

The University of Virginia Medical Nutrition Support Team and
Northwestern Memorial Hospital

Presents:

**The Weekend Warrior
Mini-Nutrition Support Traineeship**

Saturday & Sunday
October 3rd & 4th, 2009

Location: *Northwestern Memorial Hospital, Chicago, IL*

Program Goals and Target Audience:

The week-long Nutrition Support Traineeship at the University of Virginia Medical Center has been very successful. However, we realize that the economy has affected many educational budgets of nutritional departments and it is not always practical or feasible for clinicians to travel to Virginia for nutrition support training. Therefore, in partnership with Northwestern Memorial Hospital, we are taking our Weekend Warrior program "on the road" to Chicago, IL. The goal of this program is to provide as much up to date, practical nutrition support information as possible in a short 2-day course. Lectures will be enhanced by interactive case studies, question and answer periods, and group discussions.

This program has been approved to provide 12 CPE hours.

PROGRAM SCHEDULE:

Saturday, October 3 (Breakfast on your own)

8:15-10:15 Enteral Nutrition—Carol Rees Parrish, MS, RD

Learning Objectives - Participants will be able to:

- 1) Identify which patients are candidates for enteral nutrition support.
- 2) Identify the most common barriers to enteral nutrition delivery (aspiration, residuals, etc.) and ways to manage these issues.

10:15-10:30 Break

10:30-12:30 Introduction to Evidence-Based Medicine with Audience Participation

Learning Objectives - Participants will be able to:

- 1) Identify the best sources for obtaining solid nutrition support research.
- 2) Critically analyze and review nutrition support literature.
- 3) Determine how to interpret nutrition research and put results to use in clinical practice.
- 4) Practice dissecting a journal article and interpreting the results.

12:30 – 1:00 Lunch (provided)

1:00 – 2:00 Feeding the Obese Patient—Joe Krenitsky, MS, RD

Learning Objectives - Participants will be able to:

- 1) Discuss available literature on feeding the obese patient.
- 2) Determine the appropriate weight to use for the obese patient based on available research.
- 3) Prescribe an appropriate calorie and protein level for the obese patient.

2:00 – 3:00 Parenteral Nutrition— Carol Rees Parrish, MS, RD

Learning Objectives - Participants will be able to:

- 1) Identify patients who can benefit from parenteral nutrition support.
- 2) Develop an appropriate parenteral nutrition support prescription and care plan.
- 3) Identify monitoring guidelines for patients receiving parenteral nutrition.

3:00 – 3:15 Break

3:15 – 4:15 Understanding the Effects of Illness—Joe Krenitsky, MS, RD

Learning Objectives - Participants will be able to:

- 1) Describe the effect that illness has on metabolism and nutritional status.
- 2) Identify factors that can be used to accurately assess nutritional status.

4:15 – 5:15 Feeding the Patient with Pancreatitis—Carol Rees Parrish, MS, RD

Learning Objectives - Participants will be able to:

- 1) Distinguish between acute and chronic pancreatitis
- 2) List the primary etiologies for pancreatitis.
- 3) Evaluate feeding options in patients with pancreatitis based on current evidence. Optimize nutrition support delivered.

Sunday, October 4 (Breakfast on your own)

8:30-10:30 Fluid and Electrolytes—Eugene Corbett, MD

Learning Objectives - Participants will be able to:

- 1) Describe the physiologic rationale behind fluid & electrolyte replacement orders.
- 2) Describe pathophysiologic alterations of selected fluid electrolyte disorders.

10:30-10:45 Break

10:45-11:45 Fluid and Electrolyte Cases—Eugene Corbett, MD

Learning Objective - Participants will be able to:

- 1) Apply information learned in Fluid and Electrolyte session to clinical practice and diagnosis through a review of selected case studies.

11:45 – 12:00 Break (lunch provided)

12:00-1:00 Clinical Cases--Carol Rees Parrish and Joe Krenitsky

Learning Objectives - Participants will be able to:

- 1) Identify the effects of illness and organ failure on nutritional status and needs.
- 2) Develop an appropriate nutrition support care plan for patients with organ failure.
- 3) Improve clinical skills through interactive case study presentations.

1:00 Program ends

Program Location & Directions:

Northwestern Memorial Hospital

251 E. Huron St.

Feinberg Pavillion

2nd floor, Classroom 716

Chicago, IL 60611

Full directions and more information available at: <http://www.nmh.org/nmh/hospitalguide/gettinghere.htm>

Nearby Hotels:

Affinia Hotel
166 E. Superior St.
(312) 787-6000

Allerton Hotel
701 N. Michigan Ave.
(312) 440-1500

Avenue Hotel
160 E. Huron St.
(312) 787-2900

Wyndham Chicago
633 N. St. Clair St.
(312) 573-0300

Registration and Fees:

The registration fee for the full program is \$425.00. This includes lunch and light refreshments each day (breakfast and dinner are “on your own”). Participants will also receive the full UVA Nutrition Support Traineeship Manual--consisting of 17 evidence-based modules covering many areas of nutrition support, plus many additional resources.

Registration on ‘per day’ basis is not available.

There is a \$25 late fee if registering after September 25th.

Space is limited. Registration will be taken on a first come basis.

To register, please complete the registration form and remit with payment to the address provided.

Paid registration may be canceled in writing up by September 18th. The amount paid (minus a \$75 fee) will be refunded. Cancellations after this time will be non-refundable, however, substitute participants will be accepted.

CPE Hours: This has been approved to provide 12 CPE hours