

FUELING A HEALTHIER FUTURE

A Wyoming focus on Diabetes & Heart Health

Best Western Downtown Casper

April 4-5, 2025



This Live Activity is designed for all levels of health care professionals including physicians, nursing, dietitians, pharmacist and allied health partners that relates to clients living with pre-diabetes, diabetes, hypertension and associated chronic conditions.

For further information Contact:

Ashley Littleton RD, CDCES email: alittleton@mhccwyo.org Phone: 307-358-1456 -or-
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This educational and networking opportunity is brought to you by:



FRIDAY, APRIL 4, 2025 Agenda Day One - Conference Sessions - Downtown Best Western

7:00-8:00am

Conference Registration

8:00-8:30am

Conference Welcome - Grand Ballroom A/B

**8:30-9:30am
Grand Ballroom A/B**

You Come First: Facing the Hard Stuff in Healthcare - [Betsy Spomer, MD, PCC, CPCC, Soul Honey Coaching](#)

This presentation explores key elements for navigating challenging circumstances and achieving personal success. Learn how to cultivate inner resilience by prioritizing self-compassion, fostering genuine connections, and embracing your unique strengths. Discover practical strategies to enhance personal safety and create a foundation for thriving amidst adversity. Objectives: Identify the key elements for positioning yourself for personal success in challenging circumstances. Explore and learn how to create personal safety, to be more self-compassionate, to leverage connection, and to embrace your personal brilliance.

9:30-10:00am

Break with Exhibitors - Grand Ballroom C/D

**10:00-11:00am
Grand Ballroom A/B**

Diabetes and Obstructive Sleep Apnea: Birds of a Feather - [Renae Dorrity, MD Sleep Specialist Hoskinson Health and Wellness](#)

This presentation will explore the intricate bidirectional relationship between diabetes and obstructive sleep apnea (OSA). We will discuss how OSA can negatively impact blood sugar control in individuals with diabetes and how, conversely, diabetes can increase the risk of developing OSA. The presentation will also delve into the impact of treating each condition on the other, emphasizing the importance of a comprehensive treatment approach to improve overall health outcomes for patients with both conditions. Objectives: Discuss the bidirectional relationship between diabetes and obstructive sleep. Discuss the impact that treating each has on the other.

**11:00-12:00pm
Grand Ballroom A/B**

Clinical Review of Nutrition Guidelines for Persons with Renal Disease - [Lukasz Kiljanek, MD Nephrologist Hoskinson Health and Wellness](#)

This review examines current nutrition guidelines for individuals with renal disease, including those on dialysis and diabetes. Key areas explored include protein intake, fluid restriction, potassium and phosphorus management, and the role of specific diets like plant-based or low-protein diets. The aim is to provide a comprehensive overview of evidence-based recommendations to optimize nutritional care and improve patient outcomes. Objectives: Provide a clinical review of Hypertension and its effects on Renal Disease. Identify and discuss proper blood pressure measurement techniques and review current management guidelines.

12:00-1:30pm

Lunch with Exhibitors - Grand Ballroom C/D

**1:30-2:30pm
Grand Ballroom A/B**

Newest Clinical Guidelines for People with Cardiovascular Disease and Diabetes - [Daniel Davidovich, MD, Cardiologist Hoskinson Health and Wellness](#)

The newest clinical guidelines for people with both diabetes and cardiovascular disease emphasize a multi-faceted approach to risk reduction. Key updates include a more comprehensive evaluation of cardiovascular risk factors, including assessment of kidney function, sleep apnea, and social determinants of health. The expanded role of medications such as Sodium-glucose cotransporter 2 (SGLT2) inhibitors and Glucagon-like peptide-1 (GLP-1) receptor agonists. Focus on Patient-Centered Care emphasizing individual patient needs, preferences, and goals in developing personalized treatment plans with lifestyle modifications such as weight management, dietary changes, and regular physical activity. These guidelines aim to improve cardiovascular outcomes and overall quality of life for individuals living with both diabetes and cardiovascular disease. Objectives: Identify and explore the cardiovascular risks of people living with hypertension and diabetes. Identify and review treatment options.

