

Nebraska Academy of Nutrition and Dietetics
2022 Annual Conference
Nourish Your Potential
April 21-22, 2022 | Nebraska Innovation Campus, Lincoln, NE

Thursday, April 21, 2022

- 7:30-7:55 Registration | Grab-and-Go Breakfast | ***Banquet Hall***
- 7:55-8:00 Welcome and Announcements | ***Auditorium***
- 8:00-9:00 VIRTUAL
Pediatric Weight Concerns – Helping Without Harming
Janice Dada, MPH, RDN, CDCES, CEDS
(1 CPE) ***Auditorium***
This session will review common weight and nutrition concerns pertaining to the pediatric patient with an emphasis on positive language for shame resilience and eating disorder prevention. Case studies will be presented.
- After attending the presentation, the dietitian will be able to:
- use language that decreases weight stigma in the pediatric patient and parent.
 - screen for disordered eating behaviors.
 - apply the weight science research to their patient population.
 - effectively communicate evidence-based recommendations to parents who have weight concerns.
- 9:00-9:15 Break
- 9:15-10:30 IN PERSON
The Important Role of Preconception Nutrition: Why RDs Should Focus on the "First 90 Days"
Liz Shaw, MS, RD, CPT
Sponsored by Nebraska Beef Council
(1.5 CPE) ***Auditorium***
With 1 in 4 couples struggling to get pregnant, it's no surprise that an increase in attention to fertility nutrition has surfaced. While there are trendy supplements that the media touts as the "golden ticket", research shows that is not the case. Using the available evidence, this session will cover the important role nutrition plays in preconception health, especially in the 90s days before conceiving. Participants will walk away with the knowledge on how to build a diet conducive to conception using the important nutrients found in whole foods.
- 10:30-11:30 IN PERSON
Nutrition and Mental Health in Long Term Care
Cassandra Whitmore, RD, LMNT
(1.0 CPE) ***Auditorium***
Many of us struggled with our mental health during the pandemic, as did our Residents, patients, and clients. However, while mental illnesses and the medications used to treat them can often influence weight and appetite, many dietitians do not feel fully knowledgeable to give great recommendations to cope with these illnesses. We will work

to learn more about these illnesses, how they can affect nutrition status, and what we can recommend to help.

After attending the presentation, the dietitian will be able to:

- discuss the mental health diagnoses we are most likely to see in long-term care as well as their definitions.
- consider the different nutrition challenges for Residents with mental health diagnoses.
- explore options for nutrition interventions in this population.

11:30-1:00 **Exhibits** (1.0 CPE) Lunch | Awards | *Banquet Hall*

1:00-2:15 IN PERSON

What is Biotechnology? What do the New Food Labels Mean?

Ruth Ready

Sponsored by CommonGround

(1.0 CPE) *Auditorium*

CommonGround volunteer Ruth Ready from Scribner will discuss biotechnology, GMOs, bioengineering, and the recent changes in food labeling. Her science and farm background will help you understand the benefits of biotechnology, and why this scientific method is important in continuing to grow food sustainably and for generations to come.

After attending the presentation, the dietitian will be able to:

- list the benefits of biotechnology in farming
- explain how biotechnology contributes to food sustainability
- describe recent changes in food labeling practices

2:15-2:30 Break | Transition to Breakouts

Breakout Sessions

2:30-3:15 VIRTUAL

Tweet, Snap, Post, Share: Ethical Practice in Social Media for Dietitians

Drew Hemler, MSc, RD, CDN, FAND

(1.0 CPE) *Auditorium*

Social media is a viable strategy for building an online audience, engaging with digital communities, and promoting products and services. However, the dietetic practitioner is bound to ethical and professional practice in relative environments, including Instagram, Facebook, and the like. Attend this interactive workshop to build confidence in the dos and don'ts of online activities by applying the Academy's Code of Ethics to common social media activities, while critically evaluating common dilemmas in nutrition communications.

After attending the presentation, the dietitian will be able to:

- state at least four Standards of Professionalism.
- identify ethical and unethical practices as it relates to three common online communication dilemmas.
- describe at least two appropriate methods of action for effective engagement with both colleagues and the general public, especially during instances of conflict.

- locate associated ethical practice resources for the dietetic practitioner, as well as available reporting protocols.

VIRTUAL

The Virtual RDN: Providing Nutrition Services via Telehealth

Valerie Shurley MBA, MS, RDN, CD, FAND

Sponsored by NAND Public Policy Committee

(1.0 CPE) **Breakout Room AI-A2**

More and more RDNs in health care facilities and private practice are leveraging telehealth as means for providing MNT and other nutrition-related services. Learn about coverage, coding, and billing for services along with other tips for successful practice.

