OR-WA Educational Podcasts 2019

Diabetes Nutrition Guidelines: Research, Recommendations and Real World

An update of the ADA Nutrition Guidelines, expected to be published in late winter 2019. Topics to include:

Research on meal patterns including the efficacy of carb counting, ketogenic and low-carb diets, Mediterranean diets and the plate method.

Priorities for working with diverse clients (T1D, T2D, GDM, prediabetes) in diverse settings including outpatient clinics, community centers and inpatient settings.

Identification of evidence-based approaches for clients with pre-diabetes, including the role of specific food groups such as whole grains and dairy that are linked with reduced risk of getting T2D.

At the conclusion of this session, participants will be able to:

- Identify the 2019 evidence-based recommendations for nutrition management in diabetes
- Describe the nutrition strategies for reducing risks for diabetes
- Discuss applications to clinical practice

Suggested Learning Need Codes and Competencies:

5190, 6020, 9020, 4040

8.3.6, 10.2.9, 9.6.1, 6.2.5, 11.1.5, 8.4.1

1.5 hours

The NEW Code of Ethics Affects YOUR Practice

The new Academy/CDR Code of Ethics was recently released. All credentialed practitioners are responsible for knowing and following the Code. We would be providing an interactive approach to applying the new Code in a variety of areas of practice.

At the conclusion of this session, participants will be able to:

- Describe the key points of the Academy and CDR Code of Ethics
- List specific examples of how the new Code of Ethics affects your practice
- Be able to avoid potential issues and violations of the Code of Ethics.

Suggested Learning Need Codes and Competencies:

1090, 1140, 1020, 4100

2.1.4, 2.1.10, 5.1.4, 11.2.9, 5.1.1, 5.3.5, 12.4.3

1 hour

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Monkeys, Management and Making Changes: How Leaders Get It Done

This session will review management theories as related to program development with a focus on change management. We will explore aspects of change management including planning & implementing a new process/program (Plan-Do-Check-Act), managing staff expectations and response (Theories X & Y, motivating employees, levers for evolving corporate culture), number crunching (budgeting, staffing & bench-marking examples, SBAR tool), and time management as a leader (Who's Got the Monkey, Steven Covey's Time Management Matrix).

At the conclusion of this session, participants will be able to:
- Describe the Plan-Do-Check-Act cycle as it pertains to program/process development
- Review change management and tools to leverage corporate culture change
- Improve personal time management skills in leadership role

Suggested Learning Need Codes and Competencies:
7200, 1070, 4090
3.1.2, 9.2.4, 3.1.3, 1.4.5, 12.3.1., 9.6.1

1.5 hours

Nutrigenomics: DNA-based Diets and Implications for the Future of Dietetics

Technology is changing the way we think about food and nutrition and personalized nutrition is quickly growing and evolving. As we move away from the "one-size-fits-all" nutrition approach to more holistic, personalized recommendations aimed at long-term behavior change, our clients are turning to saliva, blood, and stool samples to gather nutrition information from within - literally. Personal genetic information is being translated into customized meal plans, shoppable recipes, supplements and more. This session will take an in-depth look at today's nutrigenomics landscape, how it is shaping the future of our health, and the role of dietitians in translating genomic information into nutrition recommendations.

At the conclusion of this session, participants will be able to:
- Describe today's nutrigenomics landscape and how it is shaping the future of health.
- Identify the current science and research pipeline surrounding nutrigenomics as a tool for dietitians.
- Demonstrate the role of dietitians in translating genomic information into nutrition recommendations.

Suggested Learning Need Codes and Competencies:
2050, 3090, 5420, 9020
8.1.2, 10.1.1, 10.2.2, 10.4.4, 6.2.1, 11.2.4, 5.4.3

1.5 hours

OR-WA Educational Podcasts 2019

Get it in, Keep it in: Feeding Tube Best Practices

Emerging literature supports the practice of skilled practitioners placing feeding tubes at the bedside. There are new technologies that allow for the more accurate placement of enteral feeding tubes and securement. This session will highlight the benefits of a team approach to tube placement, methods used, and training required. This session will also review data that supports a benefit to patient care and cost savings. Weight loss approaches are controversial, and diets rarely result in long term loss. In this session we will discuss effective and sustainable approaches to counseling individuals living in larger bodies, taking into account prevailing attitudes and misconceptions around obesity, BMI, societal and professional biases and beliefs.

