

Washington Association
of Diabetes Educators
c/o Amber Stifter
203 W. 8th Avenue
Kennewick, WA 99336

Cultivating Diabetes Education



2007 WADE Conference



*Friday and Saturday
April 20-21, 2007*

*Join us at the historic
Marcus Whitman Hotel
& Conference Center
in the beautiful wine country of
Walla Walla, Washington*

REGISTRATION

DEADLINE: **MARCH 20, 2007**

There is an additional \$25 late fee for registering after March 20, 2007. Your \$25 late fee for registration processing will be refunded if notice of cancellation is received by April 10, 2007. If you need a confirmation or receipt, include a self-addressed, stamped envelope or email address and check the box below. Payment must accompany registration. Fee includes continental breakfast, lunches, breaks, awards dinner, entertainment and syllabus.

TO REGISTER:

Online and pay with a credit card, go to www.WADEpage.org or
By mail, make check payable to WADE and send with completed registration form to:

**Amber Stifter
203 W. 8th Avenue
Kennewick, WA 99336**

Name w/credentials _____ Telephone: _____

Address _____

City, State, Zip Code _____

Organization _____

Email: _____ Email confirmation needed

- | | |
|--|---|
| <input type="checkbox"/> WADE Member* \$150 | <input type="checkbox"/> Attending Friday Conference Only \$90 |
| <input type="checkbox"/> AADE # _____ | <input type="checkbox"/> Attending Saturday Conference Only \$100 |
| <input type="checkbox"/> Mailing list subscriber \$165 | <input type="checkbox"/> Late Fee after 3/20/2007 \$25 |
| <input type="checkbox"/> Non-member \$175 | <input type="checkbox"/> Additional guest dinner \$40 |

- *****
- Yes, I will be attending the Friday Awards Dinner & entertainment.
 - No, I will not be attending the Awards Dinner on Friday.
 - I prefer vegetarian meals.

Washington Association of
Diabetic Educators
www.WADEpage.org



Friday, April 20, 2007

10:30 **Vendor Set-up**
 11:00 **Registration/Vendor Exhibits**
 11:30 **Lunch**

12:00 **Welcome**
 12:15 - 1:15 **SEXUALITY & DIABETES EDUCATION**
Speaker: Bruce Wilson, MD

Objectives

- The medical, psychological/sociocultural and physiologic effects of diabetes mellitus on sexual function and sexuality.
- Direct effects of hyperglycemia on physiologic sexual function; vascular disease: micro/macrovacular; neuropathy.
- Etiology of hypogonadism in male & female with diabetes mellitus.
- Treatment of sexual dysfunction in females & males
- The effect of excessive adipose tissue on sexual function and sex steroid levels.

1:15 - 1:30 **Vendor Break**

1:30 - 3:00 **REAPING THE BENEFITS OF IMPROVING IN-PATIENT GLYCEMIC CONTROL**
Speaker: Carrie Swift, MS, RD, BC-ADM, CDE

Objectives

- State the target fasting and peak blood glucose levels for non-ICU hospitalized patients.
- State two components of a comprehensive in-hospital glucose control program.
- State one common nutrition issue affecting glycemic control for inpatients.

3:00 - 3:30 **Vendor Break**

3:30 - 5:00 **NEW DIRECTIONS IN THE TREATMENT OF DIABETES**
Speaker: R. Keith Campbell, PhD, RPh

Objectives

- List four medications that diabetes patients should take daily.
- Explain the incretin effect.
- List the pharmacological effects of DPP-4 Inhibitors.
- Describe the endocannabinoid system and outcomes of using a cannabinoid inhibitor.



5:30 - 7:00 **Wine Tasting & Hors d'oeuvres**
 7:00 **Awards Dinner**

Entertainment: Jazz Ensemble During Wine Tasting & Dinner

Saturday, April 21, 2007

Continental breakfast is included in your room rate.

7:00 **Coffee/Registration/Vendor Exhibits**
 7:50 **Welcome**

8:00 - 9:30 **RETHINKING HEALTH CARE COLLABORATION: SEVEN IDEAS FOR WORKING WITH PATIENTS & THEIR DIABETES**
Speaker: Paul Ciechanowski, MD, MPH

Objectives

- Review "external" and "internal" barriers to effective health care collaboration in the prevailing health care system.
- Introduced to the basic principles of attachment theory and to research that shows how different relationship styles influence collaboration and outcomes among patients with diabetes.
- Learn how to evaluate and potentially improve patients' capacity to collaborate in the setting of diabetes treatment.

