



Washington Association of Diabetes Educators
Annual Education Conference
Hotel Murano, 1320 Broadway Plaza, Tacoma WA
April 25-27, 2019

Program Description:

Continuing education event featuring multidisciplinary speakers designed to empower the diabetes educator to provide optimum person-centered inter-professional care through updates in technology, interpersonal interactions, workflow processes, and therapeutic management.

LEARNING OUTCOMES:

1. Participants will understand the AADE Project Vision Project.
2. Participants will have resources to apply knowledge to improve their care of patients with diabetes.
3. Participants will obtain knowledge-based education needs from self-assessment tool to individualize learning plans.

Activity Type: Application-Based

Disclosures: It is the policy of the American Association of Diabetes Educators to require that anyone who has an opportunity to affect continuing education activity content with products or services from a commercial interest with which she or he has financial relationships, discloses those financial relationship she and or he has with commercial entities to participants. The conference planning team for this program has reviewed all content and speakers' information and ascertains there is no bias and or conflict of interest in the program. Please see attached list of all planners, committee members, and speakers, and their disclosures.

Target Audience: All levels of healthcare professionals, including Nurses, Dietitians, Pharmacists, Exercise Physiologists, Medical Assistants, Nurse Practitioners, Physician Assistants and other health professionals interested and working with people with diabetes.

Requirements for successful completion:

The 2019 WADE Conference is approved for the following CEU credits:
- Pre-conference, Thursday – 4.5 hours

- Full conference- Friday and Saturday: 13 hours
- Single day attendance:
 - Friday - 7 hours
 - Saturday - 6 hours

Participants are required to sign in, attend the full activity for each day and complete the online evaluations at the conclusion of the conference in order to receive the CEU credits. A link to the evaluations will be provided to each participant by e-mail after the conference. After completed the online evaluation(s) the certificates for CEUs will then be available for printing.

Speakers and Objectives:

Refer to attached "Agenda & Objectives."

Register Today!

Please visit our website for Conference Fees, Registration and for additional information:

<http://www.myaadenetwork.org/e/in/eid=1256>

Fee Schedule:

- Full conference - Non Member (current base price: 300.00)
- Friday ONLY- Non Member (current base price: 190.00)
- Saturday ONLY- Non Member (current base price: 190.00)
- Pre Conference ONLY Non Member (current base price: 90.00)
- Full time students/interns Full Conference (current base price: 125.00)
- Student/Intern- Friday only (current base price: 100.00)
- Student/Intern - Saturday only (current base price: 100.00)
- Pre Conference ONLY Full-time Student/Intern (current base price: 30.00)

Contact information:

For Program Questions contact: Pat Haldi, RN,MN, phaldi@comcast.net 509-389-7227

Committee Members, Planners, Speakers – Disclosures:

Name of individual and credentials	Individual's role in activity	Planning committee member?	Name of commercial interest	Nature of relationship
Alison Evert, MS, RD, CDE	Panel Member	No	None	---
Carol Wysham, MD	Presenter	No	AstraZeneca, Boheringer Ingelheim, Eli Lilly, Janssen, NovoNordisk, Sanofi Aventis, Insulent, Dexcom	Speakers Bureau, Consultant
Charlotte Parsons, FNP-BC, CDE	Presenter	No	Dexcom	Speakers Bureau
Cheyenne Newsome, PharmD, PhC, BCAPE	Presenter	No	None	---
Chris Fisher, RD, CD, CDE, CPT	Presenter	No	None	---
Christian Lewis, ARNP	Presenter	No	None	---
Cindy Brinn, MPH, RD, CDE, BC-ADM	Presenter	No	None	---
Dawn Jae, MS, RD, CDE	Presenter	No	None	---
Deborah Belknap, RN, BSN, CDE	Vendor Liaison	Yes	None	---
Derek Rapp	Presenter	No	None	---
Faaiza Alibhai, PharmD	Presenter	No	None	---
Ineke Ojanen, RD, CDE	Presenter	No	None	---
Jamie Kowatch, MSRD, CD, CDE	Website/Registration	Yes	Tandem/Dexcom	Stock
Jayne Miller, MS, RD, CDE	Presenter	No	None	---
Jennifer Okemah, MS, RD, CDE, CSSD	Presenter, RD Planner, Committee Co-Chair	Yes	Medtronic, Insulet, Tandem	Consultant
Jennifer Veenstra, RN, BSN, CDE	Conference Hall Decoration	Yes	None	---
John Peng, MD	Panel Member	No	Sanofi	Adboards/Sponsored Article
Julia Kelley, ARNP, CDE BC-ADM	Presenter	No	None	---
Kamuran Shanti Malkoc, MS, RD, CDE	Speaker Liaison	Yes	None	---
Kathaleen Briggs Early, PhD, RDN, CDE	Treasurer	Yes	None	---
Leanna Davis, PharmD, CDE	Content Expert	Yes	None	---
Lisa Randall, RD, CD, LD, CDE	Conference Evaluations	Yes	None	---
Mary Janci, ARNP, CDE, BC-ADM	Presenter	No	None	---
Marylou Anderson, MS, RD, CD, CDE	Content Reviewer	Yes	None	---
Maureen Chomko, RD, CDE	Presenter	No	None	---

