

ALBERTA REGIONAL CONFERENCE

Nourishing Knowledge: Optimizing Nutrition in Continuing Care

Friday May 11, 2018



Nourishing Knowledge: Optimizing Nutrition in Continuing Care offers essential professional education on new approaches in nutrition, food service and dining in continuing care for registered dietitians, foodservice managers and other health professionals focused on advances and new knowledge to enhance the nutritional wellbeing of those living in continuing care.



A unique feature of this event is the opportunity for professional collaboration and to receive insiders' knowledge to successful implementation of new techniques to optimize food and fluid intake in continuing care including:

- how to implement the International Dysphagia Diet Standardization Initiative (IDDSI);
- practical take-aways from the Making the Most of Mealtimes (M3) project; and
- learnings from implementation of the Butterfly Approach for dementia care at Southwood Care Centre.

Accommodation

A room block has not been arranged. Should you require accommodation, you can make a reservation at the event venue **Holiday Inn & Suites** Red Deer South by calling 403.348.8485.



EVENT EXHIBITORS

Nourishing Knowledge offers a popular exhibits hall featuring the organizations who have provided financial support for this event. Healthcare Food Services, CMI, Alberta Pulse, Sysco Canada, Bonduelle and Kinder Products will be participating as exhibitors during registration and program breaks throughout the day.



PROGRAM

Friday, May 11

9:00 am

REGISTRATION AND BREAKFAST

Exhibitor Showcase

9:30 am

OPENING AND WELCOME

Karen Boyd, Regional Executive Director, Dietitians of Canada, Alberta and Territories Region
Larissa Ens, DC Gerontology Network, Alberta Representative

MODERATOR: **Maryke Schouten**, Registered Dietitian Consultant, Extendicare, Co-Chair, Dietitians of Canada, Alberta Long-term Care Action Group

9:45 – 11:30 am

International Dysphagia Diet Standardization Initiative – The next steps

The IDDSI Framework and supporting documents were developed following an extensive, multidisciplinary, international collaboration to ensure increased safety for individuals with dysphagia. The IDDSI standards are suitable for use with clients of all ages, in all care settings and across cultures.

This session will briefly review the IDDSI framework, demonstrate how current food textures and thickened liquids map to IDDSI standards and discuss the strategies and next steps for implementation based on IDDSI pilots, experiences from Canada and other countries implementing IDDSI standards. During this session, Peter will: 1) review the IDDSI framework, detailed descriptors and how to integrate them into practice; 2) explore and practice IDDSI testing methods and share how the standards map to the various terminologies and existing standards; and 3) discuss strategies for implementation of IDDSI.

SPEAKER: **Peter Lam** RD, Professional Practice Consultant and Credentialed Foodservice Executive in New Westminster, BC



Continued . . .

PROGRAM — continued

11:15 am – 12:15 pm **Can using an alternative approach to dementia care, challenge and even change outcomes for dining experience and weight loss?**

A radical transformation is taking place in dementia care. At its heart is a care model that focuses on treating people with dementia as feeling beings not thinking beings. Known as the Butterfly Model of Care (BMOC), the model is based upon the theory of person centredness. The model also emphasizes the need to embed dementia care training in the development of staff emotional connection and emotional intelligence. In this session, the project leaders from Southwood Care Centre BMOC pilot will discuss the: 1) model's central components; 2) challenges and benefits observed from their experience; and 3) specific details of residents' meal time experience and the positive impact the pilot has had on food and fluid intake.

SPEAKERS: **Lydia Wright** RN, Facility Leader, Intercare Corporate Group, Calgary
Cheryl Miles PT, Clinical Program Leader, Intercare Corporate Group, Calgary



12:15 – 1:00 pm **LUNCH / EXHIBITOR SHOWCASE**

1:00 – 2:45 pm **Making the Most of Mealtimes (M3): How meal quality, mealtime experience and meal access support Intake**

Poor food intake and subsequent malnutrition are pervasive among older adults living in long-term care homes (LTCH). Poor food intake is the primary mechanism for malnutrition in this population and is potentially preventable for some residents. The M3 study was designed to: 1) describe energy and protein intake and prevalence of a comprehensive list of resident, unit and home covariates; and 2) identify the factors associated with total energy and protein intake in LTCH residents. During this interactive presentation we will explore how to “make the most of mealtimes” in long-term care facilities. Drawing upon the findings of the M3 study, Dr. Lengyel and Dr. Slaughter will discuss how the mealtime experience, meal quality and meal access all work together to support food and fluid intake of long-term care residents.

