

Annual Fall Diabetes Clinical Update Conference



Diabetes 2010

Directions for the Next Decade

Sunday Evening, October 3 – Tuesday Noon, October 5, 2010

Point Lookout

67 Atlantic Highway (Route 1) ° Northport, Maine

Join us at this wonderful retreat on the coast of Maine with spectacular views of Penobscot Bay.

Sponsored by:

Maine Association of Diabetes Educators (MeADE)

Maine Diabetes Prevention & Control Program (DPCP) / Maine CDC / DHHS

Continuing Education Credits

This continuing nursing education activity has been submitted for approval to ANA-Maine, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

Application has also been submitted for continuing education credits from:

- American Dietetic Association
- Maine Commission on Pharmacy

Please register online at www.mainediabeteseducators.org

About the Conference

The goal of this conference is enhance the knowledge and skills of health professionals who educate individuals with diabetes.

About the Sponsoring Organizations

Maine Association of Diabetes Educators (MeADE)

MeADE started to meet on a regular basis in 2005 and was chartered as a chapter of the American Association of Diabetes Educators (AADE) in August 2006.

The purposes of MeADE are to:

- To provide diabetes educators with a forum for learning opportunities/continuing education through meetings, workshops, and networking.
- To ensure quality diabetes self-management education for individuals with diabetes based on the national standards of care and lifestyle management for the prevention of diabetes mellitus.
- To promote leadership within the local diabetes community.
- To promote AADE's legislative agenda pertinent to the diabetes educator and individual with diabetes.
- To promote membership in AADE.

To learn more about MeADE, including how to join, go to www.mainediabeteseducators.org.

Diabetes Prevention & Control Program (DPCP)

The Diabetes Prevention & Control Program (DPCP) is funded through a cooperative agreement from the Centers for Disease Control and Prevention, Division of Diabetes Translation to implement a state-based program focused on the prevention of complications and premature mortality among people with diabetes. The program is also funded to address systems change and wellness of people with diabetes. The DPCP is located within the Division of Chronic Disease at the Maine Center for Disease Control & Prevention, Maine Department of Health and Human Services.

Who Should Attend

Diabetes educators and health care providers including: nurses, dietitians, nurse practitioners, pharmacists, social workers, physical therapists and other health professionals interested in diabetes care.

Learning Objectives

At the completion of the conference, participants will be able to:

- Discuss strategies for preparing future diabetes educators
- Describe current state of the art immunotherapy and other strategies to treat and prevent beta cell failure
- Discuss newer oral agents (incretin mimetics, amylinomimetics, and dipeptidyl peptidase-4 inhibitors (DPP-4) for the treatment of diabetes
- Identify patients who are candidates for newer diabetes drug therapies
- Describe the spirit of Motivational Interviewing and its application to health behavior change practice
- List 3 reasons how insulin pump therapy can make exercise easier for people with diabetes
- Identify onset, duration, peak & use of U – 500 insulin
- Explain how to balance your patients daily intake of foodstuffs with OTC and prescription medications for the treatment of deficiencies in vitamin D, calcium, Mg+, B12, anemia and other diabetes related metabolic complications
- Describe how to complete the ADEF/DSMT Program forms & how to generate reports
- Be able to use two or more MI listening and instruction skills in conversations with clients
- List 3 ways to hold support groups
- List the criteria used to determine eligibility to sit for CDE certification exam
- Identify the key outcomes of Maine DPCP interventions/activities for the past year
- Discuss coding and reimbursement issues with contracting, business office and administrator - what everyone needs to know and stay informed about your programs reimbursement issues
- Facilitate problem-solving using motivational interviewing concerning 1 major frustration for a person with diabetes and disabilities
- Discuss gluten-free grains and provide examples of 2 gluten free meals
- Identify 3 past treatments of diabetes and relevance to the future
- Explain appropriate use of CGM
- State Glucose sensor CPT codes and insurance reimbursement
- Describe two treatment modalities for type 2 diabetes in children

