



“NUTRITION MATTERS”

Cleveland Clinic Center for Human Nutrition Spring Symposium

FRIDAY, APRIL 19, 2013
InterContinental Hotel & MBNA Conference Center
Cleveland, OH

OVERVIEW

Nutrition is an all-encompassing specialty that touches on many areas of health, disease management, and wellness. The provision of excellent nutrition care requires a multidisciplinary approach and awareness of current research and professional practices. The first Cleveland Clinic Center for Human Nutrition Symposium will showcase a variety of topics across the field of nutrition, including the newest guidelines for malnutrition, obesity treatments, disease-related GI nutrition, diabetes, cancer, nutrition support and health promotion. These subjects will be addressed through an array of lectures and hands-on demonstrations to actively engage participation and improve learning.

LEARNING OBJECTIVES

After completing this educational activity, the participant will be able to do the following:

- Diagnose and document malnutrition according to the newest guidelines
- Describe and confidently utilize the nutrition-focused physical exam
- Discuss intestinal microbiota and immunonutrition
- Identify the medical, surgical, and diet therapies used to treat morbid obesity
- Demonstrate efficient management of fluid and electrolytes during nutrition support
- Identify the need for enteral and parenteral access devices
- Indicate treatment for a variety of gastrointestinal disorders including Celiac Disease, Gastroparesis
- Cite the latest guidelines for diabetes and cancer
- Describe the steps to effectively develop community programs
- Recognize alternative approaches to health and disease reversal

TARGET AUDIENCE

The target audience for this Symposium includes practicing physicians, dietitians, nurses and pharmacists in the field of nutrition.

NEEDS ASSESSMENT/GAP ANALYSIS

The Digestive Diseases Institute/Center for Human Nutrition Symposium plans to showcase evidenced-based practice to health care providers that therapeutically manage individuals across the nutrition spectrum from the malnourished to the obese. Our goal is to improve the quality of patient care and enhance the level of information available to physicians, dietitians, nurses, pharmacists, and other providers involved in medical nutrition practice.

Gap analysis

Practice/knowledge gaps

- Practitioners are often unable to stay up to date on advances in nutrition. Therefore, symposiums can bring information to clinicians
- A high volume of research and clinical trial articles are frequently published leading to knowledge gaps among practitioners regarding the analysis of the data as it applies to clinical practice.

ACTIVITY CO-DIRECTORS

Donald Kirby, M.D., FACP, FACN, FACG, AGAF, CNSC, CPNS

Director, Center for Human Nutrition
Medical Director, Intestinal Transplant Program
Fellowship Director, Nutrition Support Fellowship
Gastroenterology and Hepatology
Digestive Disease Institute
Cleveland Clinic

Cindy Hamilton, MS, RD, LD

Director, Center for Human Nutrition
Digestive Diseases Institute
Cleveland Clinic

GUEST FACULTY

Robert Martindale, MD, PhD

Professor of Surgery
Director for Hospital Nutrition Services
Oregon Health & Science University
Portland, OR

Ainsley Malone, MS, RD, LD, CNSC

President-elect A.S.P.E.N.
Nutrition Support Team Dietitian
Pharmacy Department
Mount Carmel West Hospital
Columbus, OH

Elizabeth Pash, MS, RD, LDN

Metabolic Health Manager
Nursing Care Division
Covidien

CLEVELAND CLINIC FACULTY

Donald Kirby, MD, FACP, FACN, FACG, AGAF, CNSC CPNS
Tomasz Rogula, MD
Karen Cooper, DO
Gail Cresci, PhD, RD, LD, CNSD
Arlene Escuro, MS, RD, LD, CNSC
Kathy Barco, RD, LD, CNSC
Sandra Austhof, MS, RD, LD, CNSC
Rex Speerhas, RPh, BCNSP
Marianne Fischer, RD, LD
Andrea JeVenn, RD, LD, CNSC
Lindsay Malone, MS, RD, LD
Monica Habib, MS, RD, LD, CNSC
Toni Neal, RN, CRNI, CNSC, VA-BC
Maxine Smith, RD, LD
Mira Ilic, MS, RD, LD
Lauren Sullivan, RD, LD
Gretchen Spetz, MS, RD, LD
Anna Taylor, MS, RD, LD
Julia Zumpano, RD, LD

PROPOSED AGENDA

7:00 – 8:00 AM	Registration and Breakfast
8:00 AM	Welcome/ Introduction – Cindy Hamilton, MS, RD, LD, CNSC
8:10 – 9:00 AM	Defining Malnutrition – Ainsley Malone, MS, RD, LD, CNSC
9:00 – 10:00 AM	Immunonutrition – Robert Martindale, MD, PhD
10:00 – 10:15 AM	Panel Discussion
10:15 – 10:45 AM	<i>Refreshment Break (30 mins)</i>
10:45 – 11:45 AM	Point-Counter- Point: Medical Intervention for Weight Loss Diet versus Bariatric Surgery – Karen Cooper, DO and Tomasz Rogula, MD
11:45 – 12:30 PM	Breakout Session #1 (Choose 1) A.) Practical Application of the Weight Loss Diet – Lauren Sullivan, RD B.) Fluid & Electrolytes Mgmt for EN & PN – Rex Speerhas, RPh C.) Heart Health and Diet – Julia Zumpano, RD
12:30 – 1:30 PM	<i>Lunch (60 mins)</i>
1:30 – 2:15 PM	Celiac Disease – Donald Kirby, MD
2:20 – 3:00 PM	Breakout Session #2 (Choose 1) A.) Diarrhea/Gut Microbiota –Gail Cresci, PhD, RD B.) Understanding Gastroparesis – Sandra Austhof, RD and Monica Habib, RD C.) What You Need to Know About Enteral and Parenteral Access – Toni Neal, RN and Elizabeth Pash, MS, RD, LDN
3:05 – 3:45 PM	Breakout Session #3 (Choose 1) A.) Mindful Eating – Maxine Smith, RD and Mira Ilic, RD B.) Hospital to Home on Enteral Nutrition – Arlene Escuro, RD and Kathy Barco, RD C.) Diabetic Diet and Insulin Therapy – Lauren Sullivan, RD and Rex Speerhas, RPh
3:45 – 4:15 PM	<i>Refreshment Break – Cooking Demo with a Doc (30 mins)</i> – Donald Kirby, MD /Robert Martindale, MD, PhD and Anna Taylor, RD
4:15 – 4:55 PM	Breakout Session #4 (Choose 1) A.) Nutrition-focused Physical Exam (hands on) – Marianne Fisher, RD and Andrea JeVenn, RD B.) Setting Up Nutrition Community Programs: Eat Right at School – Gretchen Spetz, RD C.) Nutrition During & After Cancer Treatment - Lindsay Malone, RD
4:55 – 5:00 PM	<i>Adjourned – Evals/Certificates</i>

