DIABETES MANAGEMENT AND TEACHING STRATEGIES 2011

BEYOND THE BASICS

May 19 – 20, 2011
Reed Center
Midwest City, Oklahoma

Sponsored by:
Chickasaw Nation
Oklahoma Health Care Authority
Oklahoma State Department of Health
University of Oklahoma OUTREACH
University of Oklahoma College of Medicine
**DIABETES MANAGEMENT AND TEACHING STRATEGIES 2011: BEYOND THE BASICS**

**Thursday, May 19, 2011**

8:00 – 8:30 a.m.  
Registration and Exhibits

8:30 - 9:30 a.m.  
**Diabetes Prevention through School and Community Programs**  
Scott Robison, M.Ed.  
Health Educator and Community Health Director  
Wewoka Indian Health Services  
Wewoka, Oklahoma

9:30 – 10:30 a.m.  
**Diabetes and Denial**  
Steven Sternlof, P.h.D.  
Director of Behavioral Health  
Harold Hamm Oklahoma Diabetes Center  
Director of Program for Preventative Health  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

10:30 – 11:00 a.m.  
Break and Exhibits

11:00 – 12:30 p.m.  
**Improving Insulin Resistance after Treating H. Pylori Infection**  
Mary Zoe Baker, M.D.  
Professor of Medicine, Director of Clinical Services  
Endocrinology and Diabetes Section  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

12:30 – 1:30 p.m.  
Lunch and Exhibits

1:30 – 2:30 p.m.  
**New In 2011: Mentoring Program for Future Certified Diabetes Educators**  
Clinical Associate Professor and Clinical Programs Director  
Pediatric Diabetes and Endocrinology  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

2:30 – 3:45 p.m.  
**Is Eating Healthy for Diabetes Too Expensive? Budget Friendly Tips**  
Diabetes Clinician  
Harold Hamm Oklahoma Diabetes Center  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

3:45 – 4:00 p.m.  
Closing and Evaluation

**DIABETES MANAGEMENT AND TEACHING STRATEGIES 2011: BEYOND THE BASICS**

**Friday, May 20, 2011**

8:00 – 8:30 a.m.  
Registration and Exhibits

8:30 - 9:30 a.m.  
**Impact of Weight Loss Surgery on Type 2 Diabetes**  
Lana Nelson, D.O., F.A.C.O.S.  
Bariatric and General Surgeon  
Journey Clinic  
Moore, OK

9:30 – 10:30 a.m.  
**Using U-500 Insulin With Extreme Insulin Resistance**  
Madonna Azar, M.D.  
Assistant Professor  
Endocrinology and Diabetes Section  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

10:30 – 11:00 a.m.  
Break and Exhibits

11:00 - 12:30 p.m.  
**Characterizing Type of Diabetes at Diagnosis: Is It Helpful and Does It Make a Difference?**  
Jim Lane, M.D.  
Professor of Medicine, Director of Adult Clinical Programs  
Endocrinology and Diabetes Section  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

12:30 – 1:30 p.m.  
Lunch and Exhibits

1:30 – 2:30 p.m.  
**Nutritional Needs after Bariatric Surgery and Adjusting Insulin as Weight Loss Progresses**  
Christy Olson, M.S., R.D., L.D.  
Diabetes Educator  
Harold Hamm Oklahoma Diabetes Center  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

2:30 – 3:45 p.m.  
**Test Strips, Glucometers, Alternative Site Testing: What is the Science Behind their Validity, Accuracy and Reliability?**  
John Teel, Pharm D  
Director of Pharmacy  
Pauls Valley General Hospital  
Pauls Valley, Oklahoma

3:45 – 4:00 p.m.  
Closing and Evaluation
PROGRAM GOAL
This program is intended for nurses, dietitians, pharmacists or other health professionals who participate in the care, education or management of the individual with diabetes. The purpose is to promote excellence in care, and provide up-to-date information to enhance knowledge integral to the effective management of diabetes. The program also seeks to provide an opportunity for the participant to interact and network with other diabetes professionals.

DAY ONE LEARNING OBJECTIVES
Upon completion of this activity, the participant should be able to:
- Identify programmatic activities that promote sustainable practices regarding community and school health promotion.
- Identify various parameters used to evaluate community and school health programs’ effectiveness.
- Identify ways to establish partnerships within tribal government agencies and communities when forming community and school health programs.
- Describe patient concerns that make diabetes psychologically demanding.
- Explain how psychological and emotional compliance is assessed in diabetes self care.
- Identify techniques used to keep patients motivated and encouraged regarding diabetes self-management.
- Understand the relationship between Helicobacter Pylori infection and insulin resistance.
- Explain how Helicobacter Pylori infection eradication has a beneficial effect on insulin resistance and may help prevent metabolic syndrome.
- Understand the requirements necessary to apply for and take the CDE examination.
- Describe how the new Mentorship Program will be implemented this year.
- Learn various ways you can participate in the Mentorship Program as a mentor or mentee.
- Review patient reported barriers in regards to purchasing healthy foods.
- Describe concepts that make purchasing healthy foods on a limited budget possible.
- Learn the educators’ role in helping to guide the patient with diabetes towards purchasing low cost foods that are healthy.