9:30 - 10:15 **Vendor Break**

10:15 - 11:15 **HARVESTING HEALTHY HEMOGLOBINS: OPTIMAL MANAGEMENT OF A1C & BEYOND**
Speaker: Carol Wysham, MD

Objectives

- State the effects of postprandial hyperglycemia on oxidative stress.
- List three self-management strategies to reduce postprandial hyperglycemia.
- List three pharmacologic agents that target postprandial hyperglycemia.

11:30 - 12:30 **SWATHING THROUGH THE FAT: THE EFFECT OF DIETARY FATS ON INSULIN**

RESISTANCE,

INFLAMMATION & HEALTH

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

Objectives

- Review composition, function, and sources of all types of fatty acids.
- Identify the relationship of omega 3 fatty acids, omega 6 fatty acids, partially hydrogenated fats and trans fats to insulin resistance, inflammation, and cardio-vascular disease.
- Understand the relationship between inflammation and "damaged fats", advanced glycation-end products, and highly heated fats.
- Understand what healthy fats to consume and what unhealthy fats to limit.

12:30 - 2:00 **Buffet Lunch/WADE Business Meeting**

2:00 - 3:30 **MULTIPLE INTELLIGENCES: ADAPTING DIABETES EDUCATION TO DIVERSE LEARNING STYLES**

Speaker: Barb Schreiner, RN, MN, CDE,

BC-ADM

Objectives

- Apply current learning theories to diabetes education.
- Use teaching strategies to honor diverse learning styles.
- Create learning activities which enhance memory/transfer of learning.
- Integrate key learnings.

GOALS

Speakers for the **2007 WADE Annual Meeting** will offer attendees the latest information on diabetes self-management and care. Multiple disciplines will share their expertise in clinical management, discuss case studies and update attendees on research in their areas. Our mission is to provide diabetes educators with an opportunity for learning, networking, information sharing and partnership building.

TARGET AUDIENCE & CONTINUING EDUCATION CREDITS

Diabetes Educators and other health professionals interested in diabetes education. Applications for approximately seven to eight continuing education credits have been submitted for nurses, dietitians and pharmacists. Credits will be available upon completion of the program and receipt of evaluations.

City of Walla Walla

ACCOMMODATIONS

Marcus Whitman Hotel rooms are available at a discounted rate of **\$99** for WADE conference attendees until **March 20, 2007**.

Call: (509) 525-2200
Website: <http://www.marcuswhitmanhotel.com>

Other nearby hotels:

- LaQuinta Inn (509) 525-2522
- Best Western Suites Inn (509) 525 - 4700
- Howard Johnson (509) 529 - 4360

Maps on self-guided walking tours of downtown Walla Walla will be provided. Networking with experts in the field and earning continuing education credits has never been so fun. **Make a weekend of it!**

HOW TO GET TO WALLA WALLA?

Flights:

Three non-stop flights each day from Seattle by Alaskan Airlines. Call: 1-800-252-7522 /1-800-ALASKAAIR
Website: <http://www.alaskaair.com>

Driving:

- 4 ½ hours from Seattle, WA
- Just over 4 hours from Portland, OR
- Just under 3 hours from Spokane, WA

SCHOLARSHIPS

Scholarships are available for participants who would not otherwise be able to attend. Scholarships cover only the cost of the program. Lodging and transportation are not included. The scholarship application is available on the website, www.WADEpage.org, or send a request to the meeting registrar. The application deadline is March 20, 2007.

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. Register your display by email to Jane Schubert: schubm@kadlecmed.org. Please enter "Educational Sharing" in the subject line and give your name, address, phone number, your display needs and the title of your presentation. Register early as space is limited. Participants in the sharing session will receive a \$25 rebate of their fees on the day of the conference. Deadline for display registration is March 20, 2007.

PLANNING COMMITTEE

- | | |
|---|---|
| ** Chair - Jean Sherman, ARNP, MSN, CDE | ** Speakers - Mindy Nichols, RD, CD, CDE |
| ** Brochure & Packets - Ron Kammer, RN, CDE | ** Treasurer - Susan Wang, RD, CDE |
| ** Educational Sharing - Jane Schubert, RN, CDE | ** CE - Alison Evert RD CDE |
| ** Registration & Evaluations - Amber Stifter, RN, CDE | ** Vendors - Anne Carroll, RN, CDE |

Special thanks to:

- *St. Mary Medical Center and Walla Walla General Hospital for donating the cost of printing and mailing this brochure.*
- *Rachel Gallaway for designing cover brochure.*
- *Photos courtesy of the City and Port of Walla Walla, Brent Bergham, and the Marcus Whitman Hotel.*