

The University of Virginia Medical Nutrition Support Team

Presents:

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

Saturday & Sunday

July 11<sup>th</sup> – 12<sup>th</sup>

2009

**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 it is not always practical or financially possible for clinicians to leave work or home for a full week at a time. The goal of this program is to provide as much up to date, practical nutrition support education as possible in a shorter 2-day course. Lectures will be enhanced by interactive case studies, question and answer periods, and group discussions.

**There is a maximum of 27 participants.**

The program will run from approximately 8:30 am – 5:15 pm on Saturday and 8:30 am – 4:00 pm on Sunday (exact schedule of lectures TBA). The program provides 14 CPE hours composed of the following:

**Enteral Nutrition & Cases (2.5 hours)**—Carol Parrish, MS, RD & Joe Krenitsky, MS, RD  
(Enteral Feeding Tube Display & Discussion also available during this time)

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.
3. Participants will have the chance to see and compare various types of feeding tubes available for enteral feeding.

**Introduction to Evidence-Based Medicine (1.0 hours)**—Joe Krenitsky, MS, RD

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 interpret nutrition research and put results to use in clinical practice.

**Feeding the Obese Patient (1.0 hours)**—Joe Krenitsky, MS, RD

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.

### Searching PubMed (1.5 hours)--Karen Knight, MS, Medical Education Librarian

Objectives:

Participants will be able to:

1. Demonstrate improved computer search skills.
2. Efficiently and effectively search for nutrition support literature.

### Fluid and Electrolyte Management (2.5 hours)—Eugene Corbett, MD, FACP

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.
3. Apply this rationale to the diagnosis and management through a review of selected case studies.

### Understanding the Effects of Illness (1.0 hours)—Joe Krenitsky, MS, RD

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.
- Improve nutrition assessment skills through interactive case presentations.

### Parenteral Nutrition & Cases (1.5 hours)—Carol Parrish, MS, RD & Joe Krenitsky, MS, RD

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.

### Clinical Cases (1.5 hours)—Carol Parrish, MS, RD & Joe Krenitsky, MS, RD

Objectives:

Participants will be able to:

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

\*Note: Participants will have the opportunity to submit cases for presentation\*

### Feeding the Post Surgical Patient (1.0 hours)—Robert Sawyer, MD

Objectives:

Participants will be able to:

1. Discuss pre-operative evaluation and management of malnourished patients.
2. Discuss different types of specific post-surgical diets.
3. Discuss different types of stomata and their nutritional implications.

## **Program Location & Directions:**

University of Virginia Medical Center

### Directions:

From I-64, take the #118 exit onto 29 bypass North. Take the 1st exit to Rt. 29 Business / Fontaine Ave. Turn right at the end of the ramp onto Fontaine Ave. Fontaine changes into Jefferson Park Ave, continue straight. At the second stoplight, turn right (still Jefferson Park Ave). The hospital is ~1/2 mile ahead. After you drive under the two hospital "links" that goes across the road, turn right at the stoplight. Continue past the main entrance to the hospital and the patient parking garage. Turn left on 11<sup>th</sup> street. The parking garage is on the left; there is no charge on the weekends.

## **Registration and Fees:**

The registration fee for the full program is \$475.00. 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 Notebook--consisting of 18 evidence-based modules covering many areas of nutrition support, plus many additional resources. Registration on 'per day' basis is not available.

Space is limited to only 27 participants. Registration will be taken on a first come basis. To register, please complete the registration form below and remit with payment to the address provided.

There is a \$25 fee for registrations postmarked after June 26<sup>th</sup>.

Paid registration may be canceled in writing until June 26, 2009. The amount paid (minus a \$75 fee) will be refunded. Cancellations after this time will be non-refundable, however, substitute participants will be accepted.

## **Hotel Information:**

A list of nearby hotels is available by request.

**CPE Hours:** This program provides 14 CPE hours (provided that it meets your Learning Needs assessment in your professional portfolio).

**Weekend Warrior  
Mini-Nutrition Support Program  
Registration Form  
July 11-12, 2009**

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_  
Institution/Affiliation: \_\_\_\_\_  
Position/Title: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_

**Early Registration Fees** (postmarked by June 26, 2009): \$475.00

**Registration Fees Enclosed**

(make check payable to Morrison Management Specialists; sorry no credit cards):

	Registration:	\$ _____
Late Fee (\$25 if postmarked after 6/26)		\$ _____
	<b>Total:</b>	\$ _____

**\*Please note registration will be taken on a first come basis. The course is limited to 27 participants, so registering early is recommended.\***

Please check here to request a Vegetarian lunch: \_\_\_\_\_

Please list any food allergies: \_\_\_\_\_

Please return completed registration form and payment to:

Morrison Management Specialists  
c/o Nancy Carpenter  
UVA Health System  
Box 800673  
Charlottesville, VA 22908

**For any questions about the program, contact Stacey McCray at  
sf8n@virginia.edu**