DAY TWO LEARNING OBJECTIVES
Upon completion of this activity, the participant should be able to:
- Describe common forms of weight loss surgery utilized.
- Describe indications for weight loss surgery in the setting of diabetes and obesity.
- Understand how weight loss surgery impacts type 2 diabetes.
- Understand the bariatric pre and post-operative diet.
- Identify macro and micro nutrient needs for the patient after bariatric surgery in order to prevent nutrient deficiencies.
- Understand the concepts of titrating insulin for the patient with diabetes after bariatric surgery.
- Explain the difference in accuracy between finger stick blood sugar and alternative site testing results.
- Understand the science behind various test strips.
- Describe the pros and cons behind various blood glucose meters.
- Identify patients with high insulin requirements that would benefit from U-500 insulin.
- Describe the pharmokinetics of U-500 insulin.
- Describe a treatment regimen of U-500 for patients with high insulin requirements.
- Identify the methods used to classify different types of diabetes.
- Understand follow-up data and how it indicates whether characterization is helpful in the prospective management of diabetes.

NURSING CONTINUING EDUCATION
Nursing contact hours have been applied for through the Texas Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

DIETITIAN CONTINUING EDUCATION
Continuing education for dietitians has been requested and approval is pending.

AWARDING CREDIT FOR PHARMACISTS
Continuing education has been requested from the Oklahoma State Board of Pharmacy and approval is pending.

PROGRAM PLANNING COMMITTEE
Christy Olson, MS, RD, LD
Diabetes Educator, Harold Hamm Oklahoma Diabetes Center
University of Oklahoma College of Medicine
Oklahoma City, Oklahoma

Julie Traylor, RN, BSN
Administrative Director
Harold Hamm Oklahoma Diabetes Center
University of Oklahoma College of Medicine
Oklahoma City, Oklahoma

Michelle Dennison-Farris, MS, RD, LD, BC-ADM, CDE
Diabetes Clinician, Harold Hamm Oklahoma Diabetes Center
University of Oklahoma College of Medicine
Oklahoma City, Oklahoma
**PROGRAM LOCATION**

The conference is located at: The Reed Conference Center  
5800 Will Rogers  
Midwest City, OK 73110  
(405) 741-7333

A block of rooms have been reserved at the Sheraton Midwest City Hotel at the Reed Center at the rate of $99 per night. Reservations can be made using the website, http://www.starwoodmeeting.com/Book/HAROLDHAMM or by calling (405) 455-1800 and identifying the meeting as Diabetes Management and Teaching Strategies: Beyond the Basics.

The Sheraton Midwest City at the Reed Conference Center is located on I-40 in Midwest City at the Sooner Road Exit.

**The mission of the University of Oklahoma is to provide the best possible educational experience for our students through excellence in teaching, research and creative activity, and service to the state and society.**

The mission of the Harold Hamm Oklahoma Diabetes Center is to promote clinical and basic sciences research related to diabetes and its complications, education of the public and professionals in all matters related to diabetes, including diabetes prevention, and optimal diabetes care for the people of Oklahoma.

This publication, printed by OU Printing Services, is issued by the University of Oklahoma. 10,000 copies have been prepared and distributed at no cost to the taxpayers of the State of Oklahoma.

*The University of Oklahoma is an equal opportunity institution.*

It is difficult to provide a classroom temperature that is comfortable for everyone; please bring a jacket or sweater.

**AMERICANS WITH DISABILITIES ACT**

The University of Oklahoma Health Sciences Center fully complies with the legal requirements of the ADA and the rules and regulations thereof. Please notify us if you have any special needs.

For accommodations on the basis of disability, call Christy at (405) 271-2814.

**FOR ADDITIONAL INFORMATION CONTACT**

Christine Olson, MS, RD, LD  
Phone: (405) 271-2814  
Fax: (405) 271-7522  
E-mail: christine-olson@ouhsc.edu

**VISIT OUR WEB SITE TO REGISTER ON LINE**

www.oklahomadiabetescenter.com

**REGISTRATION FORM**

**BEYOND THE BASICS 2011**

8720051101

**MAIL OR FAX REGISTRATION TO:**

University of Oklahoma OUTREACH  
1700 Asp Avenue, Room B1  
Norman, OK 73072-6400  
Phone: (405) 325-1022  
Fax: (405) 325-7273

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**REGISTRATION FEE:**

The registration fee for this program is $100 for ONE day; $150 for BOTH days. The registration fee includes refreshments, lunch(es) and a syllabus. Please make your selection:

- □ BOTH days $150
- □ May 19 - $100
- □ May 20 - $100

**METHOD OF PAYMENT – PLEASE CHECK ONE:**

- □ Check or money order made payable to The University of Oklahoma
- □ Purchase order attached. P.O. # ____________
- □ Please charge the fee to my credit card:

  - □ AMERICAN EXPRESS  □ VISA  □ MASTERCARD  □ DISCOVER

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**SIGNATURE OF CARDHOLDER**

**CANCELLATION POLICY** – A refund will be made upon written request prior to MAY 1, 2011; however, $25.00 will be retained for administrative costs. No refunds will be made after MAY 1, 2011.