

Nebraska Academy of Nutrition and Dietetics
2023 Annual Conference
Beyond Your Plate
April 20-21, 2023 | Nebraska Innovation Campus, Lincoln, NE

Thursday, April 20, 2023

7:30-7:55 Registration | Grab-and-Go Breakfast | ***Banquet Hall***

7:55-8:00 Welcome and Announcements | ***Auditorium***

8:00-9:00

Cultural Paradigms to Practical MNT, Be Humble!

Manju Karkare, MS RDN LDN CLT FAND

(1 CPE) ***Auditorium***

Medical Nutrition Therapy (MNT) like any other health care service requires Registered Dietitian Nutritionists to be sensitive to cultural paradigms. MNT requires specific attention to it as food is an integral part of all cultures, traditions and life events. Awareness and humility when counseling for any disease prevention or management is essential to building rapport with and increasing compliance of our clients.

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

1. Understand the patterns of social, cultural traditions surrounding food intake.
2. Utilize cultural humility to enhance MNT effectiveness.
3. Provide culturally relevant nutrition counseling tips.

9:00-9:15 Activity Break | Transition to Breakout Sessions

Breakout Sessions

9:15-10:00

Meatless Meat Movement

Joan Ruskamp and Crystal Klug

Sponsored by CommonGround

(0.75 CPE) ***Auditorium***

The presentation will focus on the drivers of the movement, research showing the demographics of consumers, false narratives, packaging messages, and comparing nutritional differences between ground beef and alternative meats. We will also address the differences between plant-based and lab-based and discuss the future of cell-cultured meat. CommonGround Nebraska celebrates choice in our food system. We are focused on helping others base their food decisions on the facts not on fear.

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

1. Examine the meatless meat movement with consumer research
2. Compare nutrition labels of meatless options to real meat
3. Examine the differences between plant-based meat and lab-based meat

4. Building consumer trust in farmers with the help of dietitians
5. Explain meat can be a safe choice for their families
6. Address animal welfare and environmental concerns

Neutropenic Diet: Fact or Fiction

Paula Charuhas Macris, MS, RD, CSO, FAND

(0.75 CPE) *Breakout Room A1-A2*

This presentation will provide a detailed update on evidence-based diet recommendations for immunocompromised oncology patients. A review of the current literature regarding the history and efficacy of the neutropenic diet in the oncology population, food safety education, and the immunosuppressed diet will be described.

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

1. Evaluate the current literature regarding the efficacy of the neutropenic diet as it pertains to appropriate medical nutrition therapy for the oncology population.

10:00-10:15 Break | Networking

10:15-11:15

Histamine Intolerance and CSID in IBS

Patsy Catsos, MS, RDN

(1 CPE) *Auditorium*

Histamine, sucrose, and starch intolerances can be part of the clinical picture for patients with irritable bowel syndrome (IBS). While low-FODMAP diets continue as first-line diet therapy for IBS, some patients are non-responders or have breakthrough symptoms that may be due to other adverse food reactions. This session explores the roles of mast cells, histamine intolerance, and sucrase-isomaltase deficiency (SID or CSID) in such patients. These conditions may be under-recognized by GI providers, yet self-identified by patients in this internet-savvy era. You'll learn to recognize histamine intolerance and SID as you take a patient history, and how to work with providers to establish a diagnosis. Using several interesting case studies, we'll consider nutrition interventions and patient education which are consistent with the available science.

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

1. Identify clinical and diet history suggesting histamine intolerance or sucrase-isomaltase deficiency (SID)
2. Communicate interventions for histamine intolerance and sucrase isomaltase deficiency consistent with the science
3. Identify resources for managing histamine intolerance and sucrase-isomaltase deficiency

11:15-12:45 **Exhibits** | Lunch | Awards | *Banquet Hall*

12:45-2:15

MicroNutrients and CKD

Lindsey Zirker, MS RD

(1.5 CPE) *Auditorium*

Lindsey Zirker will provide an overview of function and needs of micronutrients within the context of CKD and dialysis. This presentation will discuss assessment and intervention for nutrient deficiencies.

