University of Louisiana at Lafayette  
College of Nursing & Allied Health Professions  
Continuing Nursing Education Program  

Presents  
Alternative and Integrative Therapies:  
Exploring the Digestive System’s  
Integral Role in Health  

TARGET AUDIENCE  
This program is designed for registered nurses, dieticians, and  
other healthcare providers who deliver patient care in various  
practice settings.  

LEARNING OUTCOME  
To increase the participants’ understanding of the integral role  
that the digestive system plays in our overall health and to  
explore alternative and integrative practices which assess, treat,  
and restore digestive health.  

PROGRAM OBJECTIVES  
At the conclusion of this program the participant will be able to:  
1. Discuss the anatomy and physiology of the digestive  
system and describe its integral role in immunologic  
and neurological function.  
2. Explain the process of inflammation and how it relates to  
digestive health.  
3. Define intestinal barrier and intestinal permeability  
("leaky gut") and explain the role of each in digestive health.  
4. Discuss various GI disorders (IBS, GERD, SIBO,  
candida overgrowth) and explain how each affects  
digestive health.  
5. Identify the pros and cons of proton-pump inhibitors.  
6. Explore the importance of an integrative,  
individualized nutrition plan.  
7. Differentiate between food allergies and food  
sensitivities.  
8. Define and describe digestive microflora and  
dysbiosis.  
9. Differentiate between prebiotics and probiotics and  
explain their importance in restoring and improving  
digestive health.  
10. Explain the brain-gut connection and the harmful  
effects of stress on your digestive health.  
11. Explore mind-body techniques and therapies utilized  
to decrease stress and improve digestive health.  

COURSE DESCRIPTION  
Did you know that 60-80% of your immune system is located in  
your digestive system and that 90% of our neurotransmitters  
(mood regulators) are made in our gut? At this program,  
integrative and alternative experts will share with us the vital  
importance of a properly functioning digestive system to our  
overall core health. Alternative strategies which promote  
restoration of digestive health will be explored by four local  
experts who practice integrative care – an approach to care that  
puts the patient at the center and addresses the full range of  
physical, emotional, social, spiritual, and environmental influences  
which affect a person’s individualized health. Join us to learn why  
it’s all about the gut!  

AGENDA  
February 17, 2017  

7:30-8:00 Registration and Continental Breakfast  
8:00-8:05 Welcome and Announcements  
Robbie Stefanski, MSN, RN  
8:05-9:35 Foundations of Digestive Health:  
An Integrative Approach - Part I  
Joy Duohon, ND  
9:35-9:50 Break  
9:50-10:20 Foundations of Digestive Health:  
An Integrative Approach - Part II  
Joy Duohon, ND  
10:20-11:20 Healing Your Gut through Individualized  
Nutrition  
Elizabeth Champagne, RD  
11:20-12:20 Lunch Break (Available on site  
through the Petroleum Club,  
$18.00 cash or check payable to  
Petroleum Club or participant may  
leave and return at 12:20 PM)  
12:20-1:20 Health Benefits of Prebiotics and  
Probiotics  
Mandie Romero, P.D.  
1:20-1:30 Break  
1:30-2:30 The Brain-Gut Connection  
Jill Laroussini, APRN-CNS  

CONTINUING EDUCATION  
University of Louisiana at Lafayette College of Nursing and Allied  
Health Professions is accredited as a provider of continuing nursing  
education by the American Nurses Credentialing Center’s  
Commission on Accreditation.  
Louisiana State Board of Nursing – Provider # 9.  

To receive 5.0 contact hours, the participant must attend the entire  
program, and complete and submit the Contact Hour and Evaluation  
forms.  

DISCLAIMER  
American Nurses Credentialing Center (ANCC) accreditation applies  
only to the educational content of the program. University of  
Louisiana at Lafayette College of Nursing and Allied Health  
Professions Continuing Nursing Education Program and ANCC  
Commission on Accreditation does not approve or endorse any  
product.  

SPECIAL NEEDS  
University of Louisiana at Lafayette will seek to accommodate  
persons with special needs. If you have a special need which may  
require accommodations, please notify Continuing Nursing Education,  
337) 482-6682 or email nursing_ce@louisiana.edu five (5) days  
in advance to make arrangements.  

FACULTY  
Joy Duohon, ND  
Dr. Duohon attended Oral Roberts University and received a  
bachelor’s degree in Biology Pre-Med. After graduating from ORU,  
she attended the prestigious Bastyr University, a four year accredited  
Naturopathic Medical School in Seattle, WA where she earned her  
Doctorate in Naturopathic Medicine with a focus on prevention of  
disease and promotion of wellness in a primary care setting. Today,  
Dr. Duohon owns and operates her own naturopathic practice in  
Lafayette, LA where she partners with adults and children to identify  
the root cause of their health issues utilizing Functional Medicine  
principles.  

