

***Oklahoma Roots: Building a Stronger Nutrition Foundation***  
**2010 ODA Spring Convention**  
**Tulsa, OK**

**Thursday, March 25**

**8:20 – 8:30 am**

*Welcome*

**Kalli Castille, MS, RD, CSO, LD**

**8:30 – 9:30 am**

*Wound Care Solutions: EPUAP/NPUAP 2009 Nutrition Prevention and Treatment Guidelines*

**Mary Ellen Posthauer, RD, CD, LD**, President of MEP Healthcare Dietary Services

Sponsored by Abbott Nutrition

Objectives:

1. Understand how evidenced based clinical guidelines support clinician and patient decisions about appropriate nutrition care for the treatment of pressure ulcers.
2. Identify the appropriate range of calories, protein, and fluid to promote wound healing and improve clinical outcomes
3. Incorporate Medical Nutrition Therapy(MNT) recommendations for pressure prevention and healing into practice
4. Define unavoidable pressure ulcers and understand the characteristics of patients who develop unavoidable pressure ulcers.

LNC: 2070, 3010, 5040, 5380

**9:40 – 10:55 am**

*Sarcopenia and Aging: Dietary and Exercise Countermeasures*

**Doug Paddon-Jones, PhD**, Associate Professor, Department of Physical Therapy, Allied Health Sciences and Department of Internal Medicine, Division of Endocrinology, and Director of Exercise Studies, General Clinical Research Center, The University of Texas Medical Branch

Objectives:

1. Evaluate and discuss the role of protein in optimal health, including muscle growth and maintenance.
2. Communicate the critical role of high-quality protein in Americans' lifestyles, including its role in preventing an emerging public health issue – sarcopenia to their clients and colleagues.

LNC: 2000, 4000, 9000

**11:05 am – 12:05 pm**

*Grading the Evidence on Childhood Nutrition*

**Debra K. Sullivan, PhD, RD**, Associate Professor, Department of Dietetics and Nutrition, University of Kansas Medical Center, Kansas City, KS

Sponsored by the Midwest Dairy Council and Dairy MAX

Objectives:

1. Define the common nutrition related problems in US children.
2. Identify nutrients that are commonly inadequate in children's diets.
3. Describe interventions to improve the nutrient intake of children.
4. Apply the knowledge learned in practice.

LNC: 3090, 4150, 5070, 5080, 5280

**12:05 – 1:35 pm**

**Lunch**

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**1:35 – 2:35 pm**

**Concurrent Session**

*An Update on Nutrition Support and a Look into the Future: Nutrigenomics*

**Carol Ireton-Jones, PhD, RD, LD, CNSD**, Nutrition Therapy Specialist/Consultant in Private Practice, Carrollton, TX

Sponsored by Coram Specialty Infusion, an Apria Healthcare Company

Objectives:

1. Describe the ASPEN and SCCM Guidelines for critical care nutrition
2. Identify the various nutrition assessment tools used in clinical practice
3. Define and discuss the various methods and equations nutrition requirements
4. Apply nutrition support in critical care and home care
5. Define nutrigenomics
6. Discuss how identifying and understanding nutrigenomics can be used to design better dietary regimens or novel treatments of certain diseases

LNC: 2100, 3010, 3100, 5030, 5170, 5440

**1:35 – 2:35 pm**

**Concurrent Session**

*The Biggest Loser Experience*

**Sean Algaier**, Contestant on NBC's *The Biggest Loser*, Glenpool, OK

Objectives:

1. Discover the details of a personal experience with The Biggest Loser show.
2. Understand how participants' health status is monitored.
3. Discuss how calorie needs are determined and met while participating in the program.
4. Understand a "typical" day at the Ranch.