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

1. Recognize and understand DRIs in context of CKD
2. Assess and analyze unique nutrition needs and in those with CKD and on dialysis
3. Implement appropriate interventions based on nutrition assessment and best available evidence (MNT for CKD with focus on micronutrients)
4. Evaluate and monitor effectiveness of intervention

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

Breakout Sessions

2:30-3:30

Nutrition Business: How to Succeed in Private Practice

Angie Asche MS, RD, CSSD

(1 CPE) *Breakout Room A1-A2 (Virtual)*

As registered dietitians, we possess the knowledge and skill it takes to consult clients and patients in the clinical setting. But what if your goals are to consult these clients in the private practice sector; establish your own nutrition business? This session will address challenges dietitians face as they attempt to build a successful career in private practice with effective communication strategies to land and create positions they desire. The benefits of collaboration with other health professionals and non-traditional career options in nutrition will be presented. Angie will also present the value in developing multiple revenue streams with real life examples to help excite and inspire you to take action in becoming a nutrition business owner.

What's Going on with Food Allergies? An Update on Advancements in Recent Years

Lisa Woodruff, RDN, LD, LDN, LMNT, ACSM-EP

(1 CPE) *Auditorium*

This presentation will provide a refresher into the management and treatment of food allergies, as well as offer an update on the many exciting advancements in food allergy nutrition over recent years. This includes the passing of the FASTER Act which goes into effect January 2023 and add sesame labeling to the existing top eight food allergens. The presentation will also address common misconceptions about food allergies, including treatment and oral food challenges, as well as touch on new treatment options currently in clinical trials and on the horizon. The speaker will include a creative use of case studies and real-life scenarios based on her experience as a dietitian and food allergy mom.

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

1. Define food allergy and prevalence in both children and adults.
2. Identify common misconceptions in food allergy management and treatment.
3. Review clinical and legislative advancements in food allergy nutrition.
4. List strategies for food allergy prevention, specifically peanut allergy.
5. Discuss a case study for practical application of food allergy MNT.

3:30-3:45 Break | Networking

3:45-4:30

Poops, Toots, and Bloat: Clues to Digestive Distress and How the Dietitian Can Help

Christine Randazzo Kirschner, MS, RDN, CDN

(0.75 CPE) *Auditorium*

According to a recent global study by the Rome Foundation, more than 40% of adults worldwide have Disorders of the Gut-Brain Interaction or DGBIs (formally known as functional gastrointestinal intestinal disorders). A large proportion of patients suffering from these complex disorders report that eating food triggers symptoms. Over the past decade, an influx of research in this area has enhanced the understanding of the intricate relationship between food and the digestive systems. In addition to food's nutritive role, it possesses osmotic and physical properties that can impact the likelihood of symptom development. As nutrition and food experts, RDNs are in a unique position to unveil these potential food triggers. This session will review DGBIs, diet therapies, the role of fiber in symptom management, and what the dietitian should be asking patients.

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

1. Identify and describe the various Disorders of the Gut-Brain Interaction (DGBIs).
2. Select appropriate dietary interventions to manage symptoms of DGBIs.
3. Recognize the potential effects of food in the digestive tract and their impact on symptoms.

4:15 Announcements and Adjourn

(Total: 7.75 CPE)

Friday, April 21, 2023

7:30-7:55 Registration | Grab-and-Go Breakfast | *Banquet Hall*

7:55-8:00 Welcome and Announcements | *Auditorium*

8:00-9:30

It's Not What you Say. It's How You Say It. Motivational Patient Consulting Strategies

Marlisa Brown MS RDN CDE CDN

(1.5 CPE) *Auditorium*

Let's face it. Telling our patients what to do isn't enough to motivate them to change. If it were, patients' recovery time would improve, healthcare costs would come down and hospital stays would be reduced. Unfortunately this is not the reality and these approaches may actually lead to patient shut downs. Achieve better results combining smart goals, virtual programs, motivational interviewing, coaching, stages of change along with behavioral strategies are key. Couple this with customized messages designed individually for each patient along with better listening skills and body language leads to success. Overcome patient fears and show that you care about their goals and the difficulties that they face. Embrace patient care with strategies that lead to long term success.

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

1. Identify stages of change and list appropriate treatment methods to implement with these patients.
2. Apply motivational interviewing techniques and make an action plan
3. List strategies to overcome patients' fears and barriers to change.

9:30-9:45 Activity Break | Networking

9:45-10:45

Understanding GI Psychology: An Underutilized Resource

Dr Ali Navidi, Psy.D.

