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Commission on Dietetic Registration:

This activity has been approved by the Commission on Dietetic Registration.

CPEUs: 6.50 CPE Level: 2

Nurses:

Nursing credit is awarded for attending the Diabetes Track only. Upon successful completion of the program, each nurse will be awarded **.78 CEUs** (Continuing Education Units), Iowa Provider #144. Credit will be granted if the program is attended in its entirety.

Course Fee: Includes CE credit, refreshments, lunch and course materials.

\$75.00

\$5.00 add'l late registration / walk-in fee

Checks payable to: Floyd Valley Healthcare

Registration by *September 8, 2017* is required.

Send registration form to:

Marlys Van Otterloo
Floyd Valley Healthcare
714 Lincoln St NE
Le Mars, IA 51031

E-mail: marlys.vanotterloo@floydvalley.org

Phone: 800-642-6074 x3388 or 712-546-3388

PRESENTERS:

Deborah Majerus, MD, Cardiologist;
Cardiovascular Associates, P.C.

Laurie Berger, MBA, RD, LD, Regional
Manager; Simplythick

Molly Schooley, MSPAS, Physician Assistant -
Certified; Midland's Clinic – Endocrinology

Dorothy McClure, RD, LD, Lead Corporate
Dietitian; ABCM Corporation

Andrea Haugen, RD, LRD, CDE, Clinic Dieti-
tarian Manager; Sanford Health – Fargo Region

**Barbara Thomsen, CDM, CFPP, RAC-CT,
ICAC**, Healthcare Consultant; B.T. Healthcare
Consulting

**Mileah Panter, DNP, APRN-NP, BC-ADM,
CDE**, Endocrinology Nurse Practitioner;
Kearney Clinic, PC

Ruth MacDonald, RD, PhD, Professor and
Chair, Food Science and Human Nutrition;
Iowa State University

Mary Oyos, RN, MS, BC-ADM, CDE, Diabetes
Program Manager; Avera McKennan Hospital
and University Health Center

Kevin L. Schalinke, PhD, Professor,
Department of Food Science and Human
Nutrition; Iowa State University

Judith C. Hauswald, RN, BSN, CDE, Diabetes
Program Coordinator; Sioux Center Health

Rhonda Postma, CDM, CFPP, Dietary
Director; Hegg Memorial Health Center

Sharon Vermeer, CDM, CFPP, Food Services
Manager; Orange City Area Health System

Ben McCullough CDM, CFPP, Food Service
Director 3; State of Iowa

PURPOSE:

The purpose of this program is to provide participants with the most recent advances and information that will enhance knowledge, skills, performance and evaluation in a variety of diabetes and nutrition-related topics.

AUDIENCE:

This course is intended for dietitians, dietary technicians, dietary managers, dietary staff, diabetic educators, nurses, nurse practitioners and other interested health care personnel.

GENERAL INFORMATION:

Floyd Valley Healthcare reserves the right to cancel this program. Every attempt will be made to notify pre-registered participants by phone. Cancellation of programs due to inclement weather will be announced over the local radio. A full refund of the registration fee will be made if the program is canceled or cancellation notice is received from the participant prior to the program.

ADA Statement: We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks prior to the program.



IOWA STATE
UNIVERSITY
Extension and Outreach

Northwest Iowa Nutrition Conference

Thursday,
September 28, 2017

8:00 am - 4:00 pm

Le Mars Convention Center
Upper Level
275 12th Street SE

FloydValley.org



DIABETES TRACK:

7:30a Registration / Vendor Displays

8:00 Update on Cardiac Nutrition and Review Common Cardiovascular Procedures – *Deborah A. Majerus, MD*

- Discuss recent studies in cardiac nutrition and their relation to diabetes.
- Assess the appropriate use of fish oil for diabetic patients.
- Describe the cardiac catheterization procedure and cardiac stents.