2:30-2:45pm

Break with Exhibitors - Grand Ballroom C/D

**2:45-3:45 pm
Grand Ballroom A/B**

Improving Surgical Outcomes for Patients Undergoing Bariatric Procedures - [Robert Shawhan, MD General Surgery, Bariatrics Memorial Hospital of Converse County](#)

This review examines factors influencing the success of bariatric surgery, including patient selection, surgical technique, and postoperative care. We analyze data on weight loss, resolution of comorbidities, and long-term outcomes to identify strategies for optimizing patient results and minimizing complications. Objectives: Identify and Review Effectiveness of Bariatric Surgery for Diabetes Control. Identify and discuss mechanisms by which bariatric surgery controls diabetes.

**3:45-4:45pm
Grand Ballroom A/B**

Gastroparesis: Mastering and Management - [Raoul Joubran, MD, MBA, Gastroenterologist GI Associates, P.C.](#)

This review provides an overview of the diagnosis and management of gastroparesis, particularly in individuals with diabetes. Key topics include symptom management, dietary modifications, medications, and advanced therapies. The goal is to improve quality of life and optimize glycemic control for patients with this complex condition. Objectives: Describe the key diagnostic criteria and treatment options for gastroparesis in individuals with diabetes. Explain the role of dietary modifications, medications, and advanced therapies in managing gastroparesis symptoms and optimizing glycemic control.

4:45-5:00pm

Day One Wrap-up /Evaluations & Announcements - Grand Ballroom A/B

**5:00-6:30pm
Grand Ballroom C/D**

NETWORKING RECEPTION - Join us for an evening of connection and professional growth at our networking reception. This event offers an opportunity to meet like-minded individuals, share experiences, and build lasting relationships. Enjoy delicious hors d'oeuvres, refreshing beverages, and engaging conversation in a relaxed and welcoming atmosphere.

SATURDAY, APRIL 5, 2025 Agenda Day Two - Conference Sessions - Downtown Best Western

7:30-8:15am Conference Registration - Day Two Sign In

8:15-8:30am Conference Welcome - Grand Ballroom A/B

8:30-9:30am
Grand Ballroom A/B

Investing in Prevention: Fueling Patient Education - Amber Nolte, MPH, CPM, Kacie Hutton, MPH and the Team from WyCOA

This presentation will explore the importance of investing in patient education for chronic disease prevention. We will discuss key programs such as the Diabetes Prevention Program (DPP), Health Heart Ambassador Programs, and Diabetes Self-Management Program (DSMP). We will also explore available funding sources and discuss upcoming education opportunities in 2025. Objectives: Identify and briefly describe at least three key evidence-based prevention programs, such as the Diabetes Prevention Program (DPP), and the American Heart Association's Heart Health Ambassador Program (HHA) and the Diabetes Self-Management Program (DSMP). Identify at least two potential funding sources for patient education programs related to health prevention and patient education in 2025. Identify and briefly describe the Healthy U programs for chronic disease in Wyoming. Identify and describe the Healthy U Diabetes Program in Wyoming. Review and discuss telehealth options and services in Wyoming.

9:30-9:45am Break with Exhibitors - Grand Ballroom C/D

9:45-11:15am
Grand Ballroom A/B

Dementia Friendly Management of Chronic Disease - Tina Stanco, MD, Cynthia Works, MD, Tabitha Thrasher, DO, Larissa Gray, PA UW Family Practice Geriatric Team

Dementia-friendly management of chronic diseases involves a patient-centered approach that considers the unique needs of individuals with cognitive impairment. By incorporating the 4Ms framework (What Matters, Medication, Mentation, and Mobility), healthcare providers can optimize care, improve quality of life, and reduce the risk of adverse outcomes for patients with dementia and chronic conditions. Objectives: Identify common challenges in managing chronic diseases for individuals living with dementia. Introduce and discuss the "5Ms" framework as a practical tool for dementia-friendly care in the management of chronic diseases.

