



2020 WYADE & WAND RETREAT



Learn...Renew...Network!

Wednesday, May 6, 2020

DAY 1 Pre-Conference includes Special DPAC Meeting

8:15 – 8:30am Registration

8:30 - 9:30am Wyoming DPAC (no cme)

Adrianna A. Marzetta, MPH
Chronic Disease Prevention Specialist
Wyoming Department of Health, Public Health Division

9:30 – 11:30am Million Hearts in Wyoming

Brandi Whalen, Account Manager
Mountain - Pacific Quality Health
1. Discuss Wyoming's Million Hearts Task Force
2. Identify it's Mission, Vision and Goals
3. Discuss options for Wyoming

11:30 – 12:00 Late Registration

12:00 – 12:45pm WYADE ANNUAL MGT /Lunch included

1:00 - 1:15pm Welcome Address

1:15 – 2:45pm A Review of Clinical Practice Guidelines for Nutrition in Chronic Renal Disease: 2019 UPDATE

Eric Sawyer, MD, Nephrologist
1. Describe the use of micronutrient supplements in chronic kidney disease treatment of renal disease
2. Assess nutritional indices in chronic kidney disease patients

2:45 – 3:00pm Break & Exhibits

3:00 – 4:30pm DIABETES EDUCATOR OF THE YEAR

Optimizing Use of CGM in Clinical Practice

Diana Issacs RPH, Pharm D, CDCES

1. Identify the key metrics on a CGM report
2. Identify what the data means and be able to apply it to a patient case to identify areas to make lifestyle changes or medication adjustments to improve glycemic outcomes.

4:30 – 5:00pm Break /Set for evening session

5:00 – 6:00pm Networking & Exhibits

6:00 – 8:00 Dinner & Presentation

Leveraging Technology

Ashley Littleton, RDN, CDCES

1. Identify Options of Insulin Injections
2. Demonstration of New Insulin Injectors
3. Opportunity to have hands on training of new injection devices

Closing & Evaluation

7.0 contact hours for Wednesday

Thursday, May 7, 2020

DAY 2

7:30 – 8:00am Registration

8:00 – 8:15am Welcome

8:15 – 9:15am Prevention Education in Wyoming

Audrianna Marzette, MPH Public Health Specialists
1. Identify Prevention Education In Wyoming
2. Identify Prevention Resources available in Wyoming

9:15 – 9:30 Exhibits

Breakout 1a

9:30 – 10:30am

Type 1 Diabetes

Kathryn Skuza, MD, FACE

1. Options for Treating Type 1 Diabetes

Breakout 1b

9:30 – 10:30am

Hit the MNT Jackpot; It's all about Marketing

Keith Ayoob, EdD, RD, FAND

1. Learn steps to expand billable nutrition services within your facility's outpatient clinic or your own private practice.
2. Recognize payer types and procedures to establish direct reimbursement for MNT.
3. Identify key factors to manage patients' visits that can help build a steady client base.
4. Recognize tools and resources included on the Academy's website to help RDNs accomplish these tasks.

10:30 – 10:45am Exhibits

10:45 – 12:15pm

Ethics in Medicine

Dr. Melissa Alexander, JD

1. Understand 4 common ethical principles that guide healthcare decision-making.
2. Apply the framework of common ethical principles to problems that may occur in practice.
3. Recognize the professional skills needed to respond ethically to different points of view.
4. Identify hot topics in medical ethics. (Conflict of Interest)

General Session

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Thursday, May 7, 2020

DAY 2

12:15 – 13:15pm Lunch & Hunger Panel
Special Presentation

Jennie Gordon, Tony Woodell, Jamie Purcell, Genevieve Sheets, RD

1. Identify extent of hunger issues facing our state
2. List community partners to combat food deserts and hunger for clients

1:15 – 1:30pm Break

Breakout Session 2a

1:30 – 2:30pm

Project Vision & Dana

Carol Rasmussen, MDN, DCES, APRN, FAADE

1. Identify Key Element of the ADCES Vision
2. Identify Where to find Dana on ADCES web site
3. Interactive Demo

Breakout 2b

1:30 – 2:30pm

Nutrition Controversies - Handling Tough Questions When Science & Philosophy Collide
Keith Ayoob, EdD, RD, FAND

1. Speak knowledgeably about myths and misperceptions surrounding these controversial nutrition topics.
2. Distinguish between nutrition facts and nutrition philosophies about controversial nutrition issues, enabling the learner to better educate consumers and clients and more factually respond to questions.

