DIABETES MANAGEMENT AND TEACHING STRATEGIES: BEYOND THE BASICS
Thursday, March 27, 2008

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

8:30 – 9:30 a.m.
Physical Activity and Diabetes: Staying Active is the BEST Medicine
Donna Tall Bear, M.S., C.H.E.S.
Visiting Instructor, Department of Health and Exercise Science
University of Oklahoma
 Norman, Oklahoma

3:30 – 3:50 p.m.
Coaching Your Patients to Better Diabetes Self-Management
Donna Tall Bear, M.S., C.H.E.S.

10:30 – 11:00 a.m.
Lunch and Exhibits

11:00 – 12 noon
Diabetes Education: the New Medical Conundrum
Ryan Brown, M.D., F.A.A.P.
Assistant Clinical Professor, Department of Pediatrics
Section of Endocrinology and Diabetes
University of Oklahoma College of Medicine
Oklahoma City, Oklahoma

12 noon – 1 p.m.
Lunch and Exhibits

1:00 – 2:00 p.m.
Troubleshooting Insulin Pumps in the Hospital Setting
Sherron Stegman, R.N.B.E., M.S., C.D.E.
Manager of Clinical Services, Amgen Corporation
Edmond, Oklahoma

2:00 – 3:00 p.m.
New Recommendations for the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity
Diabetes Clinician, Oklahoma Diabetes Center
Oklahoma City, Oklahoma

3:00 – 3:30 p.m.
Break and Exhibits

3:30 – 4:30 p.m.
Healthy Eating Strategies for Low Income Families
Stephanie Pink, R.D., L.D.
Diabetes Clinician
Tulsa, Oklahoma

4:30 – 4:45 p.m.
Closing and Evaluation

DIABETES MANAGEMENT AND TEACHING STRATEGIES: BEYOND THE BASICS
Friday, March 28, 2008

8:00 – 8:30 a.m.
Registration

8:30 – 9:30 a.m.
Diabetes and Pregnancy – Strategies for Success
Mary E. Stovall, A.R.N.P., M.P.H., M.S., C.D.E.
Assistant Professor, Department of Internal Medicine
Clinician, Oklahoma Diabetes Center
University of Oklahoma College of Medicine
Tulsa, Oklahoma

9:30 – 10:30 a.m.
Incretin Based Therapies: Leveraging the GLP-1 Hormone in Clinical Practice
Carla Nikkel, R.D., L.D., C.D.E.
Medical Science Liaison, Medical Affairs
Amylin Pharmaceuticals, Inc.
Edmond, Oklahoma

10:30 – 11:45 a.m.
Break

10:45 – 11:45 a.m.
Successful Strategies for Working with Children and Families
Speaker: TBD

11:45 a.m. – 12:30 p.m.
Lunch

12:30 – 1:30 p.m.
Type 2 Diabetes and Blood Glucose Monitoring: Is the vote in yet?
Cheryl Whynn, R.N., C.D.E.
Diabetes Clinician, Insulin Pump Coordinator
Oklahoma Diabetes Center
Oklahoma City, Oklahoma

1:30 – 2:30 p.m.
Motivation Methods for Health Behavior Change
Darnel Tonanah, Ph.D., M.Ed.
Associate Director for Administration
Oklahoma Diabetes Center
Oklahoma City, Oklahoma

2:30 p.m. – 2:45 p.m.
Closing, Evaluation, Snacks to Go

Harold Hamm
Oklahoma Diabetes Center - The University of Oklahoma

DIABETES MANAGEMENT AND TEACHING STRATEGIES 2008

BEYOND THE BASICS

March 27-28, 2008
Renaissance Hotel & Convention Center
Tulsa

Sponsored by:
Chickasaw Nation
Oklahoma Health Care Authority
Oklahoma State Department of Health
University of Oklahoma OUTREACH
University of Oklahoma College of Medicine
WHO SHOULD ATTEND?
This program is intended for any health professional who wishes to enhance his/her knowledge of diabetes.

LEARNING OBJECTIVES:
Upon completion of this activity, the participant will be able to:

- Describe the physiological mechanisms of how various physical activities impact diabetes management.
- Design and prescribe physical activity and exercise regimens for a variety of patients.
- Describe health coaching as a successful method of improving patient compliance to self-care protocols.
- Demonstrate basic health coaching techniques that can be easily used in the clinical setting.
- Define and diagnose diabetes.
- Describe the similarities and differences of Type 1 and Type 2 diabetes.
- Explain the latest therapeutic modalities for Type 1, 2, and type 2 diabetes.
- Explain the basic concepts of insulin pump therapy.
- List special considerations in managing a hospitalized patient utilizing insulin pump therapy.
- List causes and treatment goals of hyperglycemia and hypoglycemia in the acutely ill patient utilizing insulin pump therapy.
- Identify two considerations in documentation while caring for a hospitalized patient utilizing insulin pump therapy.
- Identify two changes in child and adolescent overweight and obesity treatment and assessment.
- Identify one recommendation for the prevention of child and adolescent overweight and obesity.
- Identify eating patterns often associated with low income families.
- Identify three barriers encountered by the low income family shopping for healthy items while staying within a strict budget.
- Identify two challenges to successful diabetes management in the woman with preexisting diabetes complicating pregnancy.
- Describe two risks for infants of mothers with diabetes.
- Discuss two lifestyle recommendations for risk reduction of future Type 2 diabetes in gestational pregnancies.
- Describe incretin physiology in healthy individuals and in patients with Type 2 diabetes.
- Explain the mechanistic differences between incretin mimetics, GLP-1 analogues and the inhibition of the DPP-4 enzyme.
- List the current medications available for leveraging the GLP-1 hormone and implementation in patients with diabetes.
- Describe the current issue being debated regarding the efficacy of blood glucose monitoring in Type 2 diabetes.
- Explain the patient-centered behavioral control system required to make blood glucose monitoring an effective diabetes management tool.
- Explain the uses for motivational interviewing and stages of change in health behavior change.
- Describe cognitive psychology and its uses in health behavior change.
- Identify two ways in which the demands of diabetes management disrupt the developmental tasks of a child.
- Describe two strategies to assist a parent who is having difficulty allowing their child with diabetes to take an active role in his/her care.
- Describe two strategies to assist a child or adolescent in taking a more active role in his/her care.

PROGRAM PLANNING COMMITTEE
Sharon Buckley, R.N., C.D.E.
Program Director, Oklahoma Diabetes Center
University of Oklahoma College of Medicine
Oklahoma City, Oklahoma

Diabetes Clinician, Oklahoma Diabetes Center
University of Oklahoma College of Medicine
Oklahoma City, Oklahoma

Cheryl Meyer, R.N., C.D.E.
Diabetes Clinician, Oklahoma Diabetes Center
University of Oklahoma College of Medicine
Oklahoma City, Oklahoma

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 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.

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The University of Oklahoma is an equal opportunity institution.

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 Sharon at (405) 271-2814.

FOR ADDITIONAL INFORMATION CONTACT
Sharon Buckley, R.N., C.D.E.
PHONE: (405) 271-2814
FAX: (405) 271-7622
E-MAIL: sharon-buckley@ouhsc.edu

NURSING CONTINUING EDUCATION
This nursing continuing education activity, approval # 0612-026PR, is approved for 6.2 contact hours (day one) and 5.2 contact hours (day two). Lowcountry AHEC is an approved provider of continuing nursing education by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

DIETITIAN CONTINUING EDUCATION
Continuing education for registered 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 LOCATION
The conference is located in the Renaissance Tulsa Hotel & Convention Center. Please make your reservations directly with the hotel. Their standard rates apply. Other lodging is located nearby. You may visit http://visit tulsa.com for alternatives.

Renaissance Tulsa Hotel & Convention Center
6808 South 107th East Avenue
Tulsa, OK 74133-2587
(918) 495-1000

Holiday Inn Express Tulsa – Woodland Hills
9020 E. 71st Street
Tulsa, OK 74133-3121
(800) 465-4329

Fairfield Inn – Woodland Hills
9020 E. 71st Street
Tulsa, OK 74133-3121
(918) 252-7754

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

VISIT OUR WEB SITE TO REGISTER ONLINE
www.oklahomadiabetescenter.com

REGISTRATION FEE
DIABETES MANAGEMENT AND TEACHING STRATEGIES 2008: Beyond the Basics

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

REGISTRATION FEE:

DISCIPLINE:
O NURSING O NUTRITION O PHARMACY O PHYSICIAN O PA

PLACE OF EMPLOYMENT

PARTICIPANT MAILING ADDRESS

CITY ____________________________________________________________
STATE ___________________________ ZIP ____________________________

DAYTIME PHONE _______________________________ E-MAIL _______________________________________

REGISTRATION FEE:
The registration fee for this program is $150. The registration fee includes refreshments, lunches and a syllabus.

METHOD OF PAYMENT – PLEASE CHECK ONE:

O Check or money order made payable to The University of Oklahoma
O Purchase Order attached. P.O. # ___________________________
O Please charge fee(s) to my credit card:

O AMERICAN EXPRESS O VISA O MASTERCARD O DISCOVER

CARD # ___________________________ EXPIRATION DATE ______________

SIGNATURE OF CARDHOLDER ______________________________________

CANCELLATION POLICY - No refund will be made for this course.