GENERAL INFORMATION

Meeting Location

InterContinental Hotel and Bank of America Conference Center

9801 Carnegie Avenue

Cleveland, OH 44106

Phone: 216.707.4100 or 877.707.8999

Information

For further information about this course, contact the Cleveland Clinic Center for Continuing Education at:

Local: 216.448.0770 Toll Free: 800.238.6750

Web Address: www.ccfme.org/CHN2013

For questions about registering online, call 216.448.0777 or email cmeregistration@ccf.org.

Parking

Parking is available in the 100th Street Visitor's Parking Garage for a charge of \$10 per day. Valet parking is available at the hotel for \$18.

Hotel Accommodations

InterContinental Hotel and Bank of America Conference Center

9801 Carnegie Avenue

Cleveland, OH 44106

Phone: 216.707.4100 or 877.707.8999

A block of rooms has been reserved at the InterContinental Conference Hotel and InterContinental Suites Hotel until **5:00 pm March 19, 2013**. To make your reservation, contact the Hotel Reservations Department at 216.707.4100 or 877.707.8999. Please identify yourself as being with the **Cleveland Clinic Center for Human Nutrition Spring Symposium**.

Special rates are listed below:

- InterContinental Conference Hotel, \$189 single/double plus tax
- InterContinental Suites Hotel, \$169 single/double plus tax

The InterContinental Conference Hotel is located at 9801 Carnegie Avenue, on the campus of Cleveland Clinic. The Suites Hotel is located at 8800 Euclid Avenue and is within walking distance to the InterContinental Hotel and Bank of America Conference Center.

Exhibit at this Event

Please Contact:

Beth Christoff, BSN, MBA

Digestive Disease Institute Education Manager

Phone: 216.445.2809

Fax: 216.444.9740

Email: christb@ccf.org

We are very excited about this innovative conference that is being endorsed by OSPEN. Nutrition is an all-encompassing specialty that touches on many areas of health, disease management, and wellness. The provision of excellent nutrition care requires a multidisciplinary approach and awareness of current research and professional practices. The first Cleveland Clinic Center for Human Nutrition Symposium will showcase a variety of topics across the field of nutrition, including the newest guidelines for malnutrition, obesity treatments, disease-related GI nutrition, diabetes, cancer, nutrition support and health promotion. Education of clinical nutrition professionals is essential to improve overall patient care on all levels.

This venue will provide you with the opportunity to interact with attendees and professional from other programs. We are anticipating 15 exhibitors at the event, and space will be limited on first come first serve basis. Do not delay in securing your exhibit space.

REGISTRATION

Register Online: www.ccfcmc.org/CHN2013

Once you register online, please do not mail or fax in a registration form.

Full Course - Physician - \$100
Dieticians/ Nurses/ Non Physician - \$100
OSPEN Members - \$80 (\$20 Discount rate)
Student (Full-Time) - \$40

Registration includes course materials, continental breakfast, breaks and lunch.

Complete the information below if registering by mail or fax:

(Please print)

First Name: Last Name: MI: Degree:

Company Name:

Address:

City: State: Zip:

Phone Number: Fax Number:

Specialty: Email Address:

Practice Type: ☐ Office-Based ☐ Hospital-Based ☐ Resident/Fellow ☐ Other

Make check payable to: The Cleveland Clinic Educational Foundation

Or charge the following account: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Card Number:

Please circle which concurrent session you will attend at *(Choose 1 for each breakout)*

The breakout sessions

BREAKOUT 1 11:20pm: A B C

BREAKOUT 2 1:50pm: A B C

BREAKOUT 3 2:40pm: A B C

BREAKOUT 4 3:45pm: A B C

☐ I require a vegetarian meal

Total Amount Enclosed or to be charged: \$ _____

Fax Number: 216.448.0783

Mailing address: The Cleveland Clinic Educational Foundation

PO Box 931653, Cleveland, OH 44193-1082

For questions about registering online, call 216.448.0777 or email CMeregistration@ccf.org

Registration and Cancellation

Pre-registrations are accepted by fax or online until **5:00 pm ET April 12, 2013**. To register after this date you must do so on-site. In case of cancellation, a full refund will be made if canceled by April 12, 2013.

After April 12, 2013, a \$25 cancellation fee will be deducted from your refund. Written notification of your cancellation is required to process your refund.

NO REFUNDS WILL BE ISSUED AFTER APRIL 26, 2013.

For questions about registering online, call **216.448.0777** or email us at cmeregistration@ccf.org