



HARVARD
MEDICAL SCHOOL

Osher
Center for
Integrative
Medicine



BRIGHAM AND
WOMEN'S HOSPITAL

Integrative Medicine Grand Rounds

Tuesday October 6, 2015

followed by coffee hour

Clinical Case Presentation:

"A 40+ y.o. woman with a history of chronic pain, experiences improvement though participation in novel Integrative Medicine Group visits."

Presented by: Boston Medical Center (BMC)



Co-Presenter

Paula Gardiner MD, MPH
Assistant Director,
Program for Integrative
Medicine and Health Care
Disparities, BMC



Co-Presenter

Katherine Gegren Barnett, MD
Director, Integrative Medicine
Clinical Services, BMC

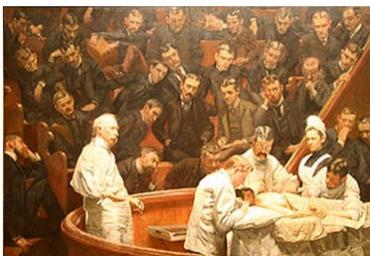


Discussant

Kavitha Gazula, MD
Assistant Clinical Professor of
Family Medicine, BMC

HMS CME credits available

This Grand Rounds series brings together practitioners of conventional medicine and complementary and alternative medicine (CAM) to learn about and discuss the clinical application of integrative therapies.



Monthly | First Tuesday's | 8:00–9:00am

Bornstein Family Amphitheater, BWH
45 Francis St., Boston, MA 02115
www.oshercenter.org | 617.525.8737

Fall Schedule 2015:

October 6th

Boston Medical Center (BMC)

Drs. Gardiner, Barnett and Gazula

November 3rd

Spaulding Rehabilitation Network

Dr. Eric Leskowitz

Integrative Medicine Grand Rounds

Speaker Biographies (October, 2015)



Paula Gardiner, MD, MPH is the Assistant Director for the Program for Integrative Medicine and Health Care Disparities at Boston Medical Center. She is an Associate Professor in the Department of Family Medicine at Boston University School of Medicine. She received her MD from the Tuft University Medical School and completed her residency in Family Medicine at Tuft University Medical School. She completed a three year Clinical Research Fellowship in Complementary and Alternative Medicine Research and Faculty Development at Harvard Medical School. She received her MPH from Harvard School of Public Health.

Additionally, she has been awarded a five year NIH K award grant focusing on dietary supplement use in the inner city underserved medical settings. She is the primary investigator on a PCORI grant to study an innovative care model called the integrative medicine group visit (IMGV) for racially diverse patients with chronic pain and depression. This model combines Mindfulness Based Stress Reduction with a medical group visit. Dr. Gardiner is also interested in safety and quality issues of dietary supplements for women and children. Dr. Gardiner lectures nationally and internationally. She has published over forty peer reviewed papers on dietary supplements, pregnancy, preconception care, stress, and complementary medicine in underserved patients.



Katherine Gergen Barnett, MD is the Director of the Integrative Medicine Clinical Services at Boston Medical Center and also serves as a primary care clinician. Originally from Washington, D.C. Katherine attended Yale University School of Medicine. While at Yale, Katherine worked at the National Center for Complementary and Alternative Medicine at the NIH (NCCAM), studied holistic medicine with Dr. Andrew Weil, lived on a Pueblo Reservation, created a course for medical students on spirituality and medicine, and completed a fellowship studying a model of group prenatal care for underserved women.

While at BMC, she implemented this successful model of group prenatal care within the residency (Centering Pregnancy), served as chief resident, received the AAFP Award for Excellence in Graduate Medical Education, was published by STFM's poetry and prose contest, and was awarded the Family Medicine Resident Award for Scholarship. Her primary interests are preventive medicine, nutrition, mindfulness-based stress reduction, women's health, and group care. Dr. Gergen Barnett blogs for the Huffington Post and Health Affairs.



Kavitha Gazula, MD has been with the Department of Family Medicine since 2004. She received her medical school education at Bangalore Medical College, Bangalore, India, to where she traces back the roots of her passion with the practice of holistic and integrative medicine. She completed her residency in family medicine at the University of Massachusetts, Worcester, MA. Following her residency she worked at the East Boston Neighborhood Health Center in a predominantly Spanish speaking population. She strongly believes in integrating the best of conventional and holistic therapies for achieving personal wellness. She received training in medical acupuncture at Harvard Medical School and most recently completed a

fellowship in Holistic and Integrative Medicine at the Greater Lawrence Family Health Center, Lawrence, MA. She is also trained in the practice of Reiki and clinical hypnosis. She is board certified in Family Medicine and a diplomat with the American Board of Integrative and Holistic Medicine. She believes that health care providers as role models should also be invested in their own personal wellness. Her other interests include maternal and child are health.