11:15-12:15pm Lunch with Exhibitors - Grand Ballroom C/D

12:15-1:15pm
Grand Ballroom A/B

Gestational Diabetes: Understanding, Managing and Preventing Risks - Sandhya Maradana, MD Endocrinologist Cheyenne Regional Medical Center

This presentation will focus on optimizing gestational diabetes (GDM) management through early identification and evidence-based interventions. We will explore effective screening and diagnostic strategies, discuss risk factors, and review current guidelines for managing GDM, including dietary modifications, exercise, and medication. Objectives: Identify and discuss effective screening and diagnostics for the early identification of Gestational Diabetes (GDM) to ensure timely interventions and care. Discuss evidence-based guidelines in managing Gestational Diabetes (GDM).

1:15-1:45pm
Grand Ballroom A/B

Round Table Open Forum - Ashley Littleton, RD, LD, CDCES, Troy Bailey, MS, RDN, CDCES, and Heidi Gillette, RD, CDCES

This roundtable discussion will bring together healthcare professionals to foster networking and share innovative practices. Participants will engage in open dialogue, exchanging ideas and experiences to enhance patient care and improve healthcare delivery. By connecting with peers and exploring new approaches, attendees will gain valuable insights and inspire collaborative solutions to common challenges. Objectives: Discuss options for bridging gaps between diabetes centers, medical centers and providers. Identify barriers to increasing referrals and options for improving sustainability. Identify options for improving membership, collaboration and leadership in Wyoming. Discuss options for bridging gaps between diabetes centers, medical centers and providers.

1:45-2:00pm Day One Wrap-up /Evaluations & Announcements - Grand Ballroom A/B

CONFERENCE EXHIBITORS

A BIG THANK YOU to our generous conference exhibitors from the conference committee. Without your help, this event could not take place! Exhibitor opportunities still being accepted. Contact Ashley Littleton RD, CDCES email: alittleton@mhccwyo.org Phone: 307-358-1456 -or- Andrea Shipley email ashiple4@uwyo.edu Phone: 307-254-8514





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Continuing Education Registration:

Name: _____
 Discipline: (MD,RN, RD, Other) _____
 Address: _____
 City: _____ State: _____
 Zip: _____ Phone: _____
 Email: _____
 Place of work: _____

Registration Fee:

REGISTRATION REQUIRED

ADCES & WAND Members # _____

Members: \$125.00

Non - Members: \$150.00

Students: \$50.00

No Refunds after March 22, 2025

All registrations due by March 25, 2025

ADCES - On Line Registration Web link:

<https://www.adces.org/event/WYCBAPR25>



To pay by check,
please email
volunteeringagement
@adces.org
for an invoice.

CME Disclaimer



The Wyoming Coordinating Body: Has submitted for approval an application for 10 hours of CME's/IPCE for this live Activity April 4-5, 2025

TOTAL CME/IPCE: Friday - 6; Saturday - 4 hours.

CME IPCE credits will be provided for the following learners: Medical-AMA; Nursing-ANCC; Dietitian-CDR; Pharmacy - ACP; Social Worker -JAO; other disciplines may submit their certificates for approval.

- Planners: Disclose no conflict of interest relative to this educational activity.
- Faculty/Presenters/Authors/Content Reviewers: Disclose no conflict of interest relative to this educational activity.
- Successful Completion: For successful completion, participants are required to be *in attendance for the full activity*; complete and submit the program evaluation at the conclusion of this event.

Certified Diabetes Care and Education Specialists (CDCES):

To satisfy the requirements for renewal of certification for the Certification Board for Diabetes Care and Education (CBDCE), continuing education activities must be diabetes related and approved by a provider on the CBDCE list of Approved Providers (www.ncbde.org). CBDCE does not approve continuing education. The Association of Diabetes Care & Education Specialists is on the CBDCE list of Approved Providers. <https://www.adces.org> For Membership <https://www.adces.org/about-us/membership>



Conference Housing:



Room block held until held only until March 19th. \$99/night +tax/fees
Call 307-439-2074

For further information Contact:

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