Conference Agenda

Sunday, October 3, 2010

- 3:00 pm **MeADE Board Meeting**
- 4:00 pm **Conference Registration Opens**
- 5:00 pm **Preparing Diabetes Educators for the Future: One Strategy for Success**
Speaker: Mary Sullivan, RN, MSN, C-ANP, CDE
American Association of Diabetes Educators CDE of the Year
Hear about the current crisis in diabetes education along with strategies for preparing future diabetes educators. Ms Sullivan will also describe how to develop a Becoming a Diabetes Educator Workshop.
- 6:00 pm **Dinner - Dinner is complimentary for MeADE members but pre-registration is required.**
Non-members are welcome to attend for an additional fee of \$35.
- 7:00 pm **MeADE Business Meeting**

Monday, October 4, 2010

- 7:00 am **Conference Registration**
- 8:00 am **Welcome, Introductions & Overview – Sheryl Bouchard, MeADE President**
- 8:15 am **Update on Type 1 Diabetes in the Era of Personalized Medicine: From Bench to Bedside**
Keynote Speakers: David V. Serreze, PhD, Jackson Labs and John Devlin MD, Tufts University School of Medicine; Mercy Diabetes Center
Type 1 Diabetes is an autoimmune process with a latency of many years between initial activation to clinical presentation. Large clinical trials show promise of providing individualized intervention and early treatment in the future. Efforts to channel information from research trials into useful forms of therapy continue to encounter challenges due to the complexity of the human genetic and immunoregulatory systems. This talk will attempt to summarize the current knowledge and directions for future therapies.
- 10:15 am **Stretch Break and Exhibit Viewing**
- 10:45 am **Newer Drug Therapies for Type 2 DM – Where Do They Fit In?**
Speaker: Jennifer Goldman-Levine, PharmD, CDE, BC-ADM
The mechanism of action of the newer agents for the treatment of type 2 diabetes is significantly different than those of traditional drug therapies. Their roles in medication therapy, appropriateness of use, and patient and clinician education is imperative for good patient outcomes. Choosing a newer agent for patients between injectable and oral medications depends on several important factors. These issues will be discussed in an interactive and case-based manner.
- 12:00 pm **Lunch / Networking / Exhibit Viewing**
Including MeADE Update (President and President-Elect of MeADE)
- 1:00 pm **Motivational Interviewing and Health Behavior Change**
Speaker: Ellen Glovsky PhD, RD, LDN
Co-sponsored by Medical Care Development
This lecture will provide an introduction to the theory, spirit, and techniques used in Motivational Interviewing (MI) and its applications to health behavior change. Motivational Interviewing is an evidence-based, simple, and very effective way of relating to patients, clients, and students in health behavior change settings. A highly refined form of the guiding style of communication, MI is effective in addressing the health behavior changes associated with prevention of illness with diet, and the treatment of diabetes, heart disease, obesity, eating disorders, renal disease, other illnesses with strong nutrition and lifestyle components.
- 2:15pm **Stretch Break and Exhibit Viewing**

2:45pm

Concurrent Workshops - Session A

1. **Diabetes, Exercise, and Sports**

Rick Philbin MBA, MEd, ATC (sponsored by Animas but session will not endorse or pertain to Animas products)

The session will focus on exercise and diabetes. Participants will learn how to maximize exercise performance by understanding the impact insulin and oral agents have on blood sugars during and post exercise.

2. **Case Studies with U-500 insulin**

Julie Barnes, RD, CDE

Case studies will be used to illustrate points of consideration for use of this insulin.

3. **Vitamin D and Other Deficiencies Common in Diabetes**

Dana Green, PA-C

Research suggests that a multitude of nutrients may be in short supply in people with diabetes. Learn about easy solutions in how to treat these deficiencies in your patients.

