

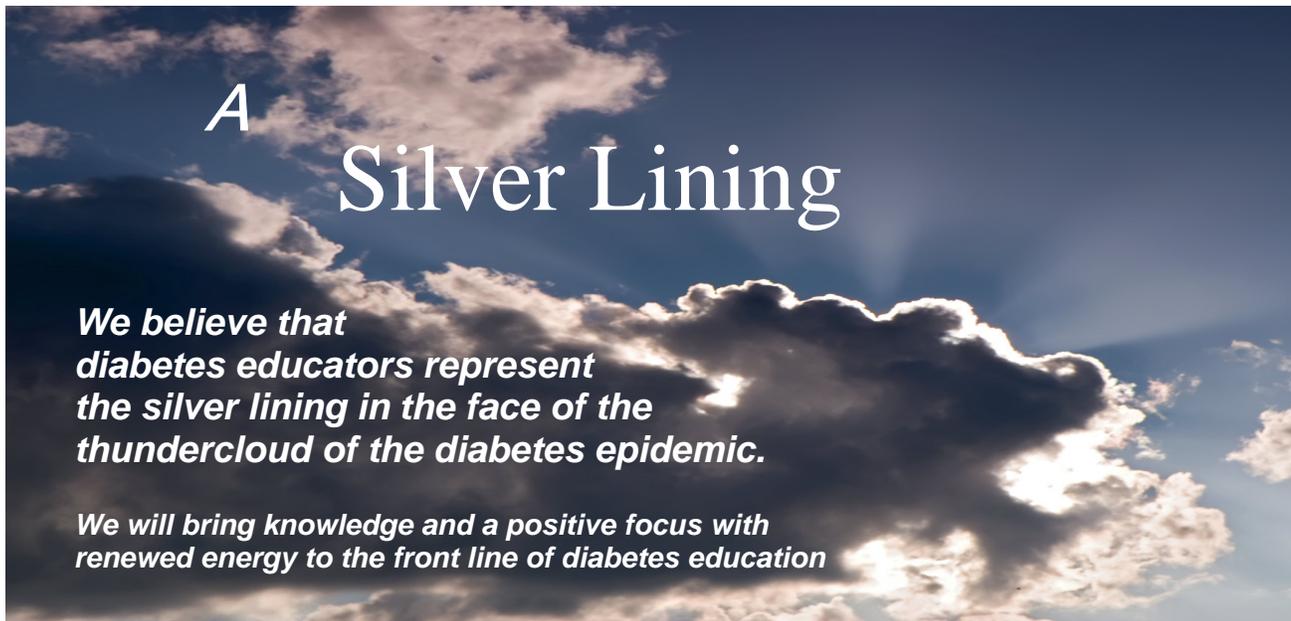
WADE

Washington Association of Diabetes Educators

2008 Annual Conference

April 25-27th
Friday evening reception

Lake Chelan, WA
Conference- all day Saturday & 1/2 day Sunday



Help celebrate WADE's silver anniversary on the shores of Lake Chelan at Campbell's premiere destination resort.

GOALS

To bring knowledge and a positive focus with renewed energy to diabetes education and treatment. Our mission is to provide diabetes educators with an opportunity for learning, networking, information sharing and partnership building.

Planning committee

Kathleen Givan, CNS, CDE, Chairperson

Jennifer Beach, PharmD, CDE, **Karen Conger** MS, CD, CDE, **Meena Diwan**, MS, RN, **Patricia Haldi**, MN, CRRN, CDE, **Ron Kammer**, RN, CDE, **Brenda Montgomery**, MS, RN, CDE, **Eileen Paul**, RD, CDE, **Kathy Vande Hei**, BSN, RN, CDE, **Jacqueline Siegel**, MN, RN, BC-ADM, CDE, **Sandy Sinnes**, BSN, RN, CDE, **Susie Wang**, MS, RD, CD, CDE

Special thanks to: Lake Chelan Chamber of Commerce for use of the photos

TARGET AUDIENCE & CONTINUING EDUCATION CREDITS

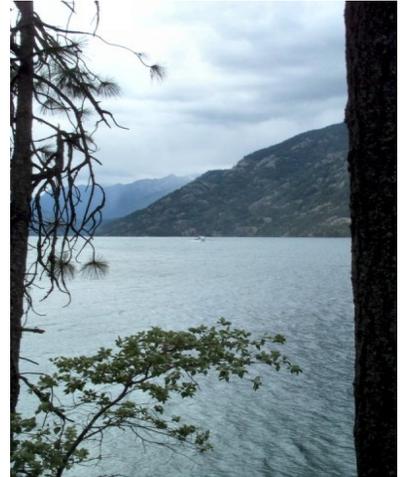
Diabetes Educators and other health professionals interested in diabetes education. Continuing education credits have been submitted for nurses, dietitians and pharmacists. Credits will be available upon completion of the program and receipt of evaluations. Estimated CEU's is 6.25 on Saturday and 1-3 CEU's depending on your choices on Sunday. An application has been submitted to the American Association of Diabetes Educators, an accredited approver by the American Nurses Credentialing Center's

