



THE INSTITUTE FOR
**FUNCTIONAL
MEDICINE®**

FUNCTIONAL NUTRITION HEAD TO TOE: Comprehensive and Innovative Approaches to Nutritional Assessment

February 13-15, 2014
Johannesburg, South Africa

February 20-22, 2014
Cape Town, South Africa

Hosted by



**FUNCTIONAL
MEDICINE SA**

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THE LANDSCAPE

Decline in Physical Exam Skills

“Although certain diagnostic skills have been under fire since a paper presented to the American Medical Association in the 1950s discussed the inability of doctors to recognize some clinically relevant heart sounds, during the last two decades or so physical exam skills have fallen by the wayside....Although new technologies allow doctors to explore parts of the body that they can’t examine any other way, they don’t give the whole picture. They can’t feel where an abdomen is tender, discern clues from the look on a patient’s face or focus on a particular area because of how it feels or what the patient says.”ⁱ

“Deficiencies in physical examination skills among medical students, housestaff, and even faculty have been reported for decades.”ⁱⁱ Such studies have examined skills deficits in areas as diverse as pediatric cardiac auscultationⁱⁱⁱ and musculoskeletal exams,^{iv} and have noted the gradual demise of physical examination teaching in rounds, where only 14.6% of the time is devoted to such teaching.^v Frequent studies recommending against annual physical exams may indicate that practicing clinicians today spend much less time actually performing such examinations,^{vi} leading to further loss of skills.

ⁱ Max J. The lost art of the physical exam. *Yale Medicine*. 2009;43(2). <http://yalemedicine.yale.edu/winter2009/features/feature/51079>

ⁱⁱ Janjigian MP, Charap M, Kalet A. Development of a hospitalist-led-and-directed physical examination curriculum. *J Hosp Med*. 2012;7(8):640-43.

ⁱⁱⁱ Germanakis I, Petridou ET, Varlamis G, et al. Skills of primary healthcare physicians in paediatric cardiac auscultation. *Acta Paediatr*. 2013;102(2):e74-8.

^{iv} Beran MC, Awan H, Rowley D, et al. Assessment of musculoskeletal physical examination skills and attitudes of orthopaedic residents. *J Bone Joint Surg Am*. 2012;94(6):e36.

^v Stickrather C, Noble M, Prochaska A, et al. Attending rounds in the current era. *JAMA Intern Med*. 2013;173(12):1084-89.

^{vi} Gordon PR, Senf J. Is the annual physical examination necessary? *Arch intern Med*. 1999;159:909-910.

Deficits in Nutrition Education

The evidence is compelling that the root cause of most chronic disorders lies within our lifestyle choices, particularly our daily food choices. Nutrition education, however, is rarely part of a primary care physician's training. In fact, the number of US medical schools requiring nutrition education and **the average hours spent on nutrition education have both declined in the last 10 years.**

About this Workshop

IFM is meeting this challenge by developing a systems-oriented functional nutrition program that provides powerful clinical tools, knowledge, and skills. Functional Nutrition is the advanced practice of personalized nutrition assessment, diagnosis, intervention, and monitoring with the goal of promoting optimal health and preventing diet-and-lifestyle-related disease.



For more information or to register please visit:
functionalnutrition.co.za

THE WORKSHOP

Functional Nutrition Head to Toe: Comprehensive and Innovative Approaches to Nutritional Assessment

responds to the need to re-establish the fading art of physical examination and to strengthen physician nutrition knowledge. Veteran physicians can benefit from this learning journey as they begin to discover previously unrecognized nutrition-related findings through the nutrition-oriented physical exam and laboratory assessments. New healthcare providers can increase their exam skills, create a nutrition physical exam kit, and begin to interpret nutrition-related laboratory results from conventional tests and functional assessments. Nutrition professionals can expand the scope of their physical exam skills and clinical interpretation to include observations from their very first meetings with clients.

The Functional Nutrition Screening Room will be available by appointment to all participants on Friday and Saturday mornings, offering the experience of gathering and organizing key clinical data. Dr. Michael Stone will review the findings from these unique exams on Saturday, so each attendee will leave with more clinical insight in how to identify risks, modify or improve health, and further ensure wellness through personalized nutrition. During the program, Dr. Elizabeth Boham will work with attendees to assess personal information gathered from their own nutrition assessment; Dietary, Nutrition, and Lifestyle Journals; and laboratory results to identify areas to improve their health.

Workshop Speakers



Elizabeth Boham,
MD, MS, RD



Kristi Hughes, ND



Yael Joffe, RD



Michael Stone,
MD, MS



The functional medicine operating system for practicing advanced health care includes an emphasis on how to gather and organize medical and life information in a systems biology model.

- The functional medicine timeline will be used to anchor the nutrition assessment and to further expand knowledge of nutrition-related concerns from various stages of life, including metabolic imprinting that happens in the womb.
- Nutritional biomarkers and functional laboratory tests will be explored to glean insight concerning health-related issues that could respond to personalized nutrition and dietary modification.
- The advanced nutrition assessment and physical exam will provide deeper clinical insight; when considered through the functional medicine systems biology model, key underlying causes of disease can emerge, guiding further treatment and patient management.
- Video clips of leading clinical experts performing the nutrition physical exam will be viewed, followed by hands-on workshops that enable attendees to observe, perform, and then explain physical exam findings.
- The functional nutrition methodology will be used to organize all the laboratory and physical exam findings and to advance skills in personalized nutrition and therapeutic interventions.