Elizabeth Champagne, RD  
Ms. Champagne attended Louisiana Tech University and received her  
degree in Dietetics in 1987. Upon graduation, she worked as a  
registered dietician at the VA Medical Center in Alexandria, LA for  
eight years. She then took a break to raise and homeschool her three  
sons for twelve years. Upon return to her career, she pursued extensive  
training in Functional Nutrition and is currently working  
towards a certification as a Functional Nutritionist through the  
Integrative and Functional Academy. Today, she owns and operates  
her own nutrition practice in Lafayette where she helps her patients  
identify the root cause of their health concerns and utilized the  
principles of Functional Nutrition to help her patients heal.  

Mandie Romero, P.D.  
Ms. Romero graduated from the School of Pharmacy at Northeastern  
Louisiana in 1999. After graduation, she worked as a pharmacist for a  
large compounding pharmacy in Lafayette for over 14 years where  
she specialized in menopause management using bio-identical  
hormone replacement therapy. Having attended numerous symposia  
throughout the years, Ms. Romero has counseled women and  
educated doctors regarding bio-identical hormone replacement  
therapy. She has also gained knowledge of nutritional supplements  
that can be used for various conditions. Currently, she offers  
consultations for women who need help with hormone balance and  
proper nutritional supplement support as well as practices as a  
pharmacists in a retail setting.  

Jill Laroussini, APRN-CNS  
Ms. Laroussini began her nursing practice in the ER and began to  
seek gentler, alternative forms of illness care after a debilitating  
condition during her first pregnancy. As a parent and consumer, she  
continued to build resources to access the body’s natural healing  
resources with a focus on body-mind modalities. During her 17 year  
tenure as a nursing instructor, she co-created Ready 4 the Return, an  
initiative to apply the healing arts to facilitate re-regulation of the  
autonomic nervous system for soldiers with a blend of aromatherapy,  
healing touch, Integrated Energy Therapy, Trauma First Aide, guided  
imagery, and photobiomodulation. The thread of mitigating the effects  
of trauma continues to run through her practice as she is also a SANE  
nurse.  

REFUND POLICY  
REFUNDS WILL NOT BE ISSUED FOR CANCELLATIONS  
OR INCORRECT FEE SUBMISSIONS. FEE MAY BE  
APPLIED TO FUTURE PROGRAMS IF YOU CANCEL AT  
LEAST TWO DAYS PRIOR TO THE PROGRAM.  

For your convenience, the College of Nursing accepts  
telephone registrations. However, it will be necessary to submit payment via mail.
Alternative and Integrative Therapies: Exploring the Digestive System’s Integral Role in Health

February 17, 2017

REGISTRATION FORM

Name: ________________________________

(Last) (First) (Middle)

Address: __________________________________________________________

City: __________________ State: ______ Zip: __________

Phone (H): ________________ (W): ______________________

(C): ______________________

E-mail: __________________________________________________________________

Employer: __________________________________________________________

REGISTRATION CAPACITY WILL BE LIMITED
Early Registration Submission is Suggested.

(CHECK ONE)

REGISTRATION

____ Individual $80.00

____ Subscriber Participant $20.00

____ Retired RN $30.00

____ Undergraduate Students $10.00

____ and Dietetic Interns

____ Graduate Students $40.00

Please add $10.00 for registrations received after Monday, February 13, 2017.

For your convenience the College of Nursing accepts telephone registrations. However, it will be necessary to submit payment via mail.

F O R  M O R E  I N F O R M A T I O N ,  C A L L  3 3 7 - 4 8 2 - 6 6 8 2

PLEASE MAKE CHECK PAYABLE TO:
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MAIL WITH REGISTRATION INFORMATION TO:
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University of Louisiana at Lafayette
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~ Presents ~

Alternative & Integrative Therapies: Exploring the Digestive System’s Integral Role in Health

Friday, February 17, 2017
8:00 AM – 2:30 PM

Contact Hours: 5.0

2016-2017 Subscribers
Abbeville General Hospital
Acadiana Brain Injury Center
Complete Home Health
Cornerstone Village South
First Option Home Health
Heart Hospital of Lafayette
Iberia Medical Center – Main Campus
Lafayette General Health – Main Facilities
Lafayette Juvenile Detention Home
LPSS – Nursing Health Services
Louisiana Nursing Home Association – Region III
Our Lady of Lourdes Regional Medical Center
Park Place Surgical Hospital
Region IV Nurses
Women’s and Children’s Hospital

Presented at
Petroleum Club of Lafayette
111 Heymann Blvd
Lafayette, LA