ACCOMMODATIONS

Go to www.campbellsresort.com or call 1-800-553-8225. Inform them that you are attending the WADE conference for special room pricing available until March 28th.

Driving times to Campbell's Resort in Lake Chelan

- 3 hours from Seattle, WA
- 5 and 1/2 hours from Portland, OR
- 3 and 1/2 hours from Spokane, WA



EDUCATIONAL SHARING SESSION

During the research and educational sharing session, diabetes educators present posters and displays that disseminate information about teaching tools, research projects, educational materials, or innovative programs.

To register your display email Meena Diwan, MS, RN (meenadiwan@yahoo.com), subject: "Educational Sharing" and give your name, address, phone number, the title and the display needs of your presentation. Register early because space is limited. Deadline is April 1st.

Participants in the sharing session will receive a \$25 rebate of their fees at the conference.

SCHOLARSHIPS

Two conference scholarships will be awarded to educators who would otherwise not be able to attend due to financial constraints. The scholarships cover the cost of the conference only, not transportation and lodging. To apply, submit a scholarship request to Caroline Hudders (caroline_hudders@hotmail.com) by March 28th. Please include a description of the population you serve.

Faculty

- **Cindy Brinn, MPH, RD, CDE, BC-ADM**
Nutrition and Diabetes Program Coordinator St. Joseph Hospital, Bellingham, WA
- **Teresa Volpone, PharmD, RPh, BC-ADM, CDE**
Pharmacist Virginia Mason Medical Center, Seattle WA 2007 AADE Educator of the Year.
- **Christine Logar, M.D.** Assistant Professor, Division of Nephrology University of Washington, Seattle, WA
- **Shauna James Ahern**
Chef, Author of *Gluten-Free Girl: How I Found the Food That Loves Me Back...And How You Can Too* (Wiley, 2007).
Maintains www.glutenfreegirl.com, considered one of the world's best websites for gluten-free living and great food Seattle, WA
- **Jennifer Beach, Pharm.D., CDE**
Clinical Pharmacist University of Washington, Seattle, WA
- **Kathleen Vande Hei, BSN, RN, CDE**
Diabetes Education Coordinator Joslin Diabetes Center, Swedish Medical Center, Seattle, WA
- **Nathan Bartels, cyclist and member Team T1 cycling team**
TeamT1 is made up of champions – winners at endurance cycling who conquer life with Type 1 diabetes at the same time.
Des Moines, IA

2008 WADE ANNUAL CONFERENCE PROGRAM

Friday, April 25

6:00— 9:00 PM

Registration and an evening reception featuring Chelan wine and local fare will honor 25 years of WADE and the many representatives of the industry which has supported WADE and diabetes education and care throughout those years.

Saturday, April 26

7:00 **Welcome Breakfast** and Registration

8:00 **Clearing the Cloud of Nutritional Confusion**

Cindy Brinn, MPH, RD, CDE, BC-ADM

1. Understand the how & why of nutritional recommendation controversies for foods-fats and carbohydrates in particular.
2. Discuss new research on vitamin D, glycemic index/load, fiber, food synergies and phytonutrients.
3. Identify the health benefits of whole foods in the treatment of diabetes and it's co morbidities.

10:00 **Break**

10:45 **Finding a way through the Medication Fog**

Teresa Volpone, PharmD, RPh, BC-ADM, CDE

1. Describe the current knowledge about efficacy of sulfonyleureas.
2. Assess current sulfonyleureas for potential adverse effects and safety in selected populations.
3. Compare sulfonyleureas to other agents used in type 2 diabetes at this time and in the future.
4. Compare insulin injection recommendations to published evidence.
5. Assess implications for patient education.

12:30 **Lunch with business meeting and break.**

1:30 **Practical Tips for Managing the Mist of Renal Disease**

Christine Logar, M.D.