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Schedule

Pre-Course Webinars

Jan 13	Clinical Nutrition and Personalized Lifestyle Medicine within the Functional Medicine Model	<i>Kristi Hughes, ND</i>
Jan 20	ABCDs of Nutrition Assessment (Introduction and foundational concepts)	<i>Michael Stone, MD, MS</i>
Jan 27	PFC-MVP: From Assessment to Therapeutic Intervention (Introduce the PFC-MVP concept)	<i>Elizabeth Boham, MD, MS, RD</i>
Feb 3	Introduction to the IFM Dietary, Nutrition, and Lifestyle Journal	<i>Deanna Minich, PhD</i>

Day One Activities

1:00-1:15	Functional Nutrition: The New Era of Nutritional Assessment and Therapeutic Interventions	<i>Kristi Hughes, ND</i>
1:15-1:30	Functional Medicine, Personalized Nutrition, and Health Care in South Africa	<i>Yael Joffe, RD</i>
1:30-2:30	The ABCDs of Nutrition Assessment: Questionnaires, Handouts, and Exam Forms	<i>Michael Stone, MD, MS</i>
2:30-2:45	AFTERNOON BREAK	
2:45-3:45	Anthropometrics: Body Composition and Vital Signs	<i>Kristi Hughes, ND</i>
3:45-4:00	AFTERNOON BREAK	
4:00-5:30	BioMarkers and Functional Labs: Uncovering Nutrient Insufficiencies by Laboratory Analysis (PFC part 1)	<i>Elizabeth Boham, MD, MS, RD</i>
5:30-6:00	Functional Medicine Nutrition Case Workshop	<i>Michael Stone, MD, MS</i>
6:00-7:30	Welcome Reception	

Day Two Activities

6:00-8:00	Screening Room Experience (by appointment only)	
9:00-10:00	Metabolic Imprinting: Mapping Pre-conception and Prenatal Nutrition Concerns on the Functional Medicine Timeline	<i>Drs. Leslie and Michael Stone</i>
10:00-10:30	Clinical Indications Uncovered in the Head to Toenails Functional Nutrition Physical Exam	<i>Michael Stone, MD, MS</i>
10:30-11:00	MORNING BREAK	
11:00-12:30	Clinical Indicators: Strengthening Your Skills in Nutrition Physical Exam Workshop (part 1)	<i>Michael Stone, MD, MS</i>

Schedule

Day Two Activities (continued)

12:30-1:30	LUNCH	
1:30-3:00	BioMarkers and Functional Labs: Uncovering Nutrient Insufficiencies by Laboratory Analysis (MVP part 1)	<i>Elizabeth Boham, MD, MS, RD</i>
3:00-3:15	AFTERNOON BREAK	
3:15-4:45	Strengthening Your Skills in the Nutrition Physical Exam Workshop (part 2)	<i>Elizabeth Boham, MD, MS, RD</i>
4:45-5:00	AFTERNOON BREAK	
5:00-6:00	Nutrigenomics: The Future of Personalized Nutrition	<i>Yael Joffe, RD</i>

Day Three Activities

6:00-8:00	Screening Room Experience (by appointment only)	
9:00-10:30	Integrating the Dietary, Nutrition, and Lifestyle Journal for Optimal Dietary Assessment Your 7 day Journal Review: Phytonutrient Diversity, PFC-MVP, and Caloric Balance	<i>Elizabeth Boham, MD, MS, RD</i>
10:30-11:00	MORNING BREAK	
11:00-12:30	Exploring Case Studies and Identifying Nutrition Concerns through the ABCDs and PFC-MVP Model	<i>Elizabeth Boham, MD, MS, RD</i>
12:30-1:30	PHYTONUTRIENT LUNCH: Special Guest Lecture on Phytonutrients	
1:30-3:00	Clinical Indicators: Strengthening Your Skills in Nutrition Physical Exam Workshop (part 3)	
3:00-3:15	AFTERNOON BREAK	
3:15-4:45	Your Screening Room Results	<i>Michael Stone, MD, MS</i>
4:45-5:00	AFTERNOON BREAK	
5:00-6:00	Building Collaborative Care Teams to Integrate Nutrition in the Future of Nutritional Medicine	<i>Kristi Hughes, ND Yael Joffe, RD</i>

Post-Course Webinars

Mar 3	Food is Information: How Dietary Approaches Impact Genetic Expression	<i>Yael Joffe, RD</i>
Mar 10	Ask the Experts: Your Challenging Cases Discussed	<i>Kristi Hughes, ND Elizabeth Boham, MD, MS, RD Michael Stone, MD, MS</i>

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Registration

You will receive two and a half days training, access to the screening room plus a welcome drinks reception, six pre and post-webinars, lunch, refreshments, and healthy snacks each day for the following prices:

Early Bird Special (ends November 30th 2013)

R9 000.00 (+VAT = R10 260.00)

Normal Price

R10 500 (+VAT = R11 970.00)

3 Month Payment Plan

R12 000 (+VAT = R13 680)—(3 payments of R4 560.00 per month)

Click here to register

You can pay by EFT or credit card (we will contact you for card details once you have submitted the application form—please note this incurs a 5% service charge—we cannot accept American Express or Diners Club).

Any cancellations made before the 31st December 2013 will receive a full refund. No refund will be available for cancellations made after the 1st January 2014.

The course materials will be e-mailed to you in a PDF version a few weeks prior to the conference. It will be your choice to either print the conference materials and bring them with you or bring your laptop/iPad to the conference and use it for viewing the presentations.

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