SPEAKERS: **Susan Slaughter** PhD RN, Associate Professor, Faculty of Nursing, University of Alberta
Christina Lengyel PhD RD, Associate Professor and Director, Dietetics Program, Department of Food and Human Nutritional Sciences, Faculty of Agricultural and Food Sciences, University of Manitoba



Continued . . .

PROGRAM — continued

2:45 – 3:15 pm

NOURISHING KNOWLEDGE – SMALL GROUP DISCUSSION

knowledge is implemented quickly. Join a discussion on one of our three topics and begin to develop your plan to implement the day's practical takeaways at your facility.

3:15 – 3:30 pm

CONCLUDING REMARKS / EXHIBITOR SHOWCASE



EARLY BIRD DEADLINE:

Fri., April 6, 2018

Dietitians of Canada GST#
105200992 RT**PAYMENT RECEIPT:** Emailed
registration statement is your
receipt.**REGISTRATION CANCELLATION:**Written notice of cancellation is
required by Fri., April 27 and may
be subject to a **\$30.00 +GST**
processing fee. For cancellations
received after that date there will
be no refund except in approved
exceptional circumstances;
however substitutions will be
permitted. Refunds will be
processed post-event.**EVENT CANCELLATION:** DCreserves the right to cancel the
session should the number of
registrations not reach minimum
requirements. All registrations
will be processed on a first-come
first served basis.**PHOTO AND AUDIO/VIDEO
RELEASE:**Photography and audio and video
recording may occur during this
event for use on Dietitians of
Canada promotional materials,
our website, and social media. By
virtue of your attendance you give
DC permission to use your
likeness in these promotions.**REGISTRATION CONTACT:**Izabella Bachmanek
TEL: 416.642.9308
[izabella.bachmanek@
dietitians.ca](mailto:izabella.bachmanek@dietitians.ca)**SPONSORSHIP CONTACT:**To sponsor a future
DC workshop or event,
please contact:
Georgette Harris
TEL: 416.642.9310
georgette.harris@dietitians.ca**REGISTRATION FORM****Register Online at:****<https://secure.effreg.com/r/e/9pozCF9v/?5>**Use your credit card (MasterCard or VISA) to register online using our
secure web server – it's quick and safe. You will receive immediate
confirmation.**OR Fax the form to:** 416.596.0603 Attn: Izabella Bachmanek**REGISTRATION FEES** (Total fee, incl. GST) – Please ✓ your registration type:**EARLY BIRD – Registration received by April 6**

- ☐ DC Member **\$75** ☐ DC Student Member* **\$50**
- ☐ Non-member **\$100**

REGULAR - Registration received after April 6

- ☐ DC Member **\$95** ☐ DC Student Member* **\$65**
- ☐ Non-member **\$125**

*DC Student Member – a DC Qualifying member OR a DC Full Time Post-Graduate Member.
DC Student rate does not apply to non-DC students or non-DC dietetic interns.**REGISTRANT INFORMATION** (Please print or type)

Name _____ DC Mbr # _____

Address _____

City _____ Province _____ Post Code _____

Phone _____ Email _____

I have dietary restrictions or require special accommodations (please explain):_____
_____**METHOD OF PAYMENT****Make cheque or money order** payable to: Dietitians of CanadaMail to: Dietitians of Canada, Attn. I. Bachmanek
480 University Ave., Suite 604, Toronto ON M5G 1V2**OR by credit card:** ☐ VISA ☐ MasterCard

Card No. _____ Expiry Date _____

Cardholder Name _____

Cardholder Signature _____