Bridging the Gap with Education: Diabetes Symposium and Workshop – 2013
October 16-18, 2013

Pharmacy Learning Objectives

Continuing Pharmacy Education (CPE) Accredited - Total of 14.25 hours

Pre-conference Workshop Learning Objectives
Wednesday, October 16, 2013, 8:30 am – 11:45 am (Total of 3.00 hours CPE credit possible)

8:30 am – 11:45 am
Workshop 1 – Pre-Conference Workshop #1 Stress Less with Mindfulness
Jane Riffe, Ed.D. and Becky Mowbray Smith
No Pharmacy CE Credit Available For Workshop #1
• Describe role of mindfulness research related to improved physical and mental health indicators.
• Practice 5 mindfulness exercises to improve ability to cope with stress.
• Develop a self-care plan.
• Develop confidence in teaching these skills to others.

Workshop 2 – A Diabetes Coalition in Your Community: A Reality or A Dream?
Richard Crespo, Ph.D., Marie Gravely, Sheila Ploger
ACPE# 0072-9999-13-089-L04-P (3.0 hours application-based CPE credit)
• Identify key community partners needed to sustain a successful diabetes coalition.
• List the components needed for sustainability.
• Develop at least one objective and actions steps to develop/sustain a diabetes coalition.

Workshop 3 – Pre-Conference Workshop #3
Inpatient Glycemic Control: Effective, Efficient, and Safe
Tim Jackson, MD and Vickie Chase, RN
ACPE# 0072-9999-13-090-L01-P (3.0 hours application-based CPE credit)
• Identify the patient population who will benefit from hyperglycemic control while hospitalized.
• Identify the pitfalls of treatment, with a focus on hypoglycemia and those who are elderly or with renal impairment.
• Describe how to get buy-in from the physicians and nurses.
• Identify common mistakes of insulin administration and oral medication in hospitalized patients.

Conference Learning Objectives
Wednesday, October 16, 2013, 1:45 pm – 5:00 pm (Total of 3.0 hours CPE credit possible)

1:45 pm
Lifestyle Intervention for Diabetes Prevention in Various Community Settings: The Role of Physical Activity
Andrea Kriska, Ph.D.
ACPE# 0072-9999-13-091-L04-P (1.0 hour knowledge-based CPE credit)
• Discuss the role of physical activity as part of the lifestyle intervention of the Diabetes Prevention Program.
• Describe the importance of physical activity in behavior lifestyle intervention efforts translated from the DPP.
• List issues related to time spent being sedentary with those related to being physically activity within prevention efforts.

2:45 pm
Diabetes Prevention in the Real World: the Group Lifestyle Balance Program
Kay Kramer, RN, MPH, DrPH, CCRC
ACPE# 0072-9999-13-092-L04-P (1.0 hour knowledge-based CPE credit)
• Describe the background and rationale for diabetes prevention efforts in the community.
• Discuss key components for translation efforts in disseminating diabetes prevention in the community setting.

3:45 pm – Break
4:00 pm

*Community-based Diabetes Education Through Cooking Classes-Dining with Diabetes*

Cindy Fitch, Ph.D., RD

ACPE# 0072-9999-13-093-L04-P (1.0 hour knowledge-based CPE credit)

- Identify effective methods for delivering community-based diabetes education.
- Identify desired outcomes for community-based diabetes education.
- Describe Dining with Diabetes related to other types of community-based diabetes classes.
- Describe behavioral and clinical outcomes in Dining with Diabetes participants.

5:00 pm - Adjourn

**Conference Learning Objectives**

*Thursday, October 17, 2013, 8:30 a.m. – 3:15 p.m. (Total of 5.25 hours CPE credit possible)*

8:30 am

*Diabetic Retinopathy*

*Muge Kesen, MD*

ACPE# 0072-9999-13-094-L01-P (1.0 hour knowledge-based CPE credit)

- Describe a normal retina and one that is affected by diabetic macular edema.
- Review the mechanisms by which uncontrolled diabetes can lead to vision impairment or loss.
- Describe the diagnostic procedures involved in a retina eye exam.
- List potential treatment options for diabetic retinopathy.

9:30 am – Break

9:45 am

*Type 2 Diabetes: A Cardiovascular Disease*

*Joel Zonszein, M.D., C.D.E., F.A.C.E., F.A.C.P.*

ACPE# 0072-9999-13-095-L01-P (1.0 hour knowledge-based CPE credit)

- Describe the relationship between type 2 diabetes and cardiovascular disease.
- Identify cardiovascular risk factors and prioritize management.
- Discuss patient-centered use of anti-hyperglycemic agents according to guidelines.

