Diabetes Management Update 2013

Friday, November 15, 2013

Swedish/Cherry Hill Auditorium and Swedish Education and Conference Center
500 17th Avenue
Seattle, Washington
Needs Statement
Diabetes is an ever-increasing chronic disease that is apparent across the whole continuum of life. It is a factor that is increasing our health-care costs as the number of individuals affected by diabetes continues to grow, and health-care professionals are increasingly called upon to help their patients manage the disease and related complications. With early detection and current treatment methods many of these complications can be reduced or prevented. To meet these rising health-care demands, there is a continuing need to communicate updates to health-care providers to enable them to provide the most current treatment options to their patients.

Surveyed members of the target audience indicated a need for updates on research guiding how tight is tight control, managing diabetes in pregnancy, starting medication: oral agents vs. insulin, behavior change in patients and practitioners and hands-on practicum demonstrating devices patients use when they have diabetes. This course will address these and other related topics.

Course Description
This course will provide family practice, internal medicine physicians and other allied health-care professionals with the knowledge and basic tools to treat various issues of this complex disease. An overview of diabetes management will be covered with a focus on practical patient management topics regarding blood glucose control related to research and day-to-day personal issues for the patient, pregnancy and diabetes, and patient and provider behavior change. Practical hands-on workshops involving insulin administration devices, insulin pumps, continuous glucose monitors and initial nutrition and exercise recommendations will also be included.

Intended Audience
This conference is intended for primary-care physicians, including those in family practice and internal medicine, as well as all other allied health professionals and registered dietitians treating patients with diabetes in the Pacific Northwest.

Location
Swedish Medical Center/Cherry Hill is located at 500 17th Avenue in Seattle, Washington. The conference will be held in the Cherry Hill Auditorium located below the Dining Room. Parking is available in the garage on 16th Avenue between Cherry and Jefferson at a maximum fee of $16.50. From I-5 (northbound and southbound), take the James Street exit. Travel east on James Street. James will become Cherry Street. Turn right (south) on 16th Avenue. Turn right into the main garage entrance.

Acknowledgments
This symposium is financially supported in part by educational grants in accordance with ACCME's Standards for Commercial Support. At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the symposium.

Agenda
7:30 a.m.  Registration and Breakfast
8 a.m.  Welcome and Introductions  Fran E. Broyles, M.D.
8:10 a.m.  Glycemic Targets for Type 2 Diabetes: Making Sense of the Goals  Irl B. Hirsch, M.D.
9 a.m.  Diabetes Care in Pregnancy  Michael Shannon, M.D.
9:50 a.m.  Role of Auto Islet Transplantation in Chronic Pancreatitis  R. Paul Robertson, M.D.
10:15 a.m.  Prediction and Prevention of Type 1 Diabetes  William Hagopian, M.D., Ph.D.
10:40 a.m.  Break
11 a.m.  Hands-on Instruction Workshops
11-11:45 a.m.  11:50 a.m.-12:35 p.m.  Workshops will repeat so participants can attend both workshops.
  • Basics of Pump Therapy  Sandy Sinnes, R.N., BSN, CDE, and Thomas Kowalski, R.N., MS, CDE
  • Overcoming Barriers to Starting Insulin  Karen Harris, R.N., MSN, CDE and Julie Cantwell, R.N., BSN, CDE
12:35 p.m.  Lunch (provided)
1:15 p.m.  Method to Madness: Making Decisions Regarding Medications (How to Treat Type 2 Diabetes)  Fran E. Broyles, M.D.
2:05 p.m.  Changing Patient Behavior  Louise Pietrafesa, MSW
2:55 p.m.  Break
3:15 p.m.  Hands-on Instruction Workshops
3:15-4 p.m.  4:05-4:50 p.m.  Workshops will repeat so participants can attend both workshops.
  • Nutrition & Exercise  Megan Ellison, MS, RD, CD
  • Continuous Glucose Monitoring  Kathleen Magee, R.N., BSN, CDE and Christina R. Pelto, R.N., CDE
4:50 p.m.  Adjourn

For Further Information
Phone: 206-386-2755
Fax: 206-320-7462
E-mail: cme@swedish.org
Web: www.swedish.org/cme
www.facebook.com/SwedishCME
Course Objectives

At the conclusion of this symposium, the participant will provide better patient care through an increased ability to:

