



**Chronic Disease Resource Center**  
333 W. Cork St., Suite 100  
Winchester, VA 22601

Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 333  
Winchester, VA  
22601



# Diabetes

## in the 21<sup>st</sup> 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**



Healthier, together.

# Diabetes in the 21st Century

## Seminar Overview

Are you interested in teaching your patients about diabetes, but find it difficult to keep pace with the latest advances in diabetes care? Then consider attending this all day program that synthesizes the critical elements of diabetes care and education.

Through dynamic presentations and case studies, we will provide you with creative strategies to succeed at teaching in today's fast paced health care environment.

In addition, small group activities allow participants to improve clinical confidence and diabetes problem solving skills.

Our goal when developing this seminar was to include as many health care professionals as possible, so participants leave the seminar feeling more empowered and confident advocating for excellence in diabetes care.

## Agenda

*\* subject to change.*

7:30 – 8:30 A.M.	Registration and Breakfast
8:30 – 10:00 A.M.	<b>Overview</b> <ul style="list-style-type: none"><li>• Current State of Diabetes</li><li>• Natural History of Diabetes</li><li>• Who's at Risk – Diagnostic Criteria</li></ul>
10:15 – 11:30 A.M.	<b>Goals/Prevention</b> <ul style="list-style-type: none"><li>• Prevention and Exercise</li><li>• Educational Strategies that work</li><li>• Getting to Goal – Control Matters</li></ul>
11:30 A.M. – 12:30 P.M.	Lunch and Exhibits
12:30 – 2:00 P.M.	<b>Hospital Care, Feet and Insulin Therapy</b> <ul style="list-style-type: none"><li>• Managing Hyperglycemia in Hospital</li><li>• Carbohydrate Counting</li><li>• Lower Extremity Care</li><li>• Basics of Insulin Therapy</li></ul>
2:15 – 4:00 P.M.	<b>Pattern Management, Gut Health, Nourishment</b> <ul style="list-style-type: none"><li>• Insulin and Pattern Management</li><li>• Gut Bacteria and Health</li><li>• Nourishing our Bodies</li></ul>

## 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.

## Registration & Fees

To register visit [valleyhealthlink.com/Diabetes2019](http://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
- CME attendees, please call Stephanie Nelson at 540-536-8871

## Professional Credit

Winchester Medical Center is accredited by the Medical Society of Virginia to provide continuing medical education for physicians. The Winchester Medical Center designates this live educational activity for a maximum of [6] AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses Provider approved by the California Board of Registered Nursing, Provider #12640 for 6.0 contact hours. Approved for 6.0 CPE II for Registered Dietitians by the Commission on Dietetic Registration.

## Cancellation Policy

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