LNC: 4060, 5370

**2:45 – 3:45 pm**

**Concurrent Session**

*Understanding the Metaphor of Disordered Eating*

**Chylene DeLarre, MEd, Licensed Professional Counselor**, Counselor in Private Practice, affiliate with the Disordered Eating Center of Central Oklahoma

Objectives:

1. Describe the continuum between disordered and healthy eating.
2. Describe cultural and individual metaphors concerning food.
3. Understand the complex interaction of food, emotions, culture, nurture, and self-negation.
4. Implement externalizing language when helping clients navigate their relationship with food.
5. Practice leading clients to an understanding of their own personal food metaphors.

LNC: 5200, 6010, 6020, 6070, 6080

**2:45 – 3:45 pm**

**Concurrent Session**

*Using Food as Medicine*

**Chef Kenneth Wagoner, CEC, CCA, and Kalli Castille, MS, RD, CSO, LD**, Cancer Treatment Centers of America, Tulsa, OK

Objectives:

1. Increase knowledge of whole food nutritional benefit and how it relates to cancer and other disease states.
2. Cooking techniques to preserve nutrition of food.
3. Discover the relationship between cancer, food, and nutrition.
4. Using the art of culinary and the science of nutrition to provide the best patient care to oncology patients.

LNC: 5150, 5420, 5430, 8060, 8130

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**3:55 – 4:55 pm**

**Concurrent Session**

*Taking Center Stage and How to Become a Dietitian in Business and Communications*

**Jill Parker, MS, RD, LD, SNS**, Corporate Dietitian, Advance Food Company, Enid, OK

Objectives:

1. Define the DPG Dietitian in Business and Communications
2. Identify the needed Nuts and Bolts – Skill Set
3. Identify Types of career paths
4. Identify 5 key action steps
5. Identify Resources

LNC: 1010

**3:55 – 4:55 pm**

**Concurrent Session**

*Assessment and Counseling of Adult Athletes*

**Sloan D. Taylor, MS, RD, CSSD, LD**, Clinical Dietitian, Saint Francis Hospital, Tulsa, OK; Adjunct Professor, Sports Nutrition, University of Tulsa; and Sports Dietitian, University of Tulsa Athletic Department, Tulsa, OK

Objectives:

1. Learn how to identify and prioritize client needs for improvement of sports performance or exercise duration
2. Determine the approximate physical activity level versus the perceived activity level
3. Assist with appropriate timing of nutrients
4. Assist with basic vitamin/mineral supplementation

LNC: 4060, 5090

**4:45 – 5:30 pm**

**Poster Session**

**5:30 – 7:30 pm**

**Awards Reception**

**Friday, March 26**

**8:20 – 8:30 am**

*Welcome*

**Kalli Castille, MS, RD, CSO, LD**

**8:30 – 9:30 am**

*Visibility at its Best – Speak out for Your Profession*

**Juliana Smith, Med**, Director of State Government Relations, American Dietetic Association, Washington, D.C.

Sponsored by the American Dietetic Association

Objectives:

1. Identify the reasons for involvement in public policy
2. Learn new ways to get involved in public policy
3. Learn what ADA is doing with policy issues
4. Learn how you can be a part of your affiliate public policy team

LNC: 1000, 1070, 1080

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**9:40 – 10:40 am**

*Nutrition Focused Physical Assessment – Enhancing the Dietitian Skill Set*

**Cindy Hamilton, MS, RD, LD, CNSD**, Director, Nutrition Support Services, Cleveland Clinic, Cleveland, OH

Sponsored by Sodexo

Objectives:

1. Describe the purpose and role of the registered dietitian in the nutrition focused physical exam (NFPE).
2. Describe the techniques used in performing the NFPE.
3. Identify components of the NFPE.
4. Relate the findings of vital signs to the NFPE.
5. Identify nutrition-related deficiencies of the skin, hair, nails and mouth.
6. Exam nutrition support access devices for physical abnormalities.
7. Determine a comprehensive nutrition care plan based on findings of the NFPE.

