

Herbal Educational Services
Medicines from the Earth Herb Symposium 2023
Nursing Track

Start Date: June 2 – 4, 2023

NURSING ATTENDANCE RECORD
and ACTIVITY EVALUATION FORM

DIRECTIONS: Complete the form with Name, Email, Answers to general questions below, CE Catalog numbers, Individual lecture evaluations and Total Contact Hours earned. To receive a certificate, please bring this attendance sheet to the registration table before leaving the symposium. All certificates will be emailed within 14 days.

Nurse Participant Name:

Email Address:

Disclosures

- 1) **Approval Statement:** This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Approved to award 55 contact hours. Approval for contact hours through the American Holistic Nurses Association is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.
- 2) **Criteria for Successful Completion:** Credit is awarded commensurate with participation in one or more sessions. Completion and submission of an evaluation form is required.
- 3) **Conflicts of Interest:** The following individuals in a position to control content for this activity declare they have a commercial interest relationship relevant to the content of this activity and it has been resolved with the nurse planner. Lise Alschuler (Gaia Herbs - Speaker; Optimal Rx - Speaker; NFH, Inc. - Former Speaker; Pharmavite - Research), David Winston (Herbalist & Alchemist - President) and Donald Yance, CN, RH (AHG) (Natura Health Products - Owner)
- 4) **Expiration date for Enduring Materials:** 4/25/2025

1. Assessment of Knowledge Gained

Strongly Agree Strongly Disagree

As a result of participating in this conference, I have increased my knowledge level related to botanical therapies: 5 4 3 2 1

2. The overall goals for this activity (listed below) were met:

(If you select “2-Disagree” or “1-Strongly Disagree,” please provide a comment below.)

5 4 3 2 1

Overall Goals At the conclusion of this activity, participants will:

1. Increase their evidence-based knowledge of holistic botanical therapies for COVID, cancer, neurologic and mental health, immunity-related, gastrointestinal, age-related or other long-term disorders.
2. Learn the identification, preparation and use of medicinal plants, nutrition and other complementary therapies as treatment modalities.
3. Gain the knowledge to integrate botanical or other complementary therapy into their own self-care practices.

Strongly Agree Strongly Disagree

3. I found this activity worthwhile for my professional practice.
 (If you select “2-Disagree” or “1-Strongly Disagree,” please provide a comment below.)

5 4 3 2 1

4. This activity will enhance my knowledge/practice as a health care provider.
 (If you select “2-Disagree” or “1-Strongly Disagree,” please provide a comment below.)

Knowledge

5 4 3 2 1

Practice

5 4 3 2 1

- 5. Please rate each presentation you attended in the table provided below:**
1. Was the speaker knowledgeable about the topic?
 2. Did the speaker present the information in an interesting manner that facilitated learning?
 3. Was the presentation free of commercial bias?

↓(5=Strongly Agree 4=Agree 3=Neutral 2=Disagree 1=Strongly Disagree)↓

| CE Hours | Catalog Number | Lecture Title/Speaker | Speaker knowledgeable? | | | | | Interesting presentation that facilitated learning? | | | | | Presentation Free of Commercial Bias? Yes/No |
|----------|----------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|--------------------------|--------------------------|--------------------------|--------------------------|---|
| | | | 5 | 4 | 3 | 2 | 1 | 5 | 4 | 3 | 2 | 1 | |
| 3.0 hrs | | Intensive: Management of Complex Chronic Disease: Combining TCM (Traditional Chinese Medicine) Concepts with Modern Biomedical Analysis <i>Jason Miller, DACM, LAc</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 5.0 hrs | | Ethnobotanical and Native Plant Field Study <i>David Winston, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 4.0 hrs | | Intensive Title: Botanical Influences on Cell Membranes <i>Jillian Stansbury, ND</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 4.0 hrs | | Ecology, Propagation and Cultivation of Native and Oriental Medicinal Herbs at Mountain Gardens <i>Joe Hollis</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Keynote Address: Plants, People and Places, A Web of Life <i>Chris Kilham</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Clinical Applications of Medicinal Mushrooms with Synergistic Botanicals <i>Lise Alschuler, ND</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Case Studies in the Naturopathic Treatment of Neurodegenerative Conditions <i>Kenneth Proefrock, NMD</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