- Recognize the differences in study populations for the various clinical trials and how this impacts treatment targets in the individual patient, discuss the critical primary and secondary outcomes, review epidemiological analysis of the major Type 2 trials and how that translates to clinical glycemic targets and appreciate the major limitations of HbA1c
- Identify risk factors for gestational diabetes to counsel women interested in pregnancy, review the diagnosis of diabetes in pregnancy and assess the role of diet, diabetes education, and medications, including insulin, in the care of diabetes in pregnancy
- Evaluate the case for total pancreatectomy and islet transplantation for patients with unrelentingly painful chronic pancreatitis and formulate a decision-making plan for referral for total pancreatectomy, islet transplantation and post-operative follow-up
- Discuss the rationale and immunogenetic methods for predicting Type 1 diabetes before clinical onset and describe the approach to immunotherapy for Type 1 diabetes prevention
- Review the rationale of insulin pump therapy as a treatment option, compare basic functions of insulin pump therapy and identify self-care management issues related to maintenance of insulin pump therapy
- Identify two factors in patient-provider resistance to starting insulin, analyze the pros and cons of each insulin administration method and perform a self-injection of saline with insulin syringe
- Discuss current guidelines for Type 2 diabetes treatment and compare medication options for Type 2 diabetes
- Evaluate the factors that influence patient behavior, outline how to set realistic goals for patients and discuss effective techniques for behavior change
- Apply practical tips for relaying nutrition information, review pitfalls to avoid when discussing nutrition and manage common patient complaints and confusion regarding nutrition
- Describe continuous glucose monitoring and identify what a continuous glucose monitor download can tell you

Accreditation with Commendation

Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA PRA Category 1 Credits™

Swedish Medical Center designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed Credits

Application for CME credit will be filed with the American Academy of Family Physicians. Determination of credit is pending.

Nursing CE Contact Hours

7.25 nursing contact hours will be provided by Swedish Medical Center Clinical Education and Practice, an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Faculty

Fran E. Broyles, M.D.
Medical Director
The Seattle Pituitary Center
Swedish Neuroscience Institute

William Hagopian, M.D., Ph.D.
Scientific Director
Pacific Northwest Diabetes Research Institute

Irl B. Hirsch, M.D.
Professor of Medicine
University of Washington School of Medicine

Louise Pietrafesa, MSW
Behavioral Health Consultant
Private Practice, Seattle Washington

R. Paul Robertson, M.D.
President Emeritus and Principal Investigator
Pacific Northwest Diabetes Research Institute

Michael Shannon, M.D.
Olympia Endocrinology
Chair, Endocrinology and Diabetes Clinical Advancement Team
Providence Health & Services

Workshop Faculty

Julie Cantwell, R.N., BSN, CDE
Certified Diabetes Educator
Swedish/Edmonds Diabetes Education Program

Megan Ellison, MS, RD, CD
Outpatient Dietitian
Swedish/Edmonds Diabetes Education Program

Karen R. Harris, R.N., MSN, CDE
Diabetes Nurse Educator
Swedish/Edmonds Diabetes Education Program

Thomas Kowalski, R.N., MS, CDE
Certified Diabetes Educator
Swedish Diabetes Education Center

Kathleen Magee, R.N., BSN, CDE
Certified Diabetes Educator
Swedish Medical Center

Christina R. Peito, R.N., CDE
Certified Diabetes Educator
Swedish Maternal Fetal Medicine
Swedish Medical Center

Sandy Sinnes, R.N., BSN, CDE
Certified Diabetes Educator
Swedish Diabetics Education Center

Planning Committee

Fran E. Broyles, M.D., Course Chair
Paul Anderson, RPh
Ann Fittante, MS, RD, CDE
Karen R. Harris, R.N., MSN, CDE
Mark A. Johnson, M.D.
Jeanine Keefe, R.N., MSN
Kathleen Magee, R.N., BSN, CDE
Ann Moore, R.N., MS, CMSRN
Jessica Martinson, MS, CME Manager
JoLynn Richmonst, Administrator, Diabetes Education
Sandy Sinnes, R.N., BSN, CDE
Danielle Westley, CME Specialist
Registration Information:
Preregistration is required as space is limited. Participants who register by the “Advance Registration” deadline will receive a confirmation postcard after Monday, Nov. 4, 2013. Registrations will only be processed when accompanied by full payment.

Cancellation:
To receive a refund, notice of cancellation must be received no later than Friday, Nov. 8, 2013.

If using the registration form, please mail or fax it to:
Continuing Medical Education
Swedish Medical Center
747 Broadway
Seattle, WA 98122
Fax: 206-320-7462

Please note: No registrations are accepted by phone or e-mail. If you have special needs, please contact the CME office at 206-386-2755.

Save time – register online!
www.swedish.org/cme

Diabetes Management Update 2013
Friday, November 15, 2013
Please print or type information

NAME

TITLE/CREDENTIALS

ADDRESS

CITY/STATE/ZIP

PHONE

FAX

E-MAIL

EMERGENCY CONTACT NAME AND PHONE NUMBER

SPECIALTY

Registration Fees: Please check one of the following:

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Advance Registration</th>
<th>After Nov. 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>M.D. or D.O.</td>
<td>$250</td>
<td>$280</td>
</tr>
<tr>
<td>Allied Health Professional</td>
<td>$125</td>
<td>$155</td>
</tr>
<tr>
<td>Medical Student</td>
<td>$25</td>
<td>$55</td>
</tr>
<tr>
<td>Residents and Fellows</td>
<td>$25</td>
<td>$55</td>
</tr>
</tbody>
</table>

Payment:
☐ Check enclosed, payable to: Swedish CME
☐ Swedish Interdepartmental Transfer Request enclosed or faxed to 206-320-7462
☐ Credit card #
☐ VISA ☐ MasterCard ☐ Discover ☐ AMEX

Signature ___________________________ Expiration date ___________________