At the conclusion of this session, participants will be able to:
- Describe the benefit to patient care and cost savings associated with feeding tube best practices.
- Demonstrate the development of a nasoenteric feeding tube placement protocol and a multidisciplinary team approach.
- Explore outcomes of bedside feeding tube technology.

Suggested Learning Need Codes and Competencies:
5010, 5440, 5450, 5390
8.3.6, 10.2.8, 10.2.10, 10.4.2, 9.3.5

1.0 hour
2.0

Is Weight the Issue? Perspectives from an Eating Disorder Professional

Weight loss approaches are controversial, and diets rarely result in long term loss. In this session we will discuss effective and sustainable approaches to counseling individuals living in larger bodies, taking into account prevailing attitudes and misconceptions around obesity, BMI, societal and professional biases and beliefs.

At the conclusion of this session, participants will be able to:
- Identify at least three factors which can influence a dietitian's judgement in regards to an individual's weight, shape or size
- Compare and contrast non-diet approaches and academic/professional training in weight loss counseling
- Implement nutrition counseling techniques that reflect both patient wishes and well grounded, non-biased clinical practice
- Engage in personal and professional assessment of how biases may influence perception and treatment of high weighed individuals

Suggested Learning Need Codes and Competencies:

5370, 6010, 6020, 5390
8.3.6, 10.2.9, 10.2.6, 9.6.1, 9.6.6, 4.1.5, 10.4.2

1.0 hour

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Personalized Dietary Treatment Based on Gut Microbiome

Accumulating evidence supports a role for the human gut microbiome in obesity, diabetes, metabolic disorders, cardiovascular disease, and numerous other conditions, including cancer. Research about the role of the human microbiome in health and disease aim at personalized medicine approaches that combine human genetics, microbiome, and nutrition will be discussed. Blood glucose responses to a meal are highly personalized, but can be predicted using a algorithm based on the microbiome and clinical parameters to normalize blood glucose control.

At the conclusion of this session, participants will be able to:
- Discuss the degree of variation in personal glycemic response to meals among different individuals.
- Describe the role the gut microbiome plays in the development and management of diabetes and other diseases.
- Explain that machine learning algorithms can be used to personalize diets to normalize blood glucose levels in people with diabetes and pre-diabetes.

Suggested Learning Need Codes and Competencies:
3010, 3090, 2050, 5190
6.1.4, 10.1.1, 10.1.2, 10.1.3, 8.1.2, 8.3.6

1.5 hours

Navigating Medical Cannabis in Cancer Care: Evidence, Essentials & Ethics

Though cannabis has a long history of medicinal use, its value as a bioactive botanical remains controversial. Existing evidence for its efficacy (or lack thereof) for both cancer symptom management and cancer treatment will be reviewed. Discussion of medicinal cannabis fundamentals, essential to the RDNs ability to provide cannabis education, will include pharmacokinetics, contraindications and adverse events. An overview of current Washington and Oregon State medical cannabis regulations will be provided. Finally, the use of a bioethics-based framework to address contextual considerations and guide the RDN's discussion about medical cannabis whether talking with patients, caregivers or other healthcare practitioners, will be described.

At the conclusion of this session, participants will be able to:
- Discuss evidence for efficacy of medical cannabis for cancer symptom management.
- Describe cannabis pharmacokinetics, contraindications, possible adverse effects and contextual information to consider when guiding its use.
- Describe the regulatory basics of medical cannabis use in Washington/Oregon.
- Utilize a bioethics framework when discussing the use of medical cannabis with patients, caregivers and healthcare providers.

Suggested Learning Need Codes and Competencies:
9020, 5410, 5420, 5150
4.1.2, 6.2.5, 1.2.2, 8.3.6, 10.4.4, 5.4.3

1.5 hours