

# Wednesday, April 20

## Together We Thrive: A Whole Team Approach

Jacks Urban Meeting Place

1000 W Myrtle St, Boise, ID 83702



Registration and Refreshments: 8:30 a.m.

**9:00 am- 9:15 am**

**Opening Remarks**

Ashley Rundle, Executive Director, Diabetes Alliance of Idaho

**9:15 am- 10:15am**

**The Management of Psychosocial Challenges in the Context of Living with Diabetes**

\*1 CEU

Nicole Bereolos, PhD, MPH, MSCP, CDCES

**Learning Objectives:**

- Describe the signs and symptoms of depression, diabetes burnout, disordered eating, and diabetes distress in the person with diabetes.
- Identify evidence-based assessment tools that can be utilized by the DCES in the evaluation of depression, diabetes burnout, anxiety, disordered eating, and diabetes distress in the person with diabetes.
- Examine current treatment options for depression, diabetes burnout, disordered eating and diabetes distress in the person with diabetes.
- Identify 3 best practice tips for assisting the person with diabetes to self-manage psychological distress and behavioral change.

**10:15 am- 10:30 am**

**Exhibitor Break**

Please use this time to connect with our Exhibitors and learn more about the resources available to you and your clients.

**10:30 am – 11:30 am**

**Language use in Diabetes Care**

\*1 CEU

Lauren Plunkett, RDN, CDCES

Living with a disease that focuses on numerical values and patterns can be physically and mentally exhausting. Through a patient's perspective, we'll examine statements that trigger sensitive emotions and how to replace them with optimistic and inspirational coaching.

**Learning Objectives:**

- Collaborate with patients to understand how they approach disease management.
- Prioritize building relationships to bridge the gap between patient and professional.

Reframe the standard clinical approach to a perspective that focuses on the patient experience

### 11:30 am-12:30 pm

#### Hey! Watch Your Mouth...

\*1 CEU

Heather Brown, RDH, MPH

#### Learning Objectives:

- Describe the impact of diabetes on oral health and vice versa
- Describe how oral pathology can affect glycemic control and how dental treatment effects hyperglycemia
- Recognize the criteria for a dental referral

### 12:30 pm-1:30 pm

#### Lunch and Exhibitors

Lunch is available in prepackaged containers on the buffet table in the back of the room. Please use this time to visit our Exhibitors, grab your lunch and make your way back to your table for our lunch time presentation.

#### Lunch & Learn

12:45 pm-1:30 pm

#### Connect, Screen, and Intervene: Chronic Disease and Food Insecurity

\*.75 CEU

Megan Seal, RDN, LD

Stephany Medina, MPH

#### Learning Objectives:

- Identify the validated screening tool for food insecurity (Hunger Vital Signs)
- Identify referral sources for those who screen positive (Food pantries, SNAP, WIC, etc.)
- Describe the connection between food insecurity and chronic illnesses

### 1:30 pm- 2:30 pm

#### Fine Tuning the Diabetes Interview:

Checking in with the Whole Person (and ourselves) from Head to Toe

\*1 CEU

Beverly Thomassian, RN, MPH, CDCES, BC-ADM

#### Learning Objectives:

- Describe critical elements of a head-to-toe assessment
- State 3 often overlooked diabetes co-conditions.
- Discuss the impact of diabetes distress on self-care.
- Consider the importance of self-care for health professionals.

**2:30 pm-2:45 pm**

**Exhibitor Break**

Please use this time to connect with our Exhibitors and learn more about the resources available to you and your clients.

**2:45 pm- 3:30 pm**

**Nutrition Trends in Type 1 Diabetes**

\*.75 CEU

Lauren Plunkett, RDN, CDCES

This education session evaluates nutrition trends today and takes a critical look at the impact that diet culture has on people with diabetes. Nutrition research that supports long-term health will be presented with modern nutrition strategies to promote glucose management, metabolism, and mental health.

**Learning Objectives:**

- Evaluate applicable nutrition guidance and relevant supporting research.
- Understand nutrition challenges and barriers unique to people with diabetes.
- Apply patient-centered education from a holistic perspective to treat the whole person.

**3:30 pm-4:00 pm**

**A Patients Perspective**

\*.5 CEU

**Chuck Malloy**

**Participants can expect to:**

- Hear a patient’s perspective of being diagnosed with Diabetes
- Hear how Diabetes Educators make an impact in a patient's life
- Recognize the heroes in the fight against Diabetes

**4:00 pm-4:30 pm**

**Closing Remarks/Q&A**

Dorothy Plaza, BSN, RN, Chair, Diabetes Alliance of Idaho

**4:30 pm-5:00 pm**

**Exhibitor Time**

Please use this time to connect with our Exhibitors and learn more about the resources available to you and your clients.

## Accreditation:



In support of improving patient care, this activity has been planned by Diabetes Alliance of Idaho and the Association of Diabetes Care & Education Specialists. The Association of Diabetes Care & Education Specialists is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

### Accreditation Council for Pharmacy Education

The Universal Activity Number is JA4008258-0000-22-058-L01-P and JA4008258-0000-22-058-L01-T

This Knowledge-based activity has been approved for 6.0 contact hour(s).

### American Medical Association (AMA)

Association of Diabetes Care & Education Specialists designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### American Nurses Credentialing Center (ANCC)

Association of Diabetes Care & Education Specialists designates this activity for a maximum of 6.0 ANCC contact hours.

The Association of Diabetes Care & Education Specialists is approved by the California Board of Registered Nursing, Provider Number 10977, for 6.0 contact hours.



The Association of Diabetes Care & Education Specialists has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



**Commission on Dietetic Registration (CDR):** CDR Credentialed Practitioners will receive 6.0 Continuing Professional Education units (CPEUs) for completion of this activity. Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU. RDs and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.



As a Jointly Accredited Organization, the American Association of Diabetes Educators is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The American Association of Diabetes Educator maintains responsibility for this course. Social workers completing this course receive 6.0 continuing education credits.

**Certified Diabetes Care and Education Specialists:** 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.cbdce.org](http://www.cbdce.org)). CBDCE does not approve continuing education. The Association of Diabetes Care & Education Specialists is on the CBDCE list of Approved Providers.

**Other Health Professionals**

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