After attending the presentation, the dietitian will be able to:

- identify telehealth MNT billing and payment requirements and additional telehealth billing opportunities for outpatient/ambulatory care settings.
- describe how the changing legislative and regulatory landscape is creating opportunities for RDNs to deliver care through telehealth.
- identify smart business practices for RDNs providing MNT via telehealth.
- identify additional resources for telehealth information.

3:15-3:30 Transition to next Breakout

3:30-4:15 IN PERSON

Active Engagement: Promoting Independence in the Kitchen for Individuals with Autism and Other Developmental Disabilities

Janice Goldschmidt, MPH, MS, RD, LDN

(1.0 CPE) **Auditorium**

Cooking skills are traditionally taught to individuals with disabilities through group-based instruction where each student has a small role in the larger production. Though this approach is popular as a form of entertainment, it does little to advance authentic cooking skills for individuals with Autism and other Developmental Disabilities. In this presentation, Janice Goldschmidt walks the audience through the "Active Engagement" protocol for teaching individuals with cognitive and motor impairment how to work independently in the kitchen, an approach that reflects the movement towards "Hands-On Nutrition Education." Janice will provide an overview of the program and define how appropriate activities can be designed for individuals with Autism through the mechanisms of choice, individualization, and independence. Special emphasis will be placed on an assessment of adaptive tools as well as defining the adjustments required to make recipes useful for individuals with cognitive challenges.

After attending the presentation, the dietitian will be able to:

- explain the principles behind "Hands-On Nutrition Education".
- define the concepts of choice, individualization, and independence regarding cooking skills and provide examples.
- list three adjustments necessary to make recipes appropriate for individuals with cognitive impairment.

VIRTUAL

Why Dietitians Need to be Involved in Lymphedema Care

Jean LaMantia, RD

(1.0 CPE) **Breakout Room A1-A2**

Dietitians don't learn about lymphedema, in fact, very few health professionals do, but there are 10 million Americans who suffer with this condition and need our help.

Lymphedema is a chronic swelling condition that can be congenital, or it can occur as a result of cancer treatment, injury, surgeries or obesity. Many people are misdiagnosed for years and fail to get the proper treatment. Dietitians that know how to recognize this condition can help to be part of the solution. Once referred for proper diagnosis and medical care, dietitians can educate about the proper diet to help. This presentation will introduce you to the role of a healthy lymphatic system, what happens when it doesn't work and the significant role that nutrition therapy can play in management of lymphedema.

After attending the presentation, the dietitian will be able to:

- state at least 3 functions performed by the lymphatic system
- describe at least 3 dietary interventions that can reduce lymphedema
- differentiate lymphedema from chronic venous insufficiency, lipedema and obesity

4:15 Announcements and Adjourn

(Total: 8 CPE)

Friday, April 22, 2022

- 7:30-7:55 Registration | Grab-and-Go Breakfast | *Banquet Hall*
- 7:55-8:00 Welcome and Announcements | *Auditorium*
- 8:00-9:15 IN PERSON
Enhance Your Clinical Skills with Nutrition Focused Physical Exam
Melissa Prest, DCN, MS, RDN, CSR, LDN
(1.5 CPE) *Auditorium*
In this dynamic workshop, attendees will learn how to perform a nutrition focused physical examination (NFPE) through presenter led demonstrations, self-practice, and learn how NFPE can be incorporated in clinical practice through various case examples. Attendees should leave the session with the ability to perform a basic NFPE in any clinical practice setting.
- After attending the presentation, the dietitian will be able to:
- list the components of a nutrition focused physical examination.
 - demonstrate how to perform a nutrition focused physical examination.
 - apply findings from a nutrition focused physical examination into the MNT care plan through the Nutrition Care Process of nutrition assessment, interventions, and monitoring/evaluation.
- 9:15-9:30 Activity Break | Networking
- 9:30-10:45 IN PERSON
Role of Maternal Nutrition on Fetal Health and Outcomes
Melissa Thoene, PhD, RD, LMNT
Sponsored by Midwest Dairy Council
(1.5 CPE) *Auditorium*
The fetal and neonatal stages of life are a critical time of development. Nutrition and growth during these stages impact both immediate and long-term outcomes for neonates. Therefore, this session will review the importance of maternal nutrition during pregnancy and lactation and discuss how this impacts fetal and neonatal health outcomes.
- After attending the presentation, the dietitian will be able to:
- understand the importance of proper nutrition during pregnancy and lactation
 - provide practice applications for education patients on maternal nutrition
 - understand dairy's role in minimizing nutrition gaps
 - consider nutrition considerations unique for this population
- 10:45-11:00 Activity Break | Networking
- 11:00-12:30 Lunch | NAND Annual Meeting | *Banquet Hall*
- 12:30-1:30 IN PERSON
Advancements in Diabetes Care: Increasing Access and Engagement in Diabetes Self-Management Education and Support
Sue McLaughlin, MOL, RDN, CDCES, LMNT

