

## LEARNING OBJECTIVES:

### State of the State: Progress Check On Self-Management Support in VT

1. Describe how VDH and Blueprint for Health are providing support for self-management of Diabetes
2. Identify the role of the CDE's and how DSME fits into Blueprint Integrated pilots within a hospital service area

### Delivering Dynamic Diabetes Education:

#### Facilitating Behavior Change

1. Describe the four adult learning styles
2. Assess an individual to determine their DISC behavioral style
3. Describe three methods for moving a patient from planning to taking action

### Diabetes and Inflammation: Inflammatory Effects of Food and Chemicals

1. Identify strategies to reduce inflammation through healthy eating and reduce complications in diabetes
2. Discuss the mechanisms behind dietary causes of inflammation

### Counseling Outside Your Comfort Zone? CAM Therapy

1. List three areas of concern surrounding CAM therapy in diabetes
2. Discuss one method for evaluating current research on therapies
3. List three tips for counseling the CAM patient

### Finding Success in a Community Care Clinic: A Nurse's Story

1. Describe strategies to improve diabetes care and access for underserved populations
2. Describe how to improve access to affordable resources, health promotion, education and disease prevention for those without insurance and the means to patients

### Foot Health and Healing: The 95% Solution

1. Describe the causal pathway for foot ulceration/amputation
2. Identify specific actions patients can take to disrupt the pathway
3. Identify barriers to self-care (mental and physical) and how to address them

### The Glycemic Index in Diabetes Self Management :

#### An Application and Implementation Workshop

1. Distinguish the difference between the concepts of Glycemic Index and Glycemic Load
2. Identify the major physical and chemical factors that affect carbohydrate metabolism
3. Provide specific low GI product information to patients/colleagues within the context of meal/snack planning

## Continuing Education Credits for this Educational Program:

The Nursing Education Department at CVMC is an approved provider of continuing nursing education by the Vermont State Nurses' Association, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

RN's and RD's — This program is acceptable for 6 contact hours of Continuing Ed. Credits

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*This program is targeted to Dietitians, Nurses, Nurse Practitioners, Pharmacists, and Blueprint for Health Partners.*



# Activating and Engaging Our Patients

Strategies for Success

**Friday,  
Sept. 10, 2010**

**Capitol Plaza Hotel &  
Conference Center**  
802-223-5252  
100 State Street  
Montpelier, Vermont

- \* Contact Capitol Plaza for special room rates
- \* Please register early for easier planning
- \* Walk-Ins can attend at a higher registration fee
- \* No partial credit. All sessions must be attended to get full continuing education credit

## Registration Form

Friday, Sept.10, 2010 program:

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<b>Members</b>	<b>Nonmembers</b>	<b>Students</b>
<b>\$80</b>	<b>\$90</b>	<b>\$25</b>

### Late Registration:

**\$100 members and non-members  
after deadline September 1, 2010**

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**Please make checks payable to:  
VTADE and mail to:**

Nancy McCullough, RN, CDE  
PO Box 115  
Hartland, VT 05048

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Name:

Street:

City:

State:

Zip Code:

Telephone:

Email:

## Presenters

**Patti Geil, MS, RD, FADA, CDE** is a registered dietitian, author and Certified Diabetes Educator. She has over 30 years of experience in DSME in a variety of settings from Pediatrics to Nutrition Research. She has authored 11 books.

**Johanna Burani, MS, RD, CDE** is an RD, nutrition consultant, author and researcher specializing in diabetes education and individually designed healthful meal plans based on low glycemic index food choices.

**Gita Patel, MS, RD, CDE LD** partners with individuals and organizations that need the science of nutrition translated into a healthy vegetarian lifestyle. She has spoken to the American Diabetes Association, FNCE for ADA, American Association of Diabetes Educators, various State Dietetic Associations and the National MS Society.

**John Connolly, DPM** is adjunct professor at Dartmouth Medical School. He has authored several peer-reviewed publications related to diagnosis and care of the diabetic foot. He is co-founder of the VAMC High Risk Foot program and is a clinical podiatrist in the Podiatry Clinic at VAMC.

**Mark Detzer, Ph.D** is a clinical health psychologist at the VA Medical Center in WRJ, VT. He is adjunct faculty at Dartmouth Medical School and Dartmouth College Department of Psychological and Brain Sciences where he teaches Health Psychology and The Science of Positive Psychology. Dr. Detzer completed his doctorate at the University of Vermont and a postdoctoral clinical and research fellowship in Behavioral Medicine in the Dept. of Psychiatry at Stanford University Medical Center.

**Robin Edelman, MS, RD, CDE** is a registered dietitian and a certified diabetes educator. For the past seven years she has been the Diabetes Program Administrator at the Vermont Department of Health. Prior to working in the diabetes program, Robin was the clinical nutrition manager and a dietitian at FAHC for 17 years.

**Ceil Furlong, RN** is the Nurse Case Manager of the Good Neighbor Free Clinic in WRJ, VT. She is responsible for case management, health promotion, prevention of illness, and disease management for low income, uninsured patients. Ceil serves on the VT Program for Quality Health Care Board.

## The Program At a Glance: Friday, Sept. 10th

**7:30-8:00 am** *Registration*

**8:00-8:15 am** *The State of the State*  
Robin Edelman, MS, RD, CDE

**8:15-9:15 am** *Delivering Dynamic Diabetes Education: Facilitating Behavior Change*  
Patti Geil, MS, RD, FADA, CDE

**9:15-10:15 am** *Diabetes and Inflammation: Inflammatory Effects of Foods and Chemicals*  
Gita Patel, MS, RD, CDE

**10:15-10:45 am** *Exhibits, Networking, and Silent Auction*

**10:45-11:45 am** *Counseling Outside Your Comfort Zone? Working with Patients Who Use CAM therapy*  
Patti Geil, MS, RD, FADA, CDE

**11:45 am-12:30 pm** *Lunch, Networking, Exhibits, and Silent Auction*

**12:30-1:45 pm** *Foot Health and Healing: The 95% Solution*

Dr. John Connolly and Mark Detzer, Ph.D.

**1:45-2:45 pm** *Finding Success in a Community Care Clinic: A Nurse's Story*  
Ceil Furlong, RN

**2:45-4:00 pm** *The Glycemic Index in Diabetes Self-Management: An Application and Implementation Workshop*  
Johanna Burani, MS, RD, CDE, LD

*Don't forget to bring your checkbooks for the SILENT AUCTION. Lots of fun and useful items!*