

# BEYOND SLIPPERY ELM AND BUZZARD GREASE:

## A Guide to Folk Medicine of

### Appalachia



Friday, June 24, 2016



Location: MAHEC Mary C. Nesbitt Biltmore Campus  
121 Hendersonville Rd, Asheville NC 28803

Date: Friday, June 24, 2016  
Registration: 7:30 am - 8:00 am (*light breakfast provided*)  
Program: 8:00 am - 12:15 pm

Early registration fees through June 17th:

Fee: \$50.00

Group: \$40.00

(*Five or more from same agency, registering and paying at same time*)

MAHEC Employee: Fee Waived

Folk medicine consists of the healing practices and ideas of body physiology and health preservation known to some in a culture, transmitted informally as general knowledge, and practiced or applied by anyone in the culture having prior experience. Folk medicine may also be referred to as traditional medicine, alternative medicine, indigenous medicine, complementary medicine, or natural medicine. Appalachian folk medicine has meant the difference between health and infirmity for many people over the years, absorbing elements from different traditions, reworking them, and applying them to everyday needs. This half day conference will discuss the history of Appalachian folk medicine and how some of the practices have influenced, or been influenced by, our formalized medicine system.

### AUDIENCE

Integrative healthcare practitioners, pharmacists, registered nurses, residents, nurse practitioners, LPNs, CMAs, CNAs, massage therapists and community members desiring to acquire more knowledge on Appalachian folk medicine.

### OBJECTIVES

Upon completion of this knowledge based event, the learner should be able to:

- Review folk medicines from around the world and their impact on Appalachian culture
- Identify Appalachian plants with potential medicinal or other useful properties
- Describe how Appalachian folk medicine can be integrated into culturally-appropriate care
- Determine the role that Appalachian folk medicine plays in today's healthcare environment
- Describe possible harmful interactions between herbal remedies and prescribed medications

### FACULTY

**Hassan Amjad, MD, FLS**  
Naturalist and Medical Botanist

### COMMITTEE MEMBERS

**Elaine Alexander, RN, MSN, RNC-OB**  
MAHEC, Asheville, NC

**Ronnie Metcalf, EdD, RN, ONC**  
MAHEC, Asheville, NC

### AGENDA

7:30am - 8:00am	Registration and Breakfast
8:00am - 9:00am	Introduction to Appalachian Folk Medicine
9:00am-10:30am	Medicinal Teas and Uses
10:30am-10:45am	Break
10:45am-12:00pm	Treating Menopause, Arthritis, Diabetes and Fibromyalgia
12:00pm-12:15pm	Wrap-up and Question and Answer



## CREDITS

### 4.0 CNE Contact Hours.

This continuing nursing education activity was approved by the Mountain Area Health Education Center's Department of Nursing Education, an accredited approver by the American Credentialing Center's Commission on Accreditation.

Participants must attend entire activity to receive credit. No partial credit is given for this activity.

MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

**CEU:** The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for **0.4 CEUs** as established by the National Task force on the Continuing Education Unit. You must attend the entire activity or activities to receive CEUs.

### 4.0 Contact Hours



The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

This program 0046-9999-16-114-L01-P will provide **4.0 contact hours** of continuing education.

Credit statements can be viewed and printed from CPE Monitor. In order to receive CE credit, attendance must be acknowledged at the registration desk upon arrival at the program. Participants will evaluate this program using a standard evaluation form.

## REGISTRATION

Early Registration Deadline: June 17, 2016

Early registration fee is \$50.00, and \$40.00 for groups (five or more from same agency, registering and paying at same time). Registration fee includes administrative costs, educational materials and light breakfast. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

## Directions to the Biltmore Campus

121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left and continue up the hill to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left and continue up the hill to the MAHEC Biltmore Campus.

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Friday, June 24, 2016



Updated contact info

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Social Security # **XXX-XX-** \_\_\_\_\_ (last 4 digits required)

Occupation \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work County \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

After June 17th:

Fee:  \$50.00  \$65.00

Groups:  \$40.00  \$55.00

(Five or more from same agency, registering and paying at same time)

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (Made payable to MAHEC)  Credit card info provided

Visa  Mastercard  Discover Card  American Express

Account # \_\_\_\_\_

Exp \_\_\_\_\_ / \_\_\_\_\_ Code on back of card \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Send completed registration form to: # 16NE039/48808

[MAHEC Registration](#)

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

Have a question?



Special Services:  
828-257-4468

Program Planner:

Elaine Alexander, MSN, RNC-OB  
elaine.alexander@mahec.net

828-257-4414

Registration Information:

828-257-4475

Fax Registration:

828-257-4768

Online Registration:

www.mahec.net

Email:

registration@mahec.net

Mail: MAHEC Registration

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