Megan Ellison, MS, RDN, CDE, MPH	Presenter	No	None	---
Meghann Moore, RDN, CDE, MPH	Presenter	No	None	---
Monica Hauss, RN, MSN Ed., CDE	CEU Submission to AADE	Yes	Insulet	Insulet Employee
Nancy D'Hondt, RPh, CDE, FAADE	Presenter	No	Astra Zeneca, WellDoc	Speakers Bureau, Consultant (respectively)
Patricia Haldi, MN RN, CDE	Nurse Planner, Committee Co-Chair	Yes	None	---
Paul Ciechanowski, MD, MPH	Presenter	No	Samepage Health	Salary, Stock
Quinn Nystrom, MS	Presenter	No	None	---
Radica Alicic, MD, FHM, FACP	Presenter	No	None	---
Susan Wang, MS, RD, CD, CDE	Website and Conference Registration	Yes	None	---
Tina MacDonald, OD, CDE	Presenter	No	None	---
Therese Alden, RD, CDE	Volunteer Coordinator	Yes	Tandem Diabetes	Tandem Employee
William Martin, PA-C	Presenter	No	None	---
Yamileth Cazorla-Lancaster, DO, MPH, MS, FAAP	Presenter	No	None	---

WADE 2019: A Flash Back to the Future Conference Agenda

Thursday, April 25 – Preconference

Time	Title	Speaker	Objectives
12:30-2:00pm	Fad Diets & Diabetes Management: What's the Evidence?	Maureen Chomko, RD, CDE	<ol style="list-style-type: none"> 1. Discuss differences between current dietary recommendations for diabetes management & weight loss and recommendations of fad diets 2. Describe difficulties of intermittent fasting in clinical trials and the real world. 3. Identify who is an appropriate candidate for a Mediterranean diet. 4. Recognize preferred eating plan for diabetes prevention. 5. Analyze benefits vs potential harms of ketogenic diet. 6. Questions & Answers
2:00-3:00pm	Standards of Care for MNT vs Nutrition Education in DSME: What's the Difference?	Megan Ellison, MS, RDN, CSOWM, CDE	<ol style="list-style-type: none"> 1. Compare and contrast differences and similarities between MNT and Nutrition Education in DSME 2. List standards of care related to nutrition & MNT in DSME 3. Recognize the collaborative roles of the RD & RN in addressing nutrition in DSME 4. Identify your scope and areas for improvement in your own practice or amongst your DSME team 5. Questions & Discussions
3:00-5:00pm	The Future is Plants: Integrating a Whole Foods Plant-Based Diet in Diabetes Education	Yamileth Cazorla-Lancaster, DO, MPH, MS, FAAP & Ineke Ojanen, RD, CD, CDE	<ol style="list-style-type: none"> 1. Define a Whole Food Plant-Based Diet. 2. List 3 benefits of whole plant foods. 3. Recognize the basic components of a whole foods plant-based recipe.
6:00-8:00pm	BOARD MEETING	Lido Board Room	NOT PART OF CEU ACTIVITY

