

GOALS

To bring knowledge and a positive focus with renewed energy to diabetes education and treatment. Our mission is to provide diabetes educators with an opportunity for learning, networking, information sharing and partnership building.



OBJECTIVES

- ... Explore current and future trends in diabetes education and management.
- ... Identify methods of translating diabetes research into clinical practice.
- ... Integrate new ideas and technologies into diabetes education and practice.

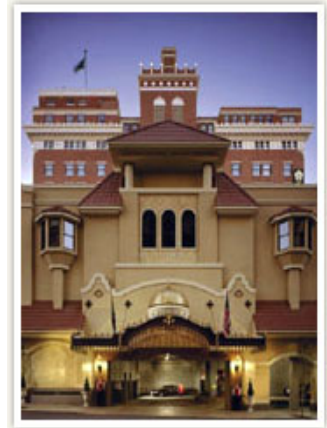
TARGET AUDIENCE

Diabetes Educators and other health professionals interested in diabetes education.

ACCOMMODATIONS

Held at the Historical Davenport Hotel & Towers in Spokane WA

Hotel Reservations are currently available by calling the Davenport toll free number, 1-800-899-1482. Ask for the WADE Special Meeting Discount.



EDUCATIONAL SHARING SESSION

During the research and educational sharing session, diabetes educators present posters and displays that disseminate information about teaching tools, research projects, educational materials, or innovative programs.

To register your display email Laura Wintersteen-Arleth, MN, RN, CDE lwintersteen@wsu.edu

"Register early because space is limited. Deadline is April 1st. Participants in the sharing session will receive a \$25 rebate of their fees at the conference.

SCHOLARSHIPS

Two conference scholarships will be awarded to educators who would otherwise not be able to attend due to financial constraints. To apply, E mail Caroline Hudders MS RN caroline_hudders@hotmail.com

By April 1st. Please include a description of the population you serve.

PLANNING COMMITTEE

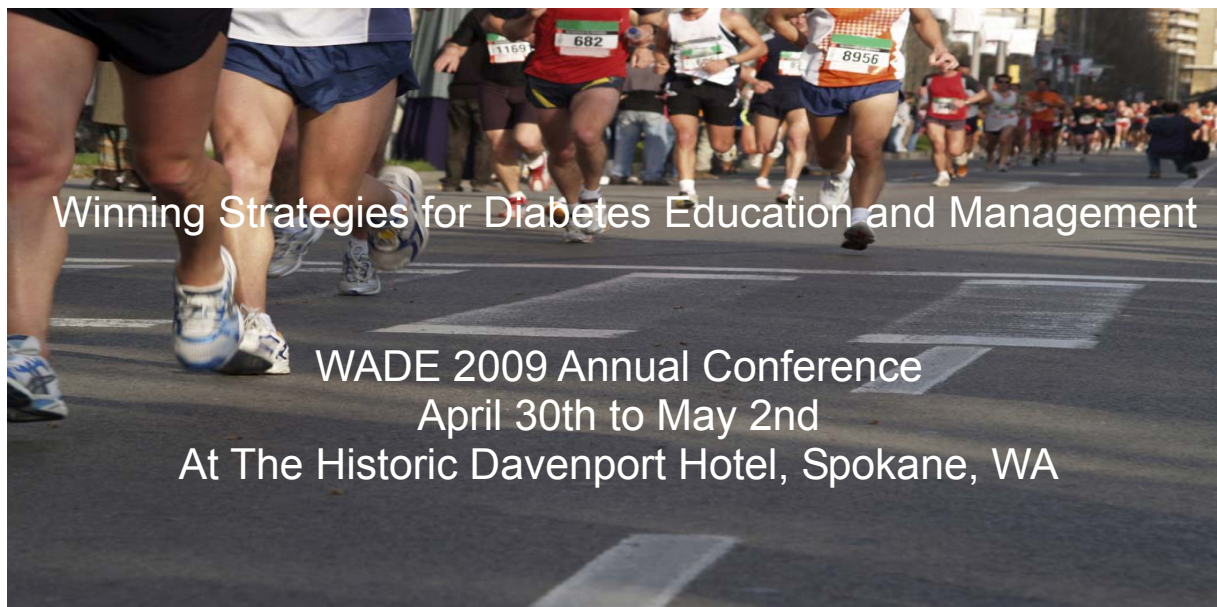
Jane Tiedt, PhD (c), RN, CDE, Chairperson