1. Identify early patients with renal complications from their diabetes and have a heightened awareness of the prevalence of renal disease in this population.
2. Understand appropriate screening for renal disease in the diabetic population and understand appropriate referral to sub specialists (nephrologists) for co management.
3. Understand complications of renal disease in the diabetic population, specifically related to insulin and other diabetic medication dosing.



Saturday April, 26 (continued)

3:00 **Bringing Celiac Disease into the Light**

Sauna James Ahern

1. Understand the relationship between celiac disease and diabetes.
2. Understand patients' struggle with the diagnosis.
3. Explain the patho-physiology of celiac disease.
4. Exemplify the need to stress a positive approach to the disease for both the patient and the caregivers.
5. Discuss the difficulties and challenges of living gluten-free for a lifetime and offering practical suggestions for the home, in restaurants, and while traveling.

4:30 **Evaluations collected and CE certificates distributed**

6:30 **Reception**

7:00 **Dinner**

Award presentations and entertainment.

Sunday, April 27

7:00 **Breakfast**

Break out sessions 8:00 to 10:00

8:00-10:00 **Option # 1 Conversation Maps**

Conversation Maps serve as a facilitation tool for healthcare professionals to use to engage groups of patients in conversations around a healthcare topic such as diabetes. Space is limited.

You must register with <http://www.healthyi.com> after accessing this site click on the link: "VIEW ALL / REGISTER" select the session for Chelan, Washington on April 27th at 8 to 10 AM. Fill in the requested information, you may be asked to "create an account" if you have trouble or questions please e-mail register@healthyi.com

Trainers: to be announced

**Please note that this session is not eligible for continuing education credit **

1. Experience a Conversation Maps.
2. Review the Conversation Map process.
3. Discuss how to facilitate a Conversation Map session.
4. Review the U.S. Diabetes Conversation Map Program.
5. Discuss how to integrate the U.S. Diabetes Conversation Maps into your practice.

8:00 - 9:00 and 9:00 - 10:00 **Option # 2**

The Sunshine of New Life:

Taking Care of Gestational Diabetes

Kathleen Vande Hei, BSN, RN, CDE

1. Understand gestational diabetes management concerns across the continuum of pregnancy.
2. Integrate into practice the post partum recommendations related to identification and prevention of diabetes in the women's future.

Alternates with

The Rays of Prandial Percolations:

Interactive Discussion on Educating Patients

Jennifer Beach PharmD, CDE

1. Define learning barriers and needs with initial learning exercise designed to place educator in patient's mindset.
2. Evaluate different learning style classifications and how these relate to patient education.
3. Identify individual learning styles and discuss how individual preference for education techniques affect teaching styles.
4. Assess patient cases as a tool to solidify learning objectives.

Sunday, April 27 (continued)

10:00 Break

11:00 The Brightness of Exercise and Positive Understandings

Nathan Bartels, member Team T1 cycling team

1. Understand that good can come from overcoming difficult situations.
2. Realize that you need tools to help reach the finish line.
3. Understand how motivation helps with good diabetes management.

12:00 - 12:30 Closing

Prizes awarded, evaluations collected, and CE certificates distributed.



REGISTRATION

Online registration with a credit card or PayPal: go to www.WADEpage.org

By Mail: make check payable to WADE and send with completed registration form to:
Eileen Paul—WADE Conference, 5730 25th Ave NE, Seattle WA 98105-2417

There is an additional \$25.00 late fee for registration after **April 1, 2008**. If notice of cancellation is received by April 12, 2008, the registration fee less \$25.00 for processing will be refunded. No refunds after April 12.

To receive a confirmation or receipt by mail, include a self-addressed, stamped envelope. Fee includes meals during conference, awards dinner, entertainment and syllabus.

Name w/credentials _____

Address _____

City, State, Zip Code _____

Organization _____

Email: _____ Telephone: _____

Full conference: Wade Active Member - \$150 (must be AADE member, AADE # _____)
 Associate- Newsletter or Corporate \$165 Non-member - \$175

Single day : Saturday conference only - \$135 Sunday conference only - \$55

Extra guest dinner: \$40 each _____ number of guests

Late fee: \$25 if registration is after April 1, 2008

Options: please indicate all three choices

1. Friday night reception: will attend will NOT attend

2. Saturday Awards Dinner : will attend will NOT attend Prefer vegetarian meals

3. Sunday AM Breakout options, see program for details (chose one):

I will attend and have registered for one of the Conversation Maps sessions online (<http://www.healthy.com>)

I will attend these two sessions: Gestational Diabetes and Prandial Perculations

