

**DIABETES MANAGEMENT AND TEACHING STRATEGIES: BEYOND THE BASICS**

**Thursday, March 27, 2008**

**8:00 – 8:30 a.m.**  
Registration and Exhibits

**8:30-9:30 a.m.**  
Physical Activity and Diabetes: Staying Active is the BEST Medicine!  
*Donna Tall Bear, M.S., C.H.E.S.*  
Visiting Instructor, Department of Health and Exercise Science  
University of Oklahoma  
Norman, Oklahoma

**9:30 – 10:30 a.m.**  
Coaching Your Patients to Better Diabetes Self-Management  
*Donna Tall Bear, M.S., C.H.E.S.*

**10:30 -11:00 a.m.**  
Break and Exhibits

**11:00 - 12 noon**  
Double Diabetes: the New Medical Conundrum  
*Ryan Brown, M.D., F.A.A.P.*  
Assistant Clinical Professor, Department of Pediatrics  
Section of Endocrinology and Diabetes  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

**12 noon – 1 p.m.**  
Lunch and Exhibits

**1:00 – 2:00 p.m.**  
Troubleshooting Insulin Pumps in the Hospital Setting  
*Sharon Stegman, A.R.N.P., M.S., C.D.E.*  
Manager of Clinical Services, Animas Corporation  
Edmond, Oklahoma

**2:00 – 3:00 p.m.**  
New Recommendations for the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity  
*Michelle Dennison-Farris, M.S., R.D., L.D., B.C.-A.D.M., C.D.E.*  
Diabetes Clinician, Oklahoma Diabetes Center  
Oklahoma City, Oklahoma

**3:00 – 3:30 p.m.**  
Break and Exhibits

**3:30 – 4:30 p.m.**  
Healthy Eating Strategies for Low Income Families  
*Stephanie Fink, R.D., L.D.*  
Diabetes Clinician  
Tulsa, Oklahoma

**4:30 – 4:45 p.m.**  
Closing and Evaluation

**DIABETES MANAGEMENT AND TEACHING STRATEGIES: BEYOND THE BASICS**

**Friday, March 28, 2008**

**8:00 – 8:30 a.m.**  
Registration

**8:30 – 9:30 a.m.**  
Diabetes and Pregnancy – Strategies for Success  
*Mary E. Steward, A.R.N.P., M.P.H., M.S., C.D.E.*  
Assistant Professor, Department of Internal Medicine  
Clinician, Oklahoma Diabetes Center  
University of Oklahoma College of Medicine  
Tulsa, Oklahoma

**9:30 – 10:30 a.m.**  
Incretin Based Therapies: Leveraging the GLP-1 Hormone in Clinical Practice  
*Carla Nikkel, R.D., L.D., C.D.E.*  
Medical Science Liaison, Medical Affairs  
Amylin Pharmaceuticals, Inc.  
Edmond, Oklahoma

**10:30 – 10:45 a.m.**  
Break

**10:45 – 11:45 a.m.**  
Successful Strategies for Working with Children and Families  
Speaker TBD

**11:45 a.m. – 12:30 p.m.**  
Lunch

**12:30 – 1:30 p.m.**  
Type 2 Diabetes and Blood Glucose Monitoring: Is the vote in yet?  
*Cheryl Meyer, R.N., C.D.E.*  
Diabetes Clinician, Insulin Pump Coordinator  
Oklahoma Diabetes Center, OU College of Medicine  
Oklahoma City, Oklahoma

**1:30 – 2:30 p.m.**  
Motivation Methods for Health Behavior Change  
*Darryl Tonemah, Ph.D., M.Ed.*  
Associate Director for Administration  
Oklahoma Diabetes Center, OU College of Medicine  
Oklahoma City, Oklahoma

**2:30 p.m. – 2:45 p.m.**  
Closing, Evaluation, Snacks to Go



**Harold Hamm**  
**Oklahoma Diabetes Center.**  
THE UNIVERSITY OF OKLAHOMA

920 Stanton L. Young Blvd., WP 1345 • Oklahoma City, OK 73104-5020

**DIABETES MANAGEMENT AND TEACHING STRATEGIES 2008**

# BEYOND THE BASICS

**March 27-28, 2008**

**Renaissance Hotel & Convention Center  
Tulsa**

Sponsored by:

Chickasaw Nation

Oklahoma Health Care Authority

Oklahoma State Department of Health

University of Oklahoma OUTREACH

University of Oklahoma College of Medicine



**DIABETES MANAGEMENT AND TEACHING STRATEGIES 2008**

# BEYOND THE BASICS

## WHO SHOULD ATTEND?

This program is intended for any health professional who wishes to enhance his/her knowledge of diabetes.

## LEARNING OBJECTIVES:

Upon completion of this activity, the participant will be able to:

- Describe the physiological mechanisms of how various physical activities impact diabetes management.
- Design and prescribe physical activity and exercise regimens for a variety of patients.
- Describe health coaching as a successful method of improving patient compliance to self-care protocols.
- Demonstrate basic health coaching techniques that can be easily used in the clinical setting.
- Define and diagnose diabetes.
- Describe the similarities and differences of Type 1 and Type 2 diabetes.
- Explain the latest therapeutic modalities for Type 1, 2 and double diabetes.
- Explain the basic concepts of insulin pump therapy.
- List special considerations in managing a hospitalized patient utilizing insulin pump therapy.
- List causes and treatment goals of hyperglycemia and hypoglycemia in the acutely ill patient utilizing insulin pump therapy.
- Identify two important considerations in documentation while caring for a hospitalized patient utilizing insulin pump therapy.
- Identify two changes in child and adolescent overweight and obesity treatment and assessment.
- Identify one recommendation for the prevention of child and adolescent overweight and obesity.
- Identify eating patterns often associated with low income families.
- Identify three barriers encountered by the low income family shopping for healthy items while staying within a strict budget.
- Identify two challenges to successful diabetes management in the woman with preexisting diabetes complicating pregnancy.
- Describe two risks for infants of mothers with diabetes.
- Discuss two lifestyle recommendations for risk reduction of future Type 2 diabetes in gestational pregnancies.
- Describe incretin physiology in healthy individuals and in patients with Type 2 diabetes.
- Explain the mechanistic differences between incretin mimetics, GLP-1 analogues and the inhibition of the DPP-4 enzyme.
- List the current medications available for leveraging the GLP-1 hormone and implementation in patients with diabetes.
- Describe the current issue being debated regarding the efficacy of blood glucose monitoring in Type 2 diabetes.
- Explain the patient-centered behavioral control system required to make blood glucose monitoring an effective diabetes management tool.
- Explain the uses for motivational interviewing and stages of change in health behavior change.
- Describe cognitive psychology and its uses in health behavior change.
- Identify two ways in which the demands of diabetes management disrupt the developmental tasks of a child.
- Describe two strategies to assist a parent who is having difficulty allowing their child with diabetes to take an active role in his/her care.
- Describe two strategies to assist a child or adolescent in taking a more active role in his/her care.

## PROGRAM PLANNING COMMITTEE

**Sharon Buckley, R.N., C.D.E.**  
Program Director, Oklahoma Diabetes Center  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

**Michelle Dennison-Farris, M.S., R.D. /L.D., B.C.-A.D.M., C.D.E.**  
Diabetes Clinician, Oklahoma Diabetes Center  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

**Cheryl Meyer, R.N., C.D.E.**  
Diabetes Clinician, Oklahoma Diabetes Center  
University of Oklahoma College of Medicine  
Oklahoma City, Oklahoma

The mission of the University of Oklahoma is to provide the best possible educational experience for our students through excellence in teaching, research and creative activity, and service to the state and society.

The mission of the Oklahoma Diabetes Center is to promote clinical and basic sciences research related to diabetes and its complications, education of the public and professionals in all matters related to diabetes, including diabetes prevention, and optimal diabetes care for the people of Oklahoma.

This publication, printed by OU Printing Services, is issued by the University of Oklahoma. 8,000 copies have been prepared and distributed at no cost to the taxpayers of the State of Oklahoma.

*The University of Oklahoma is an equal opportunity institution.*

## AMERICANS WITH DISABILITIES ACT

The University of Oklahoma Health Sciences Center fully complies with the legal requirements of the ADA and the rules and regulations thereof. Please notify us if you have any special needs.

For accommodations on the basis of disability, call Sharon at (405) 271-2814.

## FOR ADDITIONAL INFORMATION CONTACT

Sharon Buckley, R.N., C.D.E.  
PHONE: (405) 271-2814  
FAX: (405) 271-7522  
E-MAIL: sharon-buckley@ouhsc.edu

## NURSING CONTINUING EDUCATION

This nursing continuing education activity, approval # 0612-026PR, is approved for 6.2 contact hours (day one) and 5.2 contact hours (day two). Lowcountry AHEC is an approved provider of continuing nursing education by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## DIETITIAN CONTINUING EDUCATION

Continuing education for registered dietitians has been requested and approval is pending.

## AWARDING CREDIT FOR PHARMACISTS

Continuing education has been requested from the Oklahoma State Board of Pharmacy and approval is pending.

## PROGRAM LOCATION

The conference is located in the Renaissance Tulsa Hotel & Convention Center. Please make your reservations directly with the hotel. Their standard rates apply. Other lodging is located nearby. You may visit <http://visittulsa.com/> for alternatives.

Renaissance Tulsa Hotel & Convention Center  
6808 South 107th East Avenue  
Tulsa, OK 74133-2587  
(918) 495-1000

Holiday Inn Express Tulsa – Woodland Hills  
9020 E. 71st Street  
Tulsa, OK 74133-3121  
(800) 465-4329

Fairfield Inn – Woodland Hills  
9020 E. 71st Street  
Tulsa, OK 74133-3121  
(918) 252-7754

*It is difficult to provide a classroom temperature that is comfortable for everyone; please bring a jacket or sweater.*

**VISIT OUR WEB SITE TO REGISTER ON LINE**  
[www.oklahomadiabetescenter.com](http://www.oklahomadiabetescenter.com)

## REGISTRATION FORM

**DIABETES MANAGEMENT AND TEACHING STRATEGIES 2008: Beyond the Basics**  
521-0051-803

**MAIL OR FAX REGISTRATION TO:**  
University of Oklahoma OUTREACH  
1700 Asp Avenue, Room B1  
Norman, OK 73072-6400  
Phone: (405) 325-1022 Fax: (405) 325-7273

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LAST NAME FIRST NAME

DISCIPLINE:  NURSING  NUTRITION  PHARMACY  PHYSICIAN  PA

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PLACE OF EMPLOYMENT

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PARTICIPANT MAILING ADDRESS

-----  
CITY STATE ZIP

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DAYTIME PHONE E-MAIL

## REGISTRATION FEE:

The registration fee for this program is \$150.

The registration fee includes refreshments, lunches and a syllabus.

## METHOD OF PAYMENT – PLEASE CHECK ONE:

- Check or money order made payable to **The University of Oklahoma**  
 Purchase Order attached. P.O. # \_\_\_\_\_  
 Please charge fee(s) to my credit card:

AMERICAN EXPRESS  VISA  MASTERCARD  DISCOVER

CARD # \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

SIGNATURE OF CARDHOLDER \_\_\_\_\_

**CANCELLATION POLICY** - No refund will be made for this course.