Patricia Haldi, MN, CRRN, CDE; **Ron Kammer**, RN, CDE; **Dave Cook**, BSN, RN, CDE; **Cindy Corbett**, PhD, RN; **Cindy Peterson**, BSN, CDE, CMSRN; **Laurie Payne**, MS, RD, CDE; **Laura Wintersteen-Arleth**, MN, RN, CDE; **Eileen Paul**, RD, CDE; **Kathy Vande Hei**, BSN, RN, CDE; **Stephen Setter**, PharmD, CDE, GGP
Judy Lundquist, BSN, RN, CDE, **Deborah Belknap**, RN, CDE

WADE Annual Conference
Eileen Paul, RD, CDE
5730 25th Ave NE
Seattle Washington 98105-2417

WADE

Washington Association of Diabetes Educators



Winning Strategies for Diabetes Education and Management

WADE 2009 Annual Conference
April 30th to May 2nd
At The Historic Davenport Hotel, Spokane, WA

2009 WADE ANNUAL CONFERENCE PROGRAM

Thursday, April 30th

12:00 P.M. – 3:00 P.M. Pre-Conference Session *Integrating Tobacco Cessation with Diabetes Education and Self-management*

This session will include a free buffet lunch and those not attending any of the other days of this conference are welcome. There will be no extra charge for this session.

Jeanne Harmon RD, MBA, CDE and Juliet Thompson from the Washington State Department of Health will:

- ... Identify the latest research connections between tobacco use, diabetes and pre-diabetes.
- ... Describe how to assess and intervene with patients who use tobacco using the 2A's and an R method.
- ... Examine ideas on how to integrate tobacco cessation into your diabetes education practice.
- ... Identify resources available for you and your patients.

7:00 PM – 9:00 P.M. Wine Reception at the Barrister Winery, 1213 W Railroad Avenue (a short walk from the Davenport)

Friday, May 1st

7:00 A.M. – 8:00 A.M. Registration and vendor time

8:00 A.M. - 8:15 A.M. Welcome & Introductions

8:15 A.M. - 9:45 A.M. *An Unbeatable Introduction to Genetics and Diabetes*

Ms. Linda Ward, ARNP will:

- ... Differentiate between genetics and genomics.
- ... Describe the relationship between genetics, the environment and diabetes.
- ... Discuss the implications for treatment of diabetes.

10:30 A.M. -12:00 P.M. *Who will win the Sweetener Race? The pros and cons of sucrose, high fructose corn syrup, sugar alcohols, Nutrasweet, Splenda, Agave Nectar and Truvia*

Ms. Cindy Brinn, MPH, RD, CDE, BC-ADM will:

- ... Compare and contrast different artificial sweeteners.
- ... Explore different types of natural sugar substitutes on the market.
- ... Discuss controversies around high fructose corn syrup.
- ... Examine the politics of artificial sweeteners and sugar substitutes.
- ... Discuss the implications for practice.

12:00 P.M. – 1:30 P.M. Business meeting luncheon & break with vendors

1:30 P.M. – 3:00 P.M. *The Agony of the Feet – The latest treatments for peripheral neuropathy*

Dr. Stephen Setter, PharmD, CDE, CGP, FASCP will:

- ... Define and differentiate between different types of neuropathies
- ... Discuss the pathophysiology of peripheral neuropathy
- ... Identify methods of assessing peripheral neuropathy
- ... Explore pharmacological and alternative therapies used to treat painful diabetic peripheral neuropathy



Friday, May 1st (continued)

3:00 P.M. – 3:30 P.M. Break with Vendors

3:30 P.M. – 4:45 P.M. *Let's Get Physical: Winning over the exercise resistor*

Tina Geithner, PhD, FACSM, ACSM-H/FS will:

- ... Describe barriers and motivating factors to physical activity.
- ... Discuss recommendations for starting an exercise program.
- ... Identify the pros and cons of different exercise programs.
- ... Examine precautions and concerns for individuals with when starting an exercise program.



6:00 P.M. – 8:00 P.M. Awards dinner and program

Saturday, May 2nd

Two Breakfast Breakout Session Options:

7:00 A.M. – 9:00 A.M. Option A

A Walk through the Diabetes Conversation Map Program

Sponsored by Merck, Ms. Judy Fry, RN, CDE will:

- ... Present an overview of conversation maps
- ... Review conversation map process
- ... Discuss how to facilitate conversation map session
- ... Describe how to integrate conversation map into your practice



You must register for this separately at

<http://healthyinteractions.com> After accessing the site, click on the link "VIEW/REGISTER": select the session for Spokane, on May 2nd from 7-9 AM. Please note that this session is not eligible for CE credits. Space is limited to 40 participants.