↓(5=Strongly Agree 4=Agree 3=Neutral 2=Disagree 1=Strongly Disagree)↓

| CE Hours | Catalog Number | Lecture Title/Speaker | Speaker knowledgeable? | | | | | Interesting presentation that facilitated learning? | | | | | Presentation Free of Commercial Bias? Yes/No |
|----------|----------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|--------------------------|--------------------------|--------------------------|--------------------------|---|
| | | | 5 | 4 | 3 | 2 | 1 | 5 | 4 | 3 | 2 | 1 | |
| 1.5 hrs | | Outdoor Walk: Identifying and Using Appalachian Medicinal Plants <i>Marc Williams, MA</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Senescence, Senolytics, and Aging <i>Mary Bove, ND</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Bringing Down the Numbers: Nutritional Treatment of Hypercholesterolemia & Hypertension <i>David Winston, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Mast Cells - Their Role in Health and Disease and Botanical Affectors <i>Jillian Stansbury, ND</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Plant Walk: Establishing Plant Relations <i>Kat Maier, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Distress, Anxiety and Depression: A Botanically-Based Approach <i>Lise Alschuler, ND</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Medicinal Mushrooms in Oncology: Everything You Need to Know About Mushrooms and Cancer <i>Donald Yance, CN, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Bitters as Therapeutic Tonics (Demonstration) <i>Teresa Boardwine, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Herb Walk #1 (Saturday) <i>Doug Elliott and Todd Elliott, PhD</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Saturday Panel: Mild Cognitive Impairment: Can it be Halted or Reversed? <i>Lise Alschuler, ND, Katie Stage, ND, RH (AHG) and Kenneth Proefrock, NMD</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Simplicity of Simples in Botanical Medicine <i>Mary Bove, ND</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | The TCM Essence/ Modern Genetics Parallel: From Congenital to Post-Congenital / From Digital to Analog <i>Jason Miller, DACM, LAc</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

↓(5=Strongly Agree 4=Agree 3=Neutral 2=Disagree 1=Strongly Disagree)↓

| CE Hours | Catalog Number | Lecture Title/Speaker | Speaker knowledgeable? | | | | | Interesting presentation that facilitated learning? | | | | | Presentation Free of Commercial Bias? Yes/No |
|----------|----------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|--------------------------|--------------------------|--------------------------|--------------------------|---|
| | | | 5 | 4 | 3 | 2 | 1 | 5 | 4 | 3 | 2 | 1 | |
| 1.5 hrs | | How to Put the Brakes on the Runs: Approaches to Finding the Root Cause and Treatment of Persistent Diarrhea <i>Katie Stage, ND, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Herb Walk #2 (Sunday) <i>Doug Elliott and Todd Elliott, PhD</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Aging and the Immune System: Using Dietary Compounds for Immune Enhancement and Clearance of Senescent Cells to Combat Aging, Infection, and Chronic Disease <i>Donald Yance, CN, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Tropane Alkaloids: From the History of Pharmacy to the Modern Practice of Botanical Medicine <i>Kenneth Proefrock, NMD</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Peru's Sacred Plant Boom and Sustainability <i>Chris Kilham</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Creating an Herbal Day Spa at Home <i>Teresa Boardwine, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Thought Disorders - A Survey of the Safety of Botanical Medicines in Schizophrenia <i>Jillian Stansbury, ND</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | We Are Stardust: Trace Elements as Foundational Building Blocks of Health <i>Kat Maier, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Invasivorism: Making Tasty Food from some Challenging Weeds (Demonstration) <i>Marc Williams, MA</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Outdoor Walk: Appalachian Folk Uses of Local Plants <i>Rebecca Beyer, MA</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 1.5 hrs | | Closing Panel: Self Care: One of the Most Challenging and Rewarding Aspects of Patient (and our own) Health <i>Mary Bove, ND, Kat Maier, RH (AHG) and Donald Yance, CN, RH (AHG)</i> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

←Enter Grand Total CNE Here (Total hours from page 2 – 4)

1. **Please rate the following statement on a scale of 5 (Strongly Agree) to 1 (Strongly Disagree):** 5 4 3 2 1
- a. “As a result of participating in this conference, I have increased my knowledge level of botanical therapies for clients coping with conditions related to COVID, cancer, neurologic and mental health, immunity-related, gastrointestinal, age-related or other long-term disorders.”
- b. **Please write at least one example of botanical knowledge or complementary therapy you have gained through this conference on one of the topics listed above.**
- c. **Please write at least one botanical or complementary therapy you plan to incorporate into your own self-care practice within the next month as a result of participating in this conference:**
- d. **What other topics for health professionals would you like to see presented in the future?**

Thank you for taking the time to fill out this form