(1 CPE) *Auditorium (Virtual)*

This talk is an introduction to the field of GI Psychology as a complement to nutritional work. We will discuss what GI Psychology is, what disorders it can treat and who is an appropriate referral for GI Psychology. We will review the research supporting those treatments. Finally, a simplified model for why these treatments are so effective will be offered. Dr. Navidi is a Clinical Psychologist who has founded a practice in Northern VA that is focused on GI Psychology.

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

1. Define Disorders of Gut Brain Interaction (DGBIs)
2. Describe how CBT and Clinical Hypnosis can help with DGBIs
3. Describe what Clinical Hypnosis is in plain language

10:45-11:00 Break | Transition to Lunch/NAND Annual Meeting

11:00-12:30 Lunch | NAND Annual Meeting | *Banquet Hall*

12:30-2:00

Healing Chronic Dieting, Emotional Eating and Body Shame: What Every Dietitian Needs to Know

Judith Matz, MSW, LCSW

Sponsored by Nebraska Beef

(1.5 CPE) *Auditorium*

Diets, wellness plans and weight loss talk are normative in our culture, and this preoccupation with food and body size has a profound effect on the mental and physical health of our clients. In this engaging workshop, we'll take an in-depth look at how to help clients end the diet/binge cycle and make peace with food. You'll discover why recovery from overeating and bingeing is more than a matter of self-control and how to integrate multiple facets of intervention—including the attuned eating framework, the role of shame and self-compassion, emotional aspects of eating, body image strategies, understanding weight stigma and myths about weight and health, so that clients have the tools necessary to end the diet cycle and develop a healthy relationship with food, their bodies, and themselves.

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

1. Explain at least 2 reasons for diet failure
2. Identify the 3 steps of attuned eating
3. Explore attitudes toward body size
4. Describe at least one study related to weight and health that supports a non-diet approach
5. Identify at least 3 resources to offer weight neutral care, including MNT guidelines

2:00-2:15 Activity Break | Transition to Breakout sessions

Breakout Sessions

2:15-3:15

Standards of Nutrition Care in Diabetes in 2023: Hurdling Patient Barriers with Changing Resources and Perspectives

Meghan McLarney, MS, RDN, LMNT, CNSC, CDCES

Sponsored by Nebraska DHHS

(1.0 CPE) *Auditorium*

This presentation will address the different dietary approaches to management of type 2 diabetes, as well as highlight the disparities in access and participation with these management approaches.

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

1. List all type 2 diabetes diet approaches reviewed in the 2023 American Diabetes Association Standards of Care for Diabetes.
2. Compare clinical effectiveness and appropriateness of the diets reviewed in the

ADA 2023 standards of care.

3. Describe patient barriers noted in the referenced literature, and new , innovative and novel approaches currently implemented in diabetes care clinical communities.
4. List resources and describe both published and anecdotal examples of DSMES program access and participation improvement resulting from the above (objective 3) listed approaches and resources.

Attuned Eating Matters: Clinical Strategies and Stories to Help Clients Cultivate a Nourishing and Guilt-Free Relationship with Food.

Judith Matz, MSW, LCSW

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

Attuned eating, also known as intuitive eating, is the antidote to diet failure. In this workshop we'll explore clinicians' attitudes toward letting go of the diet mindset and implementing the attuned eating framework. Using clinical examples, we'll discuss common challenges clients experience along the way to making peace with food as well as strategies to support clients in their journeys to heal disordered eating. This workshop will deepen your understanding of how to effectively integrate a non-diet framework into clinical practice.

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

1. Identify their own attitudes toward a non-diet approach
2. Describe at least two strategies to help clients with challenges that arise in learning the attuned eating framework
3. Explain at least two circumstances where it is beneficial for dietitians and therapists to collaborate regarding clients with disordered eating

3:15-3:30 Break | Networking

3:30-4:15

The Microbes We Eat (Or Should Be Eating)

Dr. Robert Hutkins

(0.75 CPE) **Auditorium**

This presentation will discuss the role of dietary microbes (from fermented foods as well as other sources) on gut and systemic health, and will also describe proposals for including live and safe dietary microbes as part of dietary guidelines.

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

1. Recognize safe food sources of dietary microbes.
2. Understand the beneficial role of dietary microbes on health.
3. Identify practical ways to include these food sources in the diet.

3:45 Thank You and Adjourn

(Total: 6.75 CPE)