Friday, April 26 – Main Conference

Time	Title	Speaker	Objectives
8:00-9:00am Keynote Speaker	Leveraging Your Strengths: Shaping Your Future	Nancy D'Hondt, RPh, CDE, FAADE	<ol style="list-style-type: none"> 1. Explain value-based population health as a framework for the integration of diabetes self-management services 2. Describe the vision for the domain of diabetes education and cardiometabolic conditions in future health care and delivery 3. List at least two ways that technology can enhance the health experience for the PwD and/or healthcare provider.
9:00-10:00am	Diapression: Practical Approaches to Addressing Depression in Individuals with Diabetes	Paul Ciechanowski, MD, MPH	<ol style="list-style-type: none"> 1. Demonstrate understanding of the various ways that depression manifests in those with diabetes. 2. Accurately assess depression, diabetes distress, and co-morbid anxiety among diabetes populations. 3. Identify effective ways to work with healthcare teams to appropriately manage depression, diabetes distress and anxiety.

10:20-11:20am	Navigating the Complexities of Provider-Patient Communication: A Medical Journey with Type 1 and Eating Disorders	Quinn Nystrom, MS	<ol style="list-style-type: none"> 1. Recognize the various coping stages one may go through after a diabetes diagnosis and how the Language of Diabetes played into it. 2. Compare and contrast different medical professionals and the approaches they use in interacting with patients, and how those can affect one's life care with diabetes and how they view their chronic illness. 3. Describe the 5 best communication styles when talking with patients living with diabetes.
11:30-12:30pm Breakout 1A	Technology in Diabetes Care: Emerging Level	Charlotte Parsons, ARNP, CDE & Chris Fisher, RD, CD, CDE	<ol style="list-style-type: none"> 1. Describe the role of the CDE 2. Identify insulin pumps and their features 3. Describe the elements of basic pump set-up 4. Identify CGM (continuous glucose monitoring) options and their features and benefits. 5. Define patient education opportunities using insulin pump and CGM downloads 6. Question and Answers
11:30-12:30pm Breakout 1B	Technology in Diabetes Care: Advanced Level	Meghann Moore, RDN, CDE, MPH	<ol style="list-style-type: none"> 1. Compare and contrast the current FDA approved insulin pumps and explain upcoming advancements among these technologies 2. Compare and contrast the current FDA approved continuous glucose monitoring systems (CGMS) and explain upcoming advancements among these technologies 3. Recognize and identify the relevant insulin pump reports and their data, including blood glucose and sensor glucose patterns and proposed therapy adjustments based on observed data 4. Recognize and identify the relevant CGM reports and their data, including sensor glucose patterns and proposed therapy adjustments based on observed data 5. Questions & Answers
1:30-2:30pm Breakout 2A	Medication Management in Diabetes- Emerging Level	Cheyenne Newsome, PharmD, PhC, BCACP	<ol style="list-style-type: none"> 1. Discuss mechanism of action, common side effects, contraindications, and clinical pearls for antidiabetic medications 2. Describe patient specific considerations for appropriate medication therapy for patients with type 2 diabetes 3. Given a patient case, recommend optimal anti-diabetic medications based on benefits and possible side effects.
1:30-2:30pm Breakout 2B	Medication Management in Diabetes Care: Advanced Level	Faazia Alibhai, PharmD	<ol style="list-style-type: none"> 1. Review medication management of diabetes "Back to the Future" 2. Identify target organs for MOA of diabetes medications 3. Compare and contrast 2019 AACE, ADA and EASD guidelines 4. Recognize newer medications and implications of use 5. Describe techniques to adjust medications according to CGM data and insulin pump starts 6. Discuss the role of the CDE In medication knowledge and patient care