8:00 A.M. - 9:00 A.M *Continuous Glucose Monitoring* sponsored by Dexcom

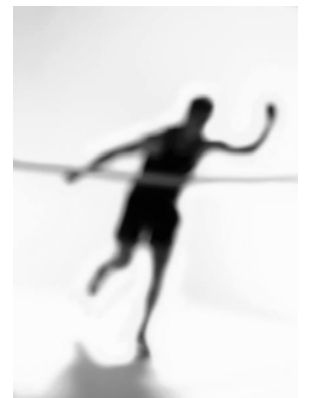
Mr. Tomas Walker MSN, APN, CDE, BC-ADM will:

- ... Review clinical outcomes of CGM
- ... Discuss patient selection for CGM
- ... Review case studies on MDI, CSII, and Symlin patients on CGM
- ... Review CGM technologies available
- ... Describe insurance coverage updates

9:00 A.M. – 10:30 A.M. *Tracking Issues and Trends in Diabetology* Sponsored by Eli-Lilly

Eden Miller D.O. will:

- ... Review the current clinical trials in diabetes
- ... Describe how to application research into clinical practice
- ... Discuss importance and strategies for inpatient management
- ... Identify future trends in diabetes practice (meds, devices, standards of care)



Saturday, May 2nd (Continued)

10:30 A.M. – 11:00 A.M. Break with vendors

11:00 A.M. - 12:30 P.M. *Training Tips for Insulin Pumps & Intensive Insulin Management* Sponsored by Cozmore.

John Walsh, PA, CDE & Ruth Roberts, MA will:

- ... Compare and contrast different kinds of insulin pumps.
- ... Describe how to integrate pumps with intensive insulin management.
- ... Identify strategies on how to use insulin pumps to their best advantage.
- ... Examine upcoming advancements on insulin pump therapy.

12:30 P.M. – 1:00 P.M. Closing Ceremony



Bloomsday Run

Start time: 9 AM
 Distance: 12K (7.46 miles)
 Fees: \$15 plus \$1.49 online processing fee through April 19th.
 \$30 plus \$2.99 online processing fee April 20-26.
ONLINE REGISTRATION FOR BLOOMSDAY '09
<http://www.bloomsdayrun.org/RegOnline.htm>

**Sunday
May 3rd**

Join WADE members for the Lilac

Speakers

Christina Geithner, PhD, FACSM, ACSM H-FS Professor, Gonzaga University Department of Exercise Science

Tomas Walker, MSN, APN, CDE, BC-ADM Desert Endocrinology Henderson, NV

Eden Miller, DO
Family Practice / Diabetologist
High Lakes Health Care
Sisters, OR

Linda Ward, ARNP
Clinical Assistant Professor
Washington State University
College of Nursing

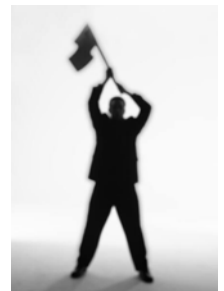
Stephen Setter, PharmD, CDE, CGP
Associate Professor
Washington State University
College of Pharmacy

Cindy Brinn, MPH, RD, CDE, BC-ADM Nutrition and Diabetes Program Coordinator St. Joseph Hospital - Bellingham

John Walsh, PA, CDE & Ruth Roberts, MA Co-Authors of Pumping Insulin and Using Insulin. The Diabetes Mall San Diego, CA

Jeanne Harmon RD, MBA, CDE Diabetes Prevention and Control Program Washington State Department of Health

Juliet Thompson
Coordinator for the Tobacco Prevention and Control Program
Washington State Dept. of Health



REGISTRATION

Online registration with a credit card or PayPal go to www.WADEpage.org

By Mail: make check payable to WADE and send with completed registration form to:

Eileen Paul, RD, CDE
5730 25th Ave NE
Seattle Washington 98105-2417

To receive a confirmation or receipt by mail, include a self-addressed, stamped envelope. Fee includes meals during conference, awards dinner, entertainment and syllabus.

Name w/credentials _____

Address _____

City, State, Zip Code _____

Organization _____

Email _____ Telephone _____

Preconference Program Thursday [] Planning to attend the FREE program Integrating Tobacco Cessation with Diabetes Education and Self-management (space is limited to 125 participants)

Full Conference (Friday & Saturday) [] WADE members = \$175 AADE # _____
[] Associate /Corporate = \$185 [] Nonmembers = \$195

Single Day: [] Friday only - \$135 [] Saturday only - \$65

Late fee: [] (if registration is after April 1st - \$25 Registration deadline is March 31st. Cancellations received by April 15th the registration fee (less \$25) will be refunded. No refunds after April 15th.

Friday Night Awards Dinner (Included in registration fee for Friday attendees) [] will attend [] will not attend [] prefer vegetarian
[] Additional dinner guest \$55 each # of Guest _____

Saturday Breakfast (select one): [] Option A (have register at <http://healthyinteractions.com>) [] Option B Continuous Glucose Monitoring

TOTAL Enclosed: \$ _____