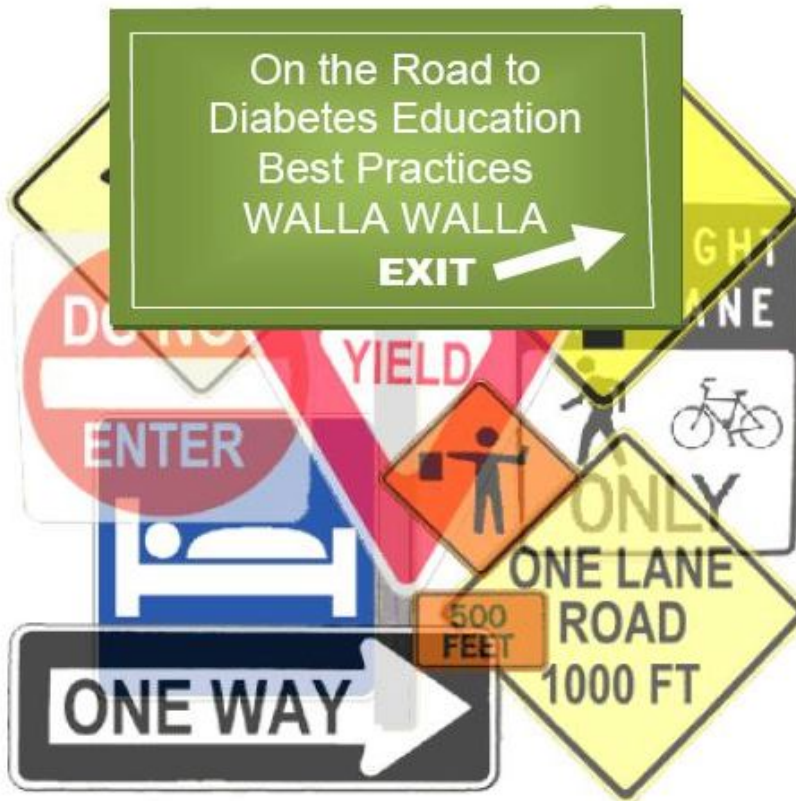




Washington Association of Diabetes Educators

## ON THE ROAD TO DIABETES EDUCATION BEST PRACTICES

### Friday Program, April 1, 2011 (Pre Conference Sessions)



8:00 AM **Registration Opens**  
Location: Ballroom Lobby

8:30 AM - 10:00 AM  
**Breakout: AADE Webinar Challenging Case Studies on Puberty, Teens, and Diabetes**  
This web cast will present several complex case studies pertaining to puberty, teens and diabetes.  
Location: Sacagawea and Clark Room

8:30AM - 11:30AM  
**Breakout: Hands-on session to create tools for education**  
The Kentucky Diabetes Prevention and Control Program will address how utilizing various learning methods including props, educational materials, storytelling and games will add to the learning of the individual. This pre conference has the same didactic content as the April 2nd 10:30 AM - 12:00 PM session. The difference between the two presentations is that this one will have 1.5 hours of hands on preparation of class props.  
Location: Lewis Room

8:30 AM - 11:30 AM

#### **CGM Data and Dosing Decisions**

Merging Solutions to Drive Patient Outcomes - Insulin Delivery, Continuous Glucose Monitoring, Therapy Adjustments Presented by Lisa Johnson and sponsored by Medtronic.

Location: Native American Rooms 2<sup>nd</sup> floor

10:00AM - 11:00AM

#### **Breakout: AADE Webinar Gestational Diabetes and Successful Pregnancies**

During this webinar you will learn how to integrate current concepts for treatment guidelines, evidence-based practice, and education strategies to focus on optimal outcomes during pregnancy as well as post pregnancy in women with gestational diabetes.

Location: Sacagawea and Clark Room

11:00 AM - 12:20 PM **Lunch on your own also vendors and silent auction**

## Friday Program, April 1, 2011 (conference sessions)

12:20 PM - 12:30 PM **WELCOME**

Location: Explorer Ballroom

12:30 PM - 2:00 PM

### **Speeding Downhill: Nutrition Strategies to reduce the Risk of Cardiovascular Inflammation**

Cindy Brinn MPH, RD, CDE, BC-ADM will identify the relationship between abdominal adiposity and cardiovascular inflammation and the new evidence based diet recommendations for heart health and inflammation reduction.

