at The Music Center at Strathmore, in North Bethesda, Maryland.

Sincerely,



Rev. Ismael Gama

Washington Adventist Hospital
Associate Vice President,
Mission Integration & Spiritual Care



Mark A. Turco, MD, FACC, FSCAI

Washington Adventist Hospital
Director, Center for Cardiac &
Vascular Research

Why Should I Attend?

Studies have shown quantifiable data of improved patient outcomes when spirituality is incorporated into medical practice.

As such studies increase, so does the understanding of the mind-body-spirit connection among patients and caregivers. The inclusion of spirituality in health care can no longer be ignored. Now more than ever, physicians, nurses, clergy and those involved in healthcare must acknowledge and address the value of treating the whole person—mind, body and spirit.

Background

The Spirituality in Medicine Symposium continues its journey to increase knowledge and understanding of the interplay of spirituality and medicine. We seek to demonstrate the positive effects of an individual's spiritual beliefs on one's health and the importance of integrating spirituality into clinical practice.

This year, the Symposium will focus on understanding the relationship between religion and spirituality in managing chronic illness, stress, anxiety and depression.

Main Objective

This symposium is intended to explore, educate and guide physicians, medical students, nurses, hospital chaplains, community clergy, and administrators who want to learn how to integrate spirituality into clinical practice in an effective and compassionate manner.

Learning Objectives

By the end of this symposium, participants should be able to:

- Verbalize an understanding of the use of religion and spirituality in coping with chronic illness, stress, anxiety and depression
- Explain the psychological, social and spiritual needs of health care providers
- Describe the medical relationship between religion and health

Target Audience

This symposium is designed for:

- Physicians, Clergy, Psychologists, Nurses, Chaplains, Spiritual Directors, Allied Health Professionals, and Healthcare Administrators

**For additional information or to register, visit
www.WashingtonAdventistHospital.com/Spirituality**



Program Agenda

8:00 am – 8:30 am	Registration and Continental Breakfast
8:30 am – 8:35 am	Welcome Jere Stocks, President Washington Adventist Hospital
8:35 am – 8:45 am	Program Introduction Rev. Ismael Gama Mark A. Turco, MD, FACC, FSCAI
8:45 am – 9:30 am	The Medical Relationship Between Religion and Health Mitchell W. Krucoff, MD, FACC Professor, Medicine and Cardiology Duke University
9:30 am – 9:45 am	Q & A Mark A. Turco, MD, FACC, FSCAI
9:45 am – 10:30 am	Coping with Anxiety, Depression and Post-Traumatic Stress Syndrome Harold G. Koenig, MD, M.HSc. Associate Professor of Psychiatry and Associate Professor of Medicine Duke University
10:30 am – 10:45 am	Q & A Rev. Ismael Gama
10:45 am – 11:00 am	Break
11:00 am – Noon	Panel Discussion I.A. Barot, MD Stephen J. Cozza, MD Norton Elson, MD Shaheer Yousaf, MD, FACS, FAAOS
Noon – 1:00 pm	Lunch

Keynote Speakers

Mitchell W. Krucoff, MD, FACC

Dr. Krucoff is a native of Washington D.C. He graduated from Yale University in 1976 Magna Cum Laude with a degree in religious studies and philosophy. He earned his M.D. from George Washington University in 1980. His first clinical research experience was with Professor Attilio Maseri at the Hammersmith Hospital in London in 1983, following which he trained in cardiology at Georgetown University where he was Chief Fellow in Cardiology and remained on staff as an interventional cardiologist, Co-Director of the Cardiac Catheterization Laboratory and Medical Director of the Cardiovascular Intensive Care Unit.

In 1988, Dr. Krucoff joined the cardiology faculty at Duke University Medical Center where he remains to this date. He is currently fully tenured as a Professor of Medicine/ Cardiology, member of the Duke Senior Interventional Cardiology Staff and Director of the Cardiovascular Laboratories at the Durham VA Medical Center. Dr. Krucoff is the founder and Director of the Ischemia Monitoring Laboratory and eECG Core Laboratory, the largest academic electronic ECG Core Laboratory in the world. In exploring new healing paradigms complementary to modern high tech medical practices, Dr. Krucoff has served on the Board of Directors of the Sri Satya Sai Institute of Higher Medical Sciences in Puttaparthi, India since 1990 and is currently the Director of the MANTRA Study Project at the DCRI.

Harold G. Koenig, MD, M.HSc.

Dr. Koenig completed his undergraduate education at Stanford University, his medical school training at the University of California at San Francisco, and his geriatric medicine, psychiatry, and biostatistics training at Duke University Medical Center. He is board certified in general psychiatry, geriatric psychiatry and geriatric medicine, and is on the faculty at Duke as Professor of Psychiatry and Behavioral Sciences, and Associate Professor of Medicine. Dr. Koenig is co-director of the Center for Spirituality, Theology and Health at Duke University Medical Center, and has published extensively in the fields of mental health, geriatrics, and religion, with over 300 scientific peer-reviewed articles and book chapters and nearly 40 books in print or in preparation.

