

TUESDAY, May 25

Dietitian Category Agenda

Room: TBA

7:45 am - 8:00 am **Welcome and Introductory Remarks**

8:00 am - 9:00 am **Leadership development and the promotion process**
CAPT April Shaw, MPH, RD, CDE, USPHS

This session will show how to enhance your leadership and potential for promotion. The presenter will look at the current promotion process and tips to enhance opportunities for promotion.

At the end of the session, participants will be able to:

1. Describe the U.S. Public Health Service promotion process.
2. Identify 3 documents the board will review.
3. Describe how the category benchmarks are used in the promotion process.

9:00 am - 10:00 am **Cancer and the use of Complementary Alternative Medicine (CAM)**
LT Katherine L. Vogel, MS, RD, USN

The presentation will review commonly used supplementations that have both positive and negative effect on patients with cancer. Providers still have little knowledge on the subject of supplementation. More research is being done, but understanding what is evidenced based (EBM) and what is likely paid for by the distributor can be tricky. The presenter will provide up-to-date information and resources that can be easily interpreted to provide the most accurate data to a patient in counseling session.

At the end of the session, participants will be able to:

1. Identify commonly used CAM.
2. Summarize safety and efficacy issues related to CAM.
3. Locate EBM resources for evaluating CAM.

10:00 am - 10:15 am **BREAK**

10:15 am - 10:45 am **Expanding nutrition services through the use of telehealth: Part 1**
LCDR Diane Phillips, RD, LD, CDE, USPHS

This session will examine a telenutrition program created by the Indian Health Service in order to meet increasing needs of

patients coupled with a growing shortage of rural health professionals. The telenutrition program provides medical nutrition therapy (MNT) sessions conducted in real-time as one-on-one individual sessions, as well as, group sessions. In addition, the program is providing on-going group educational training sessions for para-professionals. This integration of technology with MNT empowers patient self-care management and facilitates continuous, uninterrupted nutrition services in rural health professional shortage areas.

At the end of the session, participants will be able to:

1. Define telehealth and differentiate the modalities for providing telehealth services.
2. Describe the model for providing telehealth nutrition services utilized by the Indian Health Service Care System.
3. Explain the video conference equipment needs and equipment operation to provide these services

10:45 am - 11:45 am **Nutrition assessment: A clinical approach and process**

Kerry Stone MS, RD, CNCS

This session will look at a clinical approach to nutrition assessment. The identification of nutritional status is based on characteristics which illustrate increased risk of disease complications by lack of or inappropriate nutritional intake. Malnutrition leads to a succession of metabolic abnormalities, physiological changes, reduced organ and tissue function and loss of lean body mass. Nutritional status has been traditionally defined by body composition, biochemical, clinical and dietary intake studies. Measurements can include anthropometric, a nutrition-focused physical exam and functional status. A brief nutrition screen can lead to an in-depth nutrition assessment where a nutrition care plan can be developed reflecting the completed evaluation. The pros and cons of the most commonly used predictive equations for energy and protein needs as well as methods to directly estimate metabolic rate and body composition will be reviewed.

At the end of the session, participants will be able to:

1. Identify the components of a nutrition screen and a nutrition assessment and list the various methods that are available to perform these surveys.
2. Identify clinical assessment measurements used to determine nutritional status.
3. Describe available methods of assessing energy and protein needs in adults.

11:45 am - 12:30 pm **BREAK**

12:30 pm - 2:00 pm **LUNCH**

2:00 pm - 3:00 pm **Food as medicine**
Andrea Ogden, RD

This session will examine the interaction between nutrition and inflammation.

At the end of the session, participants will be able to:

1. Describe the relationship between inflammation and food.
2. Summarize the phytonutrients and food characteristics that have an influence on the body's ability to fight disease and manage symptoms.
3. Acquire simplified language to effectively educate patients on the power of food in the disease management process.

3:00 pm - 3:15 pm **BREAK**

3:15 pm - 4:15 pm **Nutrition and athletic performance**
Karen Freeman, MS,RD,CSSD

This session will look at the science and art of understanding and communicating sports nutrition guidelines and their nuances that support enhancement of health and athletic performance. Medical research acknowledges that what we eat may affect health outcomes over time. Sports nutrition is one of a few select areas of in the study of nutrition, whereby what you eat and how you feel and perform, can be felt by the participant and be measured in a defined time period. In this presentation we will review the current nutrition and athletic performance guidelines set forth by the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine. The food and fluid choices and the timing of their consumption, as well as supplement use, as a means to optimize health and exercise performance will be reviewed. The nutrition guidelines with the highest evidence-based analysis will be emphasized.

At the end of the session, participants will be able to:

1. Calculate the carbohydrate and protein needs for gender and sport-specific athletes.
2. Define the recommended fluid guidelines for before, during and after exercise.
3. Calculate and define an optimal exercise recovery diet.

4:15 pm - 4:45 pm

Expanding nutrition services through the use of telehealth: Part 2

LCDR Diane Phillips, RD, LD, CDE, USPHS

This presentation will continue the morning session's look at the Indian Health Service's telenutrition program. The presenter will explore how, with a small investment of as little as \$10,000, an organization could provide the needed equipment to implement such a program. The use of medical nutrition therapy (MNT) via video conferencing integrates technology to empower patient self-care management, provides access to care in underserved and understaffed areas, and provides opportunities for staff training, coverage, and reduction in travel costs. Ultimately, leading to an overall reduction in healthcare costs.

At the end of the session, participants will be able to:

1. Explain the opportunities for staff training, coverage and reduction in travel costs.
2. Define the impact on healthcare costs.
3. Explain the video conference equipment needs and equipment operation to provide these services

4:45 pm - 5:15 pm

Closing Remarks