2:45 – 3:45pm

A Closer Look at Dairy in the Mediterranean Diet

Danielle Butbul, M.P.H., RDN

1. Discuss the diversity of Mediterranean eating styles.
2. Describe how dairy foods complement plant-based foods in a nutrient-rich Mediterranean diet.
3. Discuss scientific evidence illustrating a Mediterranean diet supplemented with dairy foods improves markers of cardiovascular risk.
4. Apply strategies to help manage symptoms of lactose intolerance.
5. Provide practical examples for maximizing plant-based dietary patterns with nutrient-rich dairy foods.

Break 3:45 – 4:00pm

Breakout Session 3a

4:00 – 5:00pm Diabetes In Wyoming

Kevin Frank, RN, BSN

1. Identify WYCOA role in WDH CD 1815 grant
2. Identify Resources in Wyoming for Diabetes Care

Breakout Session 3b

4:00 - 5:00pm

Current Issues with Protein Foods: Meat Alternatives and Cell Cultured Meat
Cody Gifford, Ph.D., RDN

1. Describe the rising trends in protein foods and meat alternatives.
2. Identify and evaluate environmental, health and socioeconomic trade-offs associated with various food choices

Evaluation and Closing

7.5 contact hours for Thursday

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Friday, May 8, 2020

Day 3

8:00-9:00am

WY- Grown Peruvian Popping Beans: Sensory Analysis & Consumer Acceptance

Jill Fabricius Keith, PhD, RD

1. Describe unique characteristics of the popping bean
2. Identify consumer response to sensory analysis of beans
3. Describe the potential uses of popping beans to meet nutritional guidelines and recommendations

9:00 – 9:15am Break

9:15-10:15am

Tailoring MyPlate Recommendations to Prevent Chronic Disease

David Aguilar-Alvarez, PhD

1. Summarize the current state of metabolic syndrome in the United States
2. Recognize the importance of using MyPlate to prevent markers of chronic disease
3. Identify key gender differences in the prevention of Metabolic syndrome using MyPlate

10:00 – 10:15am Break

10:30-11:30am

Finding Common Sense in Weight Management

Linda Cardinal, MS, RDN, LD

1. Describe the numerous factors that can affect weight and contribute to obesity
2. Explain the importance of providing a supporting role and providing patient centered care
3. Identify current covered services by Medicare and Medicaid for weight management and obesity

11:30-12:30pm Lunch & WAND Annual Membership Meeting

12:30-1:30pm

Salt, Soil & Glycemia: Emerging Reasons We Should Evaluate Iodine Status and Thyroid Function in Our Patients with Diabetes presented by D. Enette Larson-Meyer, PhD, RDN

1. Explain key functions of the thyroid gland, the signs and symptoms of hypo- and hyperthyroidism and euthyroid sick syndrome and their common triggers.
2. Describe the role of iodine, iron, zinc, selenium and vitamin D in thyroid function, the possible dietary-related triggers for hypo- and hyperthyroidism and euthyroid sick syndrome including poor nutrition, diabetes, goitrogens and autoimmunity.
3. Discuss the recent research highlighting the link(s) between thyroid function and diabetes.
4. Describe assessment and treatment of thyroid function as part of the general nutrition/medical assessment and overall care of the diabetic patient

1:30 – 1:45pm Break

1:45-2:45pm Breakout Session 4a

National Provider Identifier (NPI) Workshop

Georgia Boley MS, RD, LD, CFSP

1. Obtain a National Provider Identifier.
2. Use the NPI to sign up with health insurance providers as a health care provider.

1:45-2:45pm Breakout Session 4b

Plant Based Nutrition & Recreational Athletes: Helping Clients Work through Sensationalism

Candace Garner, MS, RD, LD

1. Identify common nutrition misconceptions perpetuated by media and influencers.
2. Specify the foundational concepts of plant-based (vegetarian) nutrition research as it relates to sports.
3. Provide clients with effective strategies to analyze nutrition information proved by media sources.

Evaluation and Closing

5.0 contact hours for Friday

Commission on Dietetic Registration <https://www.cdnrnet.org> Dietitians may submit agenda for continuing education credits.