LNC: 3000, 3010, 3050, 3080, 5280, 5440

**10:50 – 11:50 am**

*Protecting Dietetics from Scope Creep*

**Brenda Richardson, MA, RD, LD, CD**, Owner/President of Brenda Richardson, Associates, Inc., Pekin, IN

Sponsored by U.S. Foodservice

Objectives:

1. Recognize competition from others who represent themselves as qualified nutrition professionals
2. Define what determines the role of the registered dietitian in specific work settings
3. Identify how to proactively protect jobs of RDs/DTRs from other health care professionals

LNC: 1010, 1070, 1080

**11:50 am – 1:20 pm**

**Exhibits**

**Lunch** *Partially sponsored by the Oklahoma Beef Council*

**1:20 – 2:20**

**Concurrent Session**

*Pediatric Nutrition 101*

**Jill Rockwell, RD, LD, CNSD**, Children's Medical Center, Dallas, TX

Objectives:

1. Interpret growth chart data
2. Estimate nutrition needs for pediatric patients
3. Understand the differences between classes of infant and pediatric enteral formulas

LNC: 3020, 3030, 4150, 5070

**1:20 – 2:20**

**Concurrent Session**

*Techniques for Encouraging Patient Behavior Change*

**Elizabeth Tyner, PhD, Licensed Psychologist**, Psychology Postdoctoral Resident, US Medical Center for Federal Prisoners, Springfield, MO

Objectives:

1. Identify basic barriers that interfere with patient behavior change.
2. Learn general techniques for assisting patients to replace maladaptive behaviors with adaptive behaviors.
3. Learn techniques for encouraging behavior change that are tailored specifically to each patient.

LNC: 6010, 6020, 6030, 6080

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**2:30 – 3:30 pm**

**Concurrent Session**

*Appetite Stimulants in the Elderly*

**Sarah-Ann Stephens, Pharm. D., BCPS**, Clinical Pharmacy Coordinator and Clinical Pharmacy Specialist (Critical Care and Infectious Disease), Jane Phillips Medical Center, Bartlesville, OK

Objectives:

1. Understand the appropriate indications for the use of appetite stimulant therapy in the elderly
2. State the mechanism of action of commonly used appetite stimulants
3. Identify common dosage ranges of prescribed appetite stimulants
4. Compare and contrast the difference seen among the appetite stimulate therapies

LNC: 3070, 5040, 5100, 5150, 5250

**2:30 – 3:30 pm**

**Concurrent Session**

*Minimizing the Risks of Practice: Care Issues in Lawsuits and Litigation*

**Brenda Richardson, MA, RD, LD, CD**, Owner/President of Brenda Richardson, Associates, Inc., Pekin, IN

Objectives:

1. Recognize common care issues and how they get involved in litigation
2. Define the elements of malpractice and duty
3. Identify a minimum of three proactive strategies reduce the risk of litigation

LNC: 1010, 7110

**3:40 – 4:40 pm**

**Concurrent Session**

*Effective Communication and Interviewing*

**Elizabeth Tyner, PhD, Licensed Psychologist**, Psychology Postdoctoral Resident, US Medical Center for Federal Prisoners, Springfield, MO

Objectives:

1. Recognize less than optimal nonverbal and verbal communication skills.
2. Learn to replace less than optimal communication skills with more effective communication skills.
3. Identify successful interviewing techniques

LNC: 1010, 1130, 1140, 6070

**3:40 – 4:40 pm**

**Concurrent Session**

*Teaching Patients to Think Like a Pancreas*

**Mary Ames, RD, LD, CDE**

Objectives:

1. Identify high carbohydrate foods to be counted
2. Discuss reliable sources of carb counting information
3. Discuss food label reading
4. Deduct appropriate amount of fiber and sugar alcohol
5. Calculate total daily dose of insulin
6. Calculate insulin to carbohydrate ratio
7. Calculate insulin correction factor
8. Discuss appropriate use of insulin to carbohydrate ratio and correction factor in relation to Blood Glucose goals and MNT.

LNC: 5000, 5190