Sponsored by DHHS
(1.0 CPE) **Auditorium**

Diabetes care has changed dramatically over the years. This session will explore the 2022 National Standards for Diabetes Self-Management Education and Support while showcasing positive outcomes that have come from DSMES programs across Nebraska.

After attending the presentation, the dietitian will be able to:

- describe the prevalence and burden of diabetes in Nebraska
- discuss components of the 2022 National Standards for Diabetes Self-Management Education and Support (DSMES)
- describe advancements in diabetes care that enhance access to and engagement in DSMES programs and promote positive outcomes for people with diabetes

1:30-1:45 Activity Break | Networking

Breakout Sessions

1:45-2:45 VIRTUAL

Individualized Nutrition for Kidney Stone Prevention

Melanie Betz, MS, RD, CSR, CSG, LDN

(1.0 CPE) **Auditorium**

Symptomatic kidney stones will affect about 10% of people in the United States at some point in their lifetime and half of those people will have a recurrence. In addition to severe renal colic, kidney stones are associated with higher risk of hypertension, heart disease, reduced kidney function and quality of life. The western diet, that is high in animal protein, sodium, added sugar and low in fruits and vegetables, has been identified as a likely cause of the rising prevalence of kidney stones. Thus, nutrition is a key component of kidney stone prevention. Medical Nutrition Therapy for kidney stone prevention should be individualized to both kidney stone type and urine chemistry. This session is an opportunity for Registered Dietitians to understand how to identify kidney stone urine risk factors and target them with nutrition interventions.

After attending the presentation, the dietitian will be able to:

- understand the undervalued complications of kidney stones.
- describe specific urine risk factors that contribute to kidney stones.
- understand how to individualize medical nutrition therapy based on 24-hour urine results and kidney stone type.

VIRTUAL

Baby Got SNACK: Managing Baby/Toddler Nutrition and Behaviors

Monica Auslander Morena, MS, RDN

(1.0 CPE) **Breakout Room A1-A2**

Babies were, literally, born to eat, but even as dietitians, it can be completely confusing and overwhelming about what to feed them... and how. We'll go plate by plate about pediatric nutrition guidelines and address tricky topics like picky eating, framing mealtime conversations, addressing body talk + body image, and reassure you that, no, you don't have to recreate Stonehenge out of zucchini tots at every meal to adequately nourish babies and toddlers. We'll talk about baby-led-weaning purees, helpful mealtime gear and utensils (read: a dog), "baby food", the myth of "picky eating", managing mealtime mania, and pediatric nutrition guidelines in real application.

After attending the presentation, the dietitian will be able to:

- pediatric nutrition support
- pediatric nutrition optimization for growth and development
- pediatric biopsychosocial development
- pediatric oromotor skills, counseling for pediatrics

2:45-3:00 Transition to Auditorium

3:00-4:15 IN PERSON

How Diets Harm People with PCOS and What to do Instead

Julie Dillon Duffy, RD

(1.0 CPE) *Auditorium*

Polycystic ovarian syndrome (PCOS) is the most common cause of ovulatory infertility and 50% of that affected experience diabetes by the time they are 40. Most dietitians rely on weight loss and low carb diabetic meal planning to treat PCOS. While these options may initially improve PCOS symptoms they are associated with long term harm. This presentation will explore the chronic dieting data highlighting how it provokes harm. Participants will leave with concrete weight inclusive tools for their dietitian toolbox to help people with PCOS understand their physiology, improve body image, and illuminate their path toward Food Peace.

After attending the presentation, the dietitian will be able to:

- describe five weight-inclusive MNT interventions for people with PCOS.
- name the physiological consequences from weight-normative PCOS interventions.
- describe why people with PCOS are prone to binge eating related to weight normative care and PCOS physiology.

4:15 Thank You and Adjourn

(Total: 6 CPE)