10:45 am

*Roles and Strategies of Diabetes Support Group Facilitators*

*Joanne F. Costello, Ph.D., MPH, R.N.*

ACPE# 0072-9999-13-096-L04-P (1.25 hours knowledge-based CPE credit)

- Describe the four major aspects of the role of the diabetes support group facilitator.
- Identify strategies used by diabetes support group facilitators in their therapeutic interaction with the group.
- List the enhancers and barriers that support group facilitators experience in attempting to use these strategies in the context of a diabetes support group.

Noon – Lunch (provided)

1:15 pm

*Insulin: How to Get Started and How to Keep it Going*

*Jessica Perini, M.D.*

ACPE# 0072-9999-13-097-L01-P (1.0 hour knowledge-based CPE credit)

- Review and discuss various types of insulin, including long- and short-acting, older styles and newer analogs.
- Review and discuss patient types and glucose scenarios that warrant use of insulin.
- Review and discuss ways to monitor insulin therapy and adjust dosing appropriately to help achieve effective glucose control.
2:15 pm
Type 2 DM From the Patient’s Perspective (Panel Discussion)
Timothy Jackson, M.D., Moderator
ACPE# 0072-9999-13-098-L04-P (1.0 hour knowledge-based CPE credit)
- Describe the patient’s views and concerns about the diagnosis.
- List the benefit of diabetes education to the patient with type 2 DM.
- Identify the patient’s views and concerns about their physicians and medical care providers and what more we can give them.

3:15 pm – Break

3:30 pm - Round Tables and Short Oral Presentations (No CPE credit)

5:30 pm – Break

6:00 – 7:00 p.m. - Academic Posters; authors present beside posters (No CPE credit)

6:00 – 8:00 p.m. - Commercial Exhibit/Reception - (No CPE credit)

Conference Learning Objectives
Friday, October 18, 2013, 8:30am – 12:15pm (Total of 3.0 hours CPE credit possible)

8:30 am
How to Identify Type 1 versus Type 2 Diabetes, and Is There Such A Thing as Type 1.5?
Brian A. Ely, M.D.
ACPE# 0072-9999-13-099-L01-P (1.0 hour knowledge-based CPE credit)
- Discuss the difficulties in distinguishing type 1 and type 2 diabetes in the pediatric population.
- Describe the pathophysiology of the different types of diabetes.
- Review the treatment and surveillance of type 1 DM vs. type 2 DM.

9:30 am – Break and Hotel Check-out

10:00 am
The Pharmacological Management of Type 2 Diabetes Mellitus: Highlighting the Benefits and Limitations of Each Treatment
Angel Kimble, Pharm.D., BCPS
ACPE# 0072-9999-13-100-L01-P (1.0 hour application-based CPE credit)
- Identify all medications utilized to treat type 2 diabetes and review their target mechanisms.
- Describe the advantages and disadvantages for each medication in treatment of type 2 DM.
- Analyze patient cases for medication optimization.

11:00 am
Developing Cultural Competence in Healthcare Providers
Pedro (Joe) Greer, Jr., M.D.
ACPE# 0072-9999-13-101-L04-P (1.0 hour knowledge-based CPE credit)
- Discuss the role of social determinants of health in diagnosing and prescribing.
- Describe the role of culture in diagnosing and prescribing.

12:00 pm - Wrap-up and Adjourn - Cindy Fitch

For more information, check the program’s Web site (dsw.ext.wvu.edu).
The West Virginia University School of Pharmacy (WVUSoP) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education (CPE). This program has been approved for up to 14.25 hours (1.425 ceu’s) of CPE. Wednesday’s sessions (ACPE # 0072-9999-13-089 to 093 –L04-P) are approved for up to a total of 6 hours of CPE. Thursday’s sessions (ACPE # 0072-9999-13-094 to 098-L01-P) are approved for up to a total of 5.25 hours of CPE. Friday’s sessions (ACPE # 0072-9999-13-099 to101-L01-P) are approved for up to a total of 3 hours of CPE. Credit will be given only for the sessions attended and no partial credit will be given for any session. The WVU SoP Office of Continuing Education will report your participation in the program to NABP CPE Monitor for all participants who complete each session within 4 to 6 weeks. Successful completion includes attending the sessions, signing the attendance sheets, and completing an online evaluation form. If you have not obtained your NABP e-profile number, please obtain prior to the seminar by going to MyCPEmonitor.net and create a profile to receive your number.