

International Diabetes Center Professional Education



Symposium

for **Advanced Diabetes Educators**

Guest faculty

Sheri Colberg, PhD, FACSM
Old Dominion University, Norfolk, Virginia

Danielle Hessler-Jones, PhD
University of California, San Francisco

Etzwiler Memorial Lecturer

Gregg Simonson, PhD
International Diabetes Center, Minneapolis

2024

Monday and Tuesday, April 22 and 23

Symposium

for **Advanced Diabetes Educators**

Certified Diabetes Care and Education Specialists

Dietitians

Nurses

2024

Monday and Tuesday

April 22 and 23

Park Nicollet Clinic & Specialty Center, 3800 Park Nicollet Blvd
Minneapolis, Minnesota

Tuition

\$400

Includes continental breakfast, lunch and refreshments. A PDF of the presentations will be available for download before the conference.

See website for additional details.

parknicollet.com/cme/diabetes

International Diabetes Center is part of HealthPartners Institute.

Learn more at

internationaldiabetescenter.com

International Diabetes Center is excited to bring back our **2024 Symposium for Advanced Diabetes Educators**. Each year, we focus on critical topics in diabetes and have expert faculty who have an important message to share.

The symposium will provide the latest updates on diabetes technology including expanding access to diabetes technology, recommendations on automated insulin delivery (AID) systems with exercise, and use of technology in pregnancy and type 2 diabetes. With the rapid increase in technology use, it is important to consider not only when technology reduces diabetes distress but when it may increase diabetes distress as well. Additionally, continuous glucose monitoring (CGM) provides a new approach for remote monitoring and can provide a novel opportunity for diabetes education specialists to be reimbursed for care provided.

As diabetes care and education specialists, we know diabetes is more than just glucose management. There are challenges associated with COVID-19 and new terminology and treatments for people with diabetes and liver disease. We will address disordered eating with diabetes, including red flags to look for on insulin pump/CGM reports and resources will be provided.

You'll also learn about adjunctive therapies in type 1 diabetes and be able to ask questions of our expert dietitian panel for individuals who have multiple comorbidities. The latest organ protecting type 2 diabetes medications will be discussed, along with tips for talking to people about these. We hope you can join us as we explore these issues and more!

Program

Monday, April 22

- 7:30 am Registration and light breakfast
- 8:00 Introduction and welcome Gregg Simonson, PhD
- 8:15 **2024 Update: Latest Advances in Diabetes** Richard Bergenstal, MD
- 9:00 **Adjusting Insulin Therapy and Technology for Exercise in People with Type 1 Diabetes** Sheri Colberg, PhD, FACSM
- 10:00 Break and exhibits
- 10:30 **Disordered Eating with Diabetes: Emotional Eating, Insulin Omission, Where to Turn?** Gina Patnoe, BSN, RN, CDCES; Amanda Ihlenfeld, PsyD, LP
- 11:30 **Use of Adjunctive Therapies for People with Type 1 Diabetes.** Samar Malaeb, MD
- Noon Lunch and exhibits
- 1:00 pm **Diabetes Across Cultures: Perceptions and Misperceptions.** Yeng Yang, MD, MBA
- 1:30 **White Rice is Okay: Nutrition Education Across Cultures** Kristi Winkels, RDN, LD, CDCES
- 2:00 **Liver Disease and Diabetes: New Definitions, Treatments, and Responsibilities** Anupama Nookala, MD
- 2:45 Break and exhibits
- 3:15 **COVID-19 and Diabetes: Controversies and Emerging Insights.** Thomas Martens, MD
- 3:45 **Panel Discussion: MNT for People with Diabetes, CVD, Overweight and/or CKD**
Moderator: Tara Ettestad, RDN, LD, CDCES
Cardiac RD: Caryn Myhre, RD, LD
Renal RD: Katie Kondziolka, RD, LD, CCTD
Bariatric RD: Kelsea Forrester, MS, RD, LD
Diabetes RD: Tracy Newell, RD, LD, CDCES
- 4:45 Adjourn