4. **Refresher on ADEF/DSME Software and Generation of Reports**

Dana Ivers

Clinical data on ADEF/DSMT participants is an essential tool in showing how diabetes self-management education help improve the lifestyle of the participants. Within sixty-minutes we will demonstrate importance in data collection and the value of having data specific to the diabetes educator's service area. Demonstrate how the ADEF computer software works and a number of additional reports available to site such as ADEF/DSMT referrals and participation of program participants and tracking of how participants learned of the program.

3:45 pm

Stretch Break and Exhibit Viewing

4:00 pm

Concurrent Workshops - Session B

1. **Motivational Interviewing Skills Development**

Ellen Glovsky PhD, RD, LDN

This workshop will provide an opportunity to practice MI skills covered in Dr. Glovsky's earlier lecture.

2. **Eating Well With Diabetes and Without Gluten**

Julie Barnes, RD, CDE

One in 20 people with Type 1 diabetes will also get Celiac disease. Including an additional dietary restriction can seem overwhelming to patients. Learn how to help your patients understand this diagnosis and make positive changes in their diet. Meal plans and resources will be shared.

3. **Strategies for Successful Support Groups**

Wendy Drew, BSN, RN, CDE & Anne Whittington, MBA, MSN, RN, CDE

Starting a support group can be a daunting experience. Discussion will include how to survey to select the right activities for specific groups. In addition you will learn how incentives and member participation can prolong the life of the group.

4. **CDE Wannabe – How to Make It Happen**

Patty Duprey MSN, APRN, CDE

This session will address entry into practice and the mastery of diabetes education knowledge and skills. Topics will include the National Certification Board for Diabetes Educators, eligibility requirements for the CDE exam, the application process, and the acceptable manner to accumulate hours. There will be an extensive question and answer period.

5:00 pm

Adjournment for the day

5:45 pm

Sunset Gathering

Tuesday, October 5, 2010

7:00 am

Registration

8:00 am

Welcome and Overview of Day

8:10 am

Diabetes Prevention & Control Program Update

Cindy Hale, MS, RD, CDE, Diabetes Coordinator, DPCP, ME DHHS

8:30 am

Update: Medicare Guidelines for Reimbursement for DSME, MNT and DM Equipment

Speaker: Peggy B. Bourgois, APRN, MN, CNS, CDE, CEC

Billing and reimbursement for diabetes care continue to be an issue for hospitals and offices/clinics across the country, as new settings for DSMT evolve. Diabetes educators are reviewing their roles and responsibilities while thinking 'outside the box' to provide diabetes education to patients. Developing new perspectives in managing the business of diabetes is essential to the survival of quality diabetes programs. Developing relationships with insurance Case Management programs and obtaining grants and other funding to provide diabetes education for both insured and underserved populations is essential.

9:45 am **Stretch Break and Exhibit Viewing**

10:15 am **Concurrent Workshops - Session C**

1. **Empowerment for All: Motivational Interviewing with those with Disabilities**

Anne Whittington, MBA, MSN, RN, CDE

Disabled people with diabetes often have multiple disabilities. Disabilities profoundly affect people's lives, sometimes in self-defeating or alienating ways. This session presents tools derived from evidenced-base professional and personal experience for helping people move in a positive direction. Motivational interviewing and other techniques provide a base for experiential practice.

2. **The Highs and Lows of Blood Glucose and Surgical Weight Loss**

Dayna Emerson MS, RD, CDE

Surgical weight loss is becoming more of a treatment for obesity and metabolic syndrome than ever before. Not to mention weight loss, SWL can provide an individual with the ability to control blood sugars without oral medications or insulin and in most cases, blood sugars become euglycemic after surgery. This breakout session will explain 3 types weight loss surgery and their effects not only on weight control but blood sugar management as well.

