Diabetes in the 21st Century

Monday, October 28, 2019
7:30 A.M. – 4:30 P.M.

Presented by the Valley Health Chronic Disease Resource Center—In partnership with the Winchester Medical Center Foundation
Monday, October 28 • 7:30 A.M.– 4:30 P.M.
Winchester Medical Center Conference Center
1840 Amherst St., Winchester, VA

Who Should Attend?
This course is designed for all health care professionals including providers, nurses, dietitians, pharmacists and educators who want to:

- Get re-energized about diabetes care and education
- Enjoy a comprehensive and reality based review of “the basics and beyond” of diabetes management.
- Keep abreast of the rapidly changing strategies in diabetes management
- Refine their skills and improve competencies in diabetes problem solving.
- Learn practical approaches to educating patients about diabetes self-management.

About our Presenter
Beverly Thomassian RN, MPH, CDE, BC-ADM
Beverly is a nurse entrepreneur, educator and clinician with a passion to improve diabetes care. She has a special knack of translating complex diabetes information into understandable terms that can be immediately applied in the clinical setting.

She also believes that learning about diabetes should be meaningful and fun so participants leave feeling re-energized and excited about diabetes education.

Agenda
* subject to change.

7:30 – 8:30 A.M.  Registration and Breakfast

8:30 – 10:00 A.M.  Overview
- Current State of Diabetes
- Natural History of Diabetes
- Who’s at Risk – Diagnostic Criteria

10:15 – 11:30 A.M.  Goals/Prevention
- Prevention and Exercise
- Educational Strategies that work
- Getting to Goal – Control Matters

11:30 A.M. – 12:30 P.M.  Lunch and Exhibits

12:30 – 2:00 P.M.  Hospital Care, Feet and Insulin Therapy
- Managing Hyperglycemia in Hospital
- Lower Extremity Care
- Basics of Insulin Therapy

2:15 – 4:00 P.M.  Pattern Management, Gut Health, Nourishment
- Insulin and Pattern Management
- Gut Bacteria and Health
- Nourishing our Bodies

Registration & Fees
To register visit valleyhealthlink.com/Diabetes2019.
Registration includes conference materials, breakfast, lunch and refreshments during breaks. Reserve your spot by October 15. Space is limited. Walk-in registrations will not be accepted. Payment required at registration.

- Registration Fee: $59.00
- Registration fee for Valley Health employees: $29.00

Cancellation Policy
Cancellations must be received by October 1. No refunds will be processed after that date.

Professional Credit
Nurses Provider approved by the California Board of Registered Nursing, Provider #12640 for 7.5 contact hours. Approved for 6.5 CPE II for Registered Dietitians by the Commission on Dietetic Registration.