

Forward Together  
Nebraska Academy of Nutrition and Dietetics Virtual Annual Meeting 2021  
May 20 Agenda

08:00-08:55

**Motivational Strategies in Managing Patients with Diabetes**

Presented by Marliisa Brown, MS, RDN, CDE, CDN

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- Achieving results when working with patients with diabetes can be complex. Often health care providers cover too much during short office visits leaving patients overwhelmed and non-compliant. Providing educational information alone is not enough to inspire change.
- When working with diabetes considerations must include strategies to address barriers as well as; meal planning, medication management, carbohydrate counting, recipe modifications, dining out, cultural considerations, multiple diagnoses and more. Of course, not all can be provided at one time.
- The key to success is to first identify your patient's goals and needed strategies to achieve them. Motivational counseling methods should be used when targeting these goals. Couple this with education designed to provide easily implemented, small manageable steps customized for each patient's needs. This session will provide goal setting, motivational methods, and tools to help ensure successful actionable steps when working with your patients with diabetes.
- Learning Objectives
  - Participants will be able to list motivational strategies to help overcome patients' barriers to change.
  - Be able to identify gaps in a patient's diabetes care and determine dietary steps needed to achieve better A1C levels.
  - Describe strategies in helping patients to determine health goals.
  - List steps needed to develop an action-oriented plan to implement education for patients with diabetes.

09:00-09:55

**IDDSI: The International Dysphagia Diet Standardization Initiative**

Presented by Angela Pacaro-Tucker, MA, CCC-SLP

- IDDSI, the International Dysphagia Diet Standardization Initiative, is going to become the new evidence-based standard of care for safe and appropriate dysphagia diets. Standardization across the globe is essential so that transfer of care occurs seamlessly. This presentation will cover what IDDSI is, and why it is needed. Each IDDSI level will be discussed, including some of the methods of food auditing for compliance. Resources will be provided, and there will be discussion about implementation.
- Learning Objectives:
  - Understand the origination of and necessity for IDDSI.
  - Describe each of the IDDSI levels.
  - Have a basic understanding of food auditing methods.
  - Describe how IDDSI improves patient safety related to aspiration events.

10:00-10:15

**Movement Break #1**

10:15-12:15

**When Elimination Diets Aren't the Answer: Caring for our Clients with Eating Disorders and Digestive Disorders**

Presented by Marci Evans, MS, CEDRD-S, LDN

- Gastrointestinal complaints plague over 90% of eating disorder patients at all levels of care. These complaints compromise quality of life, exacerbate negative body image, and stall efforts toward full recovery. In this information packed session, eating disorder expert Marci Evans will explain the complex intersection of GI and eating disorders, the newest research related to the gut microbiome, and interventions that support both conditions simultaneously. You will leave with a multi-faceted toolbox of non-triggering interventions to vastly improve the quality of life of your clients.
- Learning Objectives
  - Describe at least 3 key factors the link eating disorders and functional gut disorders.
  - Properly and specifically assess gastrointestinal symptom etiology within the context of the eating disorder.
  - List at least 3 dietary interventions that support eating disorder recovery and overall gut function.

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12:15-01:00 **Lunch Break**

01:00-01:55 **Harness Your Brain Power through a Plant Based Diet**

Presented by Linda Arpino, MA, RDN, CDN, FAND

*Sponsored by Academy of Nutrition and Dietetics Vegetarian Nutrition Practice Group*

*\*Recorded presentation will not be available to non-NAND members. Please watch live to obtain CEU credit.\**

- The Academy of Pediatrics created a new policy statement in 2018 which aims to ensure kids get key nutrients for brain development for cognitive ability. It was entitled, "Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health." Research reveals the rapid and complex sequences of brain growth that takes place between conception and age.
- Nutrition screening, assessment, and education at all stages of life will be reviewed including the effects of nutrient imbalance and chronic disease. The plant-based way of eating not only creates benefits in brain health but many chronic diseases. A review of key nutrients to monitor will be included in this presentation and differences in definitions of different vegetarian diets. Understanding the importance of the food choices made on a plant-based diet will be addressed.
- Learning Objectives:
  - Learn what nutrients to assess from food choices starting at birth and throughout the life cycle impact brain health.
  - Identify medical conditions that impact the brain.
  - Learn how to create nutrition education materials to sustain the brains vitality and be culturally sensitive.

02:00-02:15 **Movement Break #2**

02:15-03:15 **Current Treatment and Outcomes for Children with Special Needs**

Presented by Harriet Cloud, MS, RD, FAND

*Sponsored by Children's Center for the Child and Community*

- This presentation will define children with special needs and the problems they face in achieving adequate nutrition, growth, and development.
- Medical nutrition therapy for these children focuses on the medical problems they often face such as malnutrition, cardiac defects, pulmonary problems and feeding problems. Case studies will be used for children with special needs such as cerebral palsy, Down syndrome, spina bifida, Prader Willi syndrome, and neurological disorders. Feeding problems in this population is a major issue influencing the outcome of their treatment along with the medications frequently used. The importance of follow-up in their treatment and how nutritional counseling can be involved will be included.
- Learning Objectives:
  - Recognize the nutritional differences in children with special needs.
  - Review differences in nutrition assessment and current procedures for children with special needs. Including anthropometrics, dietary intake, biochemical measures and feeding skills.
  - Development of appropriate medical nutrition therapy for conditions identified and treated in children with special needs.
  - Recognize the need for appropriate counseling related to the medical nutrition therapy.
  - Recognize the need for reviewing current research in working with children with special needs.

Total Hours: 6.00