3. **Diabetes through the Decades: Learning from the Past to Position for the Future** *Wendy Drew BSN, RN, CDE & Mary Beth Fisher, ANP-BC, MSN, RN, CDE*

This program is designed to keep the myths and truisms of past decades from creating barriers to change in the new decade. The presentation looks from our first diagnostic tools to the plethora of treatment options entering the pipeline today. Following this presentation the learner will be able to take back to their education setting some humor and a better idea of how the past affects the future.

4. **Understanding Continuous Glucose Monitoring, from Technology to Reimbursement** *Della B. Flanagan, RD, MEd, CD, BC-ADM*

This session will explain the benefit of Continuous Glucose Monitoring (CGM) and its appropriate use. Learn to differentiate between blood glucose and interstitial fluid. We will discuss the glucose sensors available, Glucose sensor CPT codes, and insurance reimbursement.

11:15 am **Stretch Break and Exhibit Viewing**

11:30 am **Type 2 Diabetes in Pediatrics**

Speaker: Michael Dedekian MD Pediatric Endocrinology

Emphasis will be on how type 2 differs in pediatric vs. adult patients. Learn why T2DM is increasing in pediatrics, how it is diagnosed and treated. Session will also discuss how to distinguish T2DM from T1DM ("juvenile" diabetes).

12:45pm **Evaluation and Adjournment**

1:00 pm **Lunch and Learn: Conversation Maps: share experiences and lessons learned**

(Note: Separate registration will be required for this session. Lunch will be included. This session is sponsored by Merck. No CEUs will be awarded for this session. Information on registration will be included in the confirmation.)

Program subject to change without notice

About Point Lookout - 67 Atlantic Highway (Route 1), Northport (www.visitpointlookout.com)

Point Lookout is surrounded by the awe-inspiring views of the mountains and bay below. Their athletic facilities include a fully equipped fitness center, racquetball, squash, virtual golf, gymnasium, turf soccer field, baseball field, hiking trails, and more.

Overnight Accommodations – Make your reservations by September 7!

The all-pine cabins—one, two, or three bedroom—are fully heated and air-conditioned and feature: a kitchen with refrigerator, microwave, and coffeemaker; dining table; queen and king-size beds; cable TV and DVD players; wireless internet access; propane fireplaces; and screened-in porches.

You may choose from: **1 bed, 1 bath cabins at \$129 (Queen) and \$149 (King) per night;**
(each bedroom contains one bed) **2 bed cabins at \$149 (1 bath) and \$189 (2 bath) per cabin per night; and**
3 bed, 2 bath cabin at \$249 per cabin per night

Overnight reservations must be made directly with Point Lookout. Call 800-515-3611 by September 7.

Reasonable arrangements for persons with disabilities or special dietary needs will be made if requested before September 20. Contact 622-5330 or Susan@GreatGatherings.com

Maine Association of Diabetes Educators

c/o Great Gatherings LLC
PO Box 9005
Augusta ME 04338

Conference Planning Committee

Sandra Barth, RN, BSN, CDE - *Miles Memorial Hospital - Damariscotta*

Jennifer Courtois, RN – *SMMC – Visiting Nurses – Biddeford*

Joan Frost, RN, CDE - *MMC Physician-Hospital Organization - Paris*

Rena Gels-Birch, RN, CDE – *EMMC – Bangor*

Laura Gordon, RN, CDE, *MMC Physician-Hospital Organization – Portland, Co-Chair*

Cindy Hale, RD, CDE – *Diabetes Prevention & Control Program (DPCP) – Augusta*

Heleana Nickerson, MS, RD, LD, CDE - *Houlton Regional Hospital – Houlton, Co-Chair*

Louise Pelletier, RN, CDE – *EMMC – Bangor*

Barbara Smith, RD, CDE - *SMMC Visiting Nurses' Diabetes Program - Biddeford*

Mary Zamarripa, RD, CDE - *Maine Medical Partners Pediatric Specialty Care - Portland*

Non-Discrimination Clause

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