

Blackmores Institute Symposium

Integrating complementary medicine into pharmacy practice



Timing	Session	Speaker
9.00 – 9.15	Welcome and introduction	Dr Lesley Braun PhD Director, Blackmores Institute
9.15 – 10.30	Keynote: Drug/herb/nutrient interactions – the helpful and the harmful Practice-relevant examples of desirable and undesirable supplement-drug interactions, along with discussion of strategies to maximise the therapeutic advantages of, or otherwise prevent, specific supplement-drug interactions.	Forrest Batz, PharmD Associate Professor, Department of Pharmacy Practice The Daniel K Inouye College of Pharmacy University of Hawai'i at Hilo
10.30 – 11.00	MORNING TEA	
11.00 – 11.45	CM research update This session will summarise significant new research on CMs that will be directly relevant to pharmacy practice.	Dr Lesley Braun PhD Director, Blackmores Institute
11.45 – 12.30	Benefits of omega-3s: Heart health and beyond Evidence review and application, citing the wide-ranging health benefits of omega-3s relevant to pharmacy practice	Professor Peter Howe Professor Nutrition Research and Director of the Clinical Nutrition Research Centre, The University of Newcastle
12.30 – 1.30	LUNCH	
1.30 – 2.15	Integrating CM into patient care Applying an integrative service model to clinical cases to support patients in healthy ageing.	Dr Treasure McGuire PhD, BPharm, BSc, GradDipClinHospPharm, GCHEd, FACP, MPS. MSHP Conjoint Senior Lecturer appointment with Mater Health Services School of Pharmacy
2.15 – 3.10	Probiotics update Antibiotics and probiotics are both potent manipulators of the microbiome. Optimised usage patterns may reduce disease burden and extend the antibiotic era. This session offers a pragmatic approach to probiotics and reviews the latest research on when, how, and for how long they should be used.	Dr Nigel Plummer PhD
3.10 – 3.25	Health literacy and complementary medicine use in pregnancy and lactation Research summarising why women choose to use CMs whilst pregnant or lactating and the influence of health literacy on this.	Larisa Barnes B.A., B.Nat.(Hons.), PhD Candidate, Faculty of Pharmacy University Centre for Rural Health, North Coast NSW
3.25 – 3.45	AFTERNOON TEA	
3.45 – 4.30	A guide to use of evidence-based resources How to identify, access and apply objective natural medicine information resources and develop simple and effective strategies for discussing CMs with patients.	Forrest Batz, PharmD
4.30 – 5.00	The role of CM in pharmacy today - A pharmacist perspective Insights from a community pharmacist, outlining potential obstacles and opportunities in implementing a pharmacist-led CM service into pharmacy practice.	Catherine Bronger BPharm
5.00 – 5.30	Q&A Panel: Day 1 speakers	All