Beyond the Basics

DIABETES MANAGEMENT AND TEACHING STRATEGIES

FRIDAY, MAY 17, 2013
Samis Education Center
The University of Oklahoma Health Sciences Center
Oklahoma City

Co-provided by
University of Oklahoma College of Nursing
University of Oklahoma College of Pharmacy

With generous support from
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University of Oklahoma OUTREACH
University of Oklahoma College of Medicine
AGENDA

7:30-7:50 a.m.  Registration, Breakfast and Exhibits

7:50-8 a.m.  Welcome and Introductory Remarks
James Lane, M.D., and Christy Olson, M.S., R.D., L.D., C.D.E.

8-9 a.m.  Updated Therapies for the Treatment of Type 2 Diabetes (K)
ACPE # 0053-9999-013-038-L01-P ; 1 contact hour (0.1 CEU)
- Describe the concept of glycemic targets during pregnancy in relation to diabetes type.
- Explain how to manage diabetes in pregnancy.
- Identify the role and safety of oral anti-diabetic agents and novel insulin formulations used in diabetes and pregnancy.

9-10 a.m.  Health Literacy and Diabetes Education (K)
Michael J. Miller, R.Ph., Dr.P.H., F.A.A.P.
ACPE # 0053-9999-013-038-L04-P ; 1 contact hour (0.1 CEU)
- Explain the concept of health literacy and relevance to diabetes education practice.
- Identify opportunities for implementing health literacy interventions in diabetes education practice.
- Describe health literacy and tools that can be implemented in diabetes education practice.

10-10:15 a.m.  Break and Exhibits

10:15-11:15 a.m.  Motivational Interviewing Strategies and Counseling Techniques (K)
Steve A. Sterlinof, Ph.D., and Cynthia Muhamedagic, Ph.D.
ACPE # 0053-9999-013-038-L04-P ; 1 contact hour (0.1 CEU)
- Explain motivational interviewing principles.
- Describe the literature that supports motivational interviewing and its use in diabetes education practice.
- Define motivational interviewing.

11:15 a.m.-12:15 p.m.  The 2012 National Standards for Diabetes Self-Management Education and Support: Changes to my practice (K)
ACPE # 0053-9999-013-038-L01-P ; 1 contact hour (0.1 CEU)
- Define the updated National Standards for Diabetes Self-Management Education and Support.
- Describe each updated standard, including the supportive evidence, changes made and how this might be implemented into your practice.

12:15 p.m.  Lunch and Exhibits

1-2 p.m.  Diabetes and Pregnancy (K)
Madona Aazar, M.D.
ACPE # 0053-9999-013-038-L01-P ; 1 contact hour (0.1 CEU)
- Describe the concept of glycemic targets during pregnancy in relation to diabetes type.
- Explain how to manage diabetes in pregnancy.
- Identify the role and safety of oral anti-diabetic agents and novel insulin formulations used in diabetes and pregnancy.
Samis Education Center | OU Children's Hospital at the OU Health Sciences Center
1200 Children's Ave. (aka Phillips Ave.) | Oklahoma City, OK 73104-4600 | (405) 271-7600

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

PARKING: Special instructions for visiting guests to the OUHSC campus will be posted on the Beyond the Basics webpage at HaroldHamm.org/professionals. Carpooling is encouraged. OUHSC employees attending must park in their reserved campus locations.

**PLANNING COMMITTEE**

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**PROGRAM LOCATION**

**2-3 p.m.**  
Nuts and Bolts of Medical Nutrition Therapy and Type 2 Diabetes (K)  
Christy Olson, M.S., R.D., L.D., C.D.E.  
ACPE # 0053-9999-013-039-L01-P; 1 contact hour (0.1 CEU)  
- Summarize the literature that supports current nutrition guidelines for the management of type 2 diabetes.  
- Describe evidence-based nutrition practice recommendations for type 2 diabetes in adults.

**3-3:15 p.m.**  
Break and Exhibits

**3:15-4:15 p.m.**  
A Clinical Perspective on Exercise and Physical Activity for the Patient with Type 2 Diabetes (K)  
Michelle Phillips, M.S., R.C.E.P.  
ACPE # 0053-9999-013-040-L01-P; 1 contact hour (0.1 CEU)  
- Identify exercise contraindications for the patient with diabetes.  
- Explain fitness guidelines as recommended by the American Diabetes Association and American College of Sports Medicine.  
- Give examples of exercise tracking tools, rewards and support.

**4:15-4:30 p.m.**  
Closing, Clinical Pearls and Evaluation  
Christy Olson, M.S., R.D., L.D., C.D.E.

(A) = Application-based CPE Activity  
(K) = Knowledge-based CPE Activity

**PROGRAM FACULTY**

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**Michelle Phillips, MS, R.C.E.P.**  
Exercise Physiologist  
Harold Hamm Diabetes Center - Oklahoma City
COURSE DESCRIPTION

Beyond the Basics is designed for nurses, dietitians, pharmacists and other health professionals who participate in the care, education or management of persons with diabetes. A one-day program led by certified diabetes educators, Beyond the Basics promotes excellence in care and conveys up-to-date best practice strategies and information integral to the effective management of diabetes.

NURSING CONTINUING EDUCATION

Nurses completing the program will be awarded 7.2 nursing continuing education contact hours.

The University of Oklahoma College of Nursing is an approved provider of continuing education by Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

DIETITIAN CONTINUING EDUCATION

Continuing education for Registered Dietitians and Registered Dietetic Technicians was approved for 7.0 major session hours and 1.0 exhibit hour by the Commission on Dietetic Association.

AWARDING CREDIT FOR PHARMACISTS

The University of Oklahoma College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing education. This seminar offers a total of 7 contact hours (0.7 CEUs) of ACPE-accredited continuing pharmacy education credit accepted by the Oklahoma Board of Pharmacy and most other states requiring education. Please note next to the listed ACPE # the type of activity ([K] = Knowledge-based CPE activity). For more information on activity types, please contact the Office of Alumni Affairs at (405) 271-6194. The program is designed as individual educational units and should be divided as noted in program materials. The Office of Alumni Affairs records all credits granted and will retrieve records upon request. A statement of credit will be available online to participants within four to six weeks upon verification of successful completion of the program. A notification email will be sent to participants when the statement of credit is ready. Credit for the program is awarded only for full participation and attendance is verified through official sign-in at the beginning of the session, the completion of the online program evaluation, receipt of your NABP e-Profile ID #, the month and date of your birth and the return of your nametag.

For any grievance associated with this educational activity, please notify the Continuing Education Administrator. You may contact the University of Oklahoma College of Pharmacy at (405) 271-6194 for a copy of the Grievance Policies.

Initial Release Date: 05/17/2013

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Harold Hamm Diabetes Center is a world leader inspiring innovative, creative diabetes research focused on progress toward a cure, education of health care professionals and families with diabetes, optimal care for people with diabetes, and effective strategies for the prevention of diabetes.