Tuesday, April 23

- 7:30 am Light breakfast
- 8:00 **Diabetes Distress: The Critical Role of Certified Diabetes Care and Education Specialists.** Danielle Hessler-Jones, PhD
- 9:00 **Use of CGM and AID Systems in Type 2 Diabetes and Pregnancy** Anders Carlson, MD
- 10:00 Refreshment break
- 10:30 **Expanding Access to Diabetes Technology** Heather Lage, RN, CDCES
- 11:15 **Revolutionizing Remote Diabetes Education and Management: A Journey into Innovative Care Delivery.** Erin DaRosa, MBA, RDN, LD, CDCES
- Noon Lunch
- 1:00 pm Donnell D. Etzwiler, MD, Memorial Lecture
'The Times They Are a-Changin' - Moving from a Glucose to a Person-Centric Management Approach Gregg Simonson, PhD
- 2:15 **The Medication Experience: Practical Patient Discussions** Alison Knutson, PharmD, BCACP
- 3:00 Adjourn

Learner outcomes

The purpose of this symposium is to enable the diabetes care and education specialist to identify ways to implement new practices into patient education and treatment. Following this course, participants will:

- Self-report more confidence when addressing the burdensome, chronic nature of diabetes for people and for self-care
- Identify ways to adjust diabetes therapies and technologies for exercise in people with type 1 diabetes
- Understand the new terminology and treatments for liver disease
- Self-report more confidence when answering questions about nutrition for people who have multiple comorbidities or disordered eating
- Identify barriers to diabetes management (including diabetes distress, long COVID-19, access to diabetes technology) and provide individualized support
- Acknowledge that diabetes management has evolved from a glucose-centric to a person-centric approach

Faculty and planning committee

Park Nicollet HealthPartners Care Group

Richard Bergenstal, MD
Anders Carlson, MD
Erin DaRosa, MBA, RDN, LD, CDCES
Tara Ettestad, RDN, LD, CDCES*
Kelsea Forrester, MS, RD, LDN
Brooke Hyman, MSN Ed., RN, PHN, CDCES, CPT*
Amanda Ihlenfeld, PysD, LP
Alison Knutson, PharmD, BCACP
Heather Lage, RN, CDCES
Samar Malaeb, MD
Thomas Martens, MD
Caryn Myhre, RD, LD*
Tracy Newell, RD, LD, CDCES*
Anupama Nookala, MD
Gina Patnoe, BSN, RN, CDCES
Julie Sandlin, RN, CDCES*
Gregg Simonson, PhD*
Lindsey Smith, RD, LD, CDCES*
Kristi Winkels, RDN, LD, CDCES
Yeng Yang, MD, MBA

Guest faculty and planning committee

Sheri Colberg, PhD, FACSM
Old Dominion University
Anna Henry, MPH, RDN, LD, CDCES*
M Health Fairview
Danielle Hessler-Jones, PhD
University of California, San Francisco
Katie Kondziolka, RD, LD, CCTD
M Health Fairview

*Planning committee

Accreditation and credits

This activity has been submitted to Wisconsin Nurses Association Continuing Education Approval Program committee (WNA CEAP) for approval to award contact hours. WNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Determination is pending; up to 12 contact hours may be awarded.

Continuing professional education has been applied for through the Commission on Dietetic Registration. Up to 12 continuing professional education hours may be awarded.

It is the responsibility of each participant to determine if the program meets the criteria for licensure or recertification for their discipline.

Cancellation and refund policy

The registration fee, less a \$50 administrative charge, is refundable if cancellation is received at least five business days before the conference date.

All continuing education activities are subject to cancellation. In the event this conference is cancelled, International Diabetes Center Professional Education, HealthPartners Institute, is not responsible for any airfare, hotel or other costs incurred by participants.

Life-changing diabetes education from the pioneer in team management

HealthPartners Institute International Diabetes Center provides world-class diabetes care, education and clinical research to meet the needs of people with diabetes, their families and the health professionals who care for them. Located in suburban Minneapolis, the center is recognized internationally for its range of clinical and educational programs, products and services.

Register today

Visit parknicollet.com/cme/diabetes



Questions?

email: idc@healthpartners.com