Panel Discussion Participants

I.A. Barot, MD

American Board of Psychiatry & Neurology
Assistant Professor of Medicine & Neurology,
EVMS
Director, Sleep Labs - Neurology Consultants
& Sleep Disorders Center

Stephen J. Cozza, MD

Professor, Department of Psychiatry - USUHS
Associate Director, Center for the Study of
Traumatic Stress

Norton Elson, MD

Washington Adventist Hospital
Chair, Ethics Committee

Shaheer Yousaf, MD FACS, FAAOS

Center for Advanced Orthopedics, PA

Directions

From the Capital Beltway (I-495) Outer Loop

(From Baltimore and points east)
Strathmore is located just 1/2 mile north of the Capital Beltway. Take Exit 34 and head north on Wisconsin Ave. Route 355 (Rockville Pike). Take a right onto Tuckerman Lane just after the Metro overpass, follow Tuckerman around to the left, entrance to Metro parking garage is on the left. Take the stairs or elevators to the 4th level of the garage, and walk across the sky bridge into the Music Center's main entrance.

From the Capital Beltway (I-495) Inner Loop

(From Northern VA and points west)
Exit the Capital Beltway onto Old Georgetown Road (Route 187, Exit 36). Turn left off the exit ramp onto Old Georgetown Road. Proceed for about 1.5 miles. Turn right onto Tuckerman Lane. Follow Tuckerman Lane for about 2 miles and cross over Rockville Pike (355), entrance to Metro parking garage is on the right. Take the stairs or elevators to the 4th level of the garage, and walk across the sky bridge into the Music Center's main entrance.

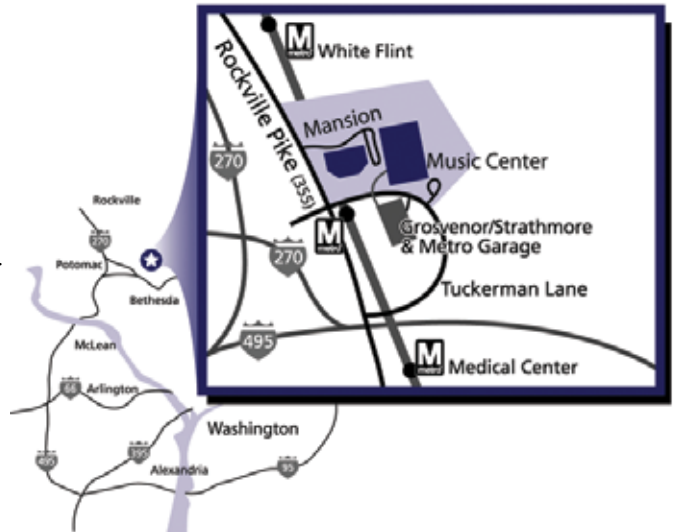
From the I-270 Spur (heading south)

(From Gaithersburg, Frederick and points north)
Exit the I-270 Spur onto Old Georgetown Road (Route 187). Follow the signs to Old Georgetown Road, North. Turn left onto Rt. 187. Within a 1/4 mile, turn right onto Tuckerman Lane. Follow Tuckerman Lane for

about 2 miles and cross over Rockville Pike (355), entrance to Metro parking garage is on the right. Take the stairs or elevators to the 4th level of the garage, and walk across the sky bridge into the Music Center's main entrance.

By Metro

Strathmore is located immediately adjacent to the Grosvenor-Strathmore Metro station, on the Red Line. Follow the walkway out of the metro station to the left entrance of the Metro Garage. Take the stairs or elevators to the 4th level, and walk across the sky bridge into the Music Center's main entrance.



Parking Information

Guests at the Spirituality in Medicine Conference may park in the Metro multi-level parking lot adjoining the Music Center at Strathmore. Please plan to arrive by 8:15 am if you plan to park in the Metro. Your parking fee will be fully paid by the Conference. Staff of The Music Center will collect your ticket as you exit the lot at the conclusion of the Conference and open the gates for you. Additional metered parking is available along Tuckerman Lane if the Metro lot is full.

Registration

We invite you to attend this program on Tuesday, October 7, 2008 at The Music Center at Strathmore in Bethesda, Maryland. Early registration is encouraged.

Register on-line at www.WashingtonAdventistHospital.com/Spirituality. We encourage all guests to utilize on-line registration if possible.

To register by US Mail, please complete the information below and enclose your check or credit card information. Please mail your registration and payment to:

Washington Adventist Hospital
7600 Carroll Avenue
Takoma Park, Maryland 20912
ATTN: Carolyn Jones, Pastoral Care Services

To register by Fax, please complete the information below and fax to: 301-891-6519.

Registration Deadline: Tuesday, September 30th. Space is limited.

REGISTRATION FEE: \$40.00 PER PERSON

First Name: _____

Last Name: _____

Hospital / Group Name / Occupation: _____

Address: _____

City, State, Zip: _____

Daytime Phone Number: _____

Email Address: _____

Register with Credit Card: Visa Mastercard

Card #: _____ Exp. Date: _____

Name on Card: _____

Authorized Signature: _____ Date: _____

Questions or More Information:

Please contact Carolyn Jones by phone at 301-891-5265 or email at cjones2@adventisthealthcare.com



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Takoma Park, MD 20912

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