9:00 Current Medical Treatment of Diabetes Mellitus – *Molly Schooley, MSPAS*

- Review current AACE recommended treatments.
- Describe new medications for diabetes mellitus.
- Describe new insulin therapy for diabetes mellitus.
- Navigate the updated 2017 AACE algorithm.

10:00 Break / Vendor Displays

10:30 Leading Successful Group Classes. Exploring the New Frontier - Telehealth and Video Visits – *Andrea Haugen, RD, LRD, CDE*

- Describe two strategies that help make group classes more effective.
- List three types of difficult group participants and one way to be effective with each type.
- List two benefits and two challenges of telehealth/video visits.
- Discuss current and proposed Diabetes Prevention Program guidelines.

12:00 Lunch

12:45p Transitioning Adolescents with Diabetes Into Adulthood – *Mileah Panter, DNP, APRN-NP, BC-ADM, CDE*

- Review diabetes self-management in childhood.
- Explain the importance of a transition program.
- Describe transition programs and how to implement them into practice.
- Describe the role of the certified educator in a transition program.

1:45 Athletes with Diabetes: Tips for Safety & Performance – *Mary Oyos, RN, MS, BC-ADM, CDE*

- Describe the effect of exercise on glucose metabolism.
- Discuss key considerations for safe diabetes management during exercise.

2:45 Break

3:00 When Patients Can't Afford Diabetes: Helping People With Limited Resources – *Judith C. Hauswald, RN, BSN, CDE*

- Identify one option for affordable blood glucose testing supplies.
- Explain how to use Patient Assistance Programs to obtain free or lower cost diabetes medications.
- Explain who is eligible and how to use pharmaceutical discount/copay cards.
- State the importance of identifying patient food insecurity and where to find local food assistance.

4:00 Adjourn

DIETITIAN / DIETARY MANAGERS TRACK:

7:30a Registration / Vendor Displays

8:00 The International Dysphagia Diet Standardization Initiative – *Laurie Berger, MBA, RD, LD*

- Describe the new International Framework for Dysphagia Diets.
- Describe the objective methods used by the IDDSI to distinguish between thickness levels.
- Identify the current state of implementation of the IDDSI framework.

9:00 Sanitation and Survey Management – *Dorothy McClure, RD, LD*

- Discuss proper sanitation principles to maintain a food safe department.
- Describe the regulatory survey process and discuss new survey trends.

10:00 Break / Vendor Displays

10:30 What It Takes to be a Certified Dietary Manager (CDM)...and Is This Your Career Path? – *Barbara Thomsen, CDM, CFPP, RAC-CT, ICAC*

- Define the role and credentials of the CDM.
- Discuss the CDM educational background.
- Describe the scope of practice working as a CDM.

12:00 Lunch

12:45p Science on Your Plate – *Ruth MacDonald, RD, PhD*

- Define the components of our food system.
- Describe the purpose of food additives.
- Define the role of the FDA and USDA in monitoring food.
- Describe the scientific evidence for safety of biotechnology in food.
- Describe the motivations for public discord relative to food technologies.

1:45 Epigenetics and the Role of Nutrition – *Kevin L. Schalinske, PhD*

- Describe what epigenetics represents and the basis for epigenetic modification.
- State the role of nutrition in epigenetics.
- Describe the adverse ramifications of epigenetic modifications and recommendations to promote health.

2:45 Break

3:00 CDM Panel - Current Issues and Trends – *Rhonda Postma, CDM, CFPP; Sharon Vermeer, CDM, CFPP; Ben McCullough, CDM, CFPP and Barbara Thomsen, CDM, CFPP, RAC-CT, ICAC*

- Describe changes in CMS regulations that affect food service.
- Discuss current issues in providing resident choice in meal service.
- Review best practices for food service departments.

4:00 Adjourn



GOING GREEN! In an effort to be eco friendly, paper copies of handouts will not be available at the event. Attendees interested in viewing, printing, or downloading presentation information can go to www.floydvalley.org and click on Education and Outreach/Professional. Information will be loaded to the website as soon as presenters make it available. Thank you for helping us make a positive impact on the environment by letting us use less paper.