2:40-3:40pm	Clinical Inertia: How long does it take to go from 0-85?	Jennifer Okemah MS RD CDE CSSD	<ol style="list-style-type: none"> 1. Define the term Clinical Inertia 2. List techniques/approaches used to help patients reach goals 3. Explore barriers of patient support within the medical team 4. Review the role of the CDE and scopes of practice to help initiate therapy changes 5. Create an approach for recommendations 6. Review a scenario to decrease inertia
4:00-5:00pm	CDE Panel "A Look Back (and the future)"	Jennifer Okemah MS RD CDE CSSD	<ol style="list-style-type: none"> 1. Explain the history of the formation of CDE credential 2. Define the role of the CDE on the medical team today 3. Compare and Contrast the career pathways of seasoned CDE's with the current new CDE's 4. Discuss avenues for two-way mentorship

Saturday, April 27 – Main Conference

Time	Title	Speaker	Objectives
8:00-9:00am	Sodium Glucose Co-transporters Inhibition and Diabetic Kidney Disease	Radica Alicic, MD, FHM, FACP	<ol style="list-style-type: none"> 1. Recognize impact of epidemics of diabetic kidney disease and importance of morbidity and mortality associated with it 2. Describe the role of SGLTs inhibition in treatment of diabetes 3. Review the cardiovascular and kidney outcomes of the recent clinical trials 4. List SGLTs effects on blood pressure, weight, kidney hemodynamics 5. Recognize changes of the professional guidelines for diabetes treatment 6. Questions and Answers
9:00-10:00am	Cardiovascular Outcomes Trials: What does this mean for the CDE?	Carol Wysham, MD	<ol style="list-style-type: none"> 1. Describe management of CVD and diabetes therapies prior to CVD Trials 2. Explore the history and process of CardioVascular Outcome Trials (CVOT) 3. Compare and contrast published CVOT trials 4. Identify upcoming trials 5. Define role of CDE in CV/DM management 6. Discuss implications of CVOT and role of changes made to 2019 ADA Standards of Care guidelines
10:20-11:20am	Diabetes and Low Vision Rehabilitation, Past, Present, and Future"	Tina MacDonald, OD, CDE, FAAO	<ol style="list-style-type: none"> 1. List the stages of Diabetic Retinopathy and other Ocular Complications. 2. Demonstrate familiarity with the terms and descriptions of Vision Impairment and Blindness and describe the significance of those terms? 3. Describe two reasons why the Interdisciplinary relationship between Optometrists and Diabetes Educators is important for those with Diabetes and Vision Loss

			4. List tools and adaptive techniques to help those with Diabetes and Vision Loss.
11:30-12:30pm	Provider Panel – Experience with CDE's: What works, what are challenges, where are we going?	Jennifer Okemah MS RD CDE CSSD Carol Wysham, MD Paul Ciechanowski, MD, MPH John Peng, MD William Martin, PA-C, CDE Julia Kelley, ARNP, CDE BC-ADM Mary Janci, ARNP, CDE BC-ADM	1. Explain overview of CDE history and role on medical team 2. Identify professional experiences with CDE's 3. Propose open mic for audience questions
1:40-2:40pm Breakout 3A	The transition from inpatient diabetes management to outpatient care	Chris Lewis, ARNP, BC-ADM, CDE	1. Explain the scope of the problem and importance of early integration into the diabetes management team to better prepare the patient for discharge. 2. Propose strategies learned to augment the discharge process 3. Compare and contrast discharge disposition for certain high risk groups
1:40-2:40pm Breakout 3B	Effective Transition of Diabetes Care from Pediatric to Adult Endocrinology	William Martin, PA-C, CDE	1. Define Transition in Care 2. Describe the need for effective transition of care to the adult world 3. Discuss challenges and barriers faced by emerging adults 4. Review overview of strategies and clinician views in transitioning care from pediatrics to adult clinic 5. Identify key factors that can improve successful transition to adult care 6. List helpful resources for transitioning care and program development 7. Summary, Q&A
3:00-4:00pm	Goldstein speaker: Back to the Future of JDRF Research	Derek Rapp	1. Describe involvement and interest in Type 1 Diabetes and JDRF 2. Discuss role as President, CEO of JDRF International 3. Identify and recognize the needs of T1D community 4. Describe current research projects funded by JDRF and focus on 3 Strikes 5. Explain positive role of the CDE in future of diabetes care