Location: Explorer Ballroom

2:00 PM - 2:30 PM **Vendor Break/Silent Auction/Snacks**

Location: Ballroom lobby and rooms nearby (see map last page)

2:30 PM - 4:00 PM

### **Mapping Medications: New Routes and Detours**

Josh Neumiller, PharmD, CDE, CGP, FASCP will discuss medications that can affect blood glucose levels and discuss recent controversies regarding the safety of medications for the treatment of diabetes.

Location: Explorer Ballroom

4:00 PM - 6:00 PM **Concrete Tools for Working with People in Poverty**

Lynda Coates will discuss the context of growing up in poverty in the United States and teach how to reach those struggling with the effects of poverty.

Location: Explorer Ballroom

6:00 PM - 10:00 PM

### **Wine/Dinner/Bufferet. Networking Tables and ZUMBA**

Join the party. Buffet dinner, networking tables and even a Zumba lesson.

Location: Explorer Ballroom

## Saturday, April 2, 2011 (conference sessions)

7:00 AM - 8:00 AM **Tai Chi** -- Location: To be announced --

7:30 AM - 8:20 AM -- **Registration** -- Location: Ballroom Lobby

7:00AM - 8:00AM

### **Mapping our Future: Making Network Connections to Reduce Driving Time**

Peggy Hoffman will help you build your network using the new media including the new My AADE Network and other public outlets. This presentation is repeated at the Breakout at 10:30 AM.

Location: Lewis Room

8:20 AM - 8:30 AM -- **WELCOME** -- Location: Explorer Ballroom

8:30AM - 10:00AM

### **A Fork in the Road: Navigating Through New Terrain**

Goldstein Memorial Speaker Carol H. Wysham, MD will discuss the significance of the ACCORD Study. Is Tight Control Dangerous?

Location: Explorer Ballroom

10:00 – 10:30 -- **Vendor Break** -- Location: Ballroom lobby and rooms nearby (see map last page)

10:30 AM - 12:00 PM

**Breakout: Light Bulb Ideas to Make Your Education Program Shine**

Speakers: Janey Wendschlag, RN, BSN and Mechelle Coble, MS, RD, LD, CDE

This presentation has the same didactic content as the April 1st 8:30 AM - 11:30 AM session. The difference between the two presentations is that this one will not have 1.5 hours of hands on preparation of class props.

Location: Lewis Room

10:30AM - 12:00PM:

**Making Network Connections to Reduce Driving Time**

This is a repeat of the 7:00 to 8:00 AM session Speaker: Peggy Hoffman Find out about how to build your network using the new media including the new My AADE Network and other public outlets. Also learn how to create an effective online profile that protects your on-line identity.

Location: Lewis Room

12:00 PM - 12:30 PM **Vendor Break**

Location: Ballroom lobby and rooms nearby (see map last page)

12:30PM - 1:15PM **Lunch and Awards**

1:15 PM - 2:25 PM

**Finding Ways Around High Dose Insulin Requirements: U-500 Insulin, Weight Loss & Future Therapies**

Speaker: Elaine Cochran, MSN, CRNP, BC-ADM Elaine will discuss examples of severe insulin resistance and explain the "high-dose" insulin requirements. She will also describe U-500 Human Regular Insulin.

Location: Explorer Ballroom

1:15 PM - 2:45 PM **Preventing Road Blocks with Vision Care AND How Oral Health Impacts Diabetes**

Dr Jeremy Beam, OD and Nanette Goyer, DDS will discuss ways to prevent or minimize eye and dental complications caused by diabetes.

Location: Native American Rooms 2<sup>nd</sup> floor (see Map)

2:45 PM - 3:00 PM **vendor Break**

Location: Ballroom lobby and rooms nearby (see map)

3:00 PM - 4:30 PM **No Rest for the Idle: Exercise is Still Recommended**

Sherrie Evenson, MS Registered Clinical Exercise Physiologist, will discuss research relating exercise and diabetes and explain the basics of a well-balanced exercise program.

Location: Explorer Ballroom

