

# Harold Hamm DIABETES CARE SUMMIT<sup>SM</sup>



*The latest clinical guidelines and best practices for physicians and educators*

Presented by Harold Hamm Diabetes Center at the University of Oklahoma

Co-sponsored by the American Diabetes Association

FRIDAY, AUGUST 23, 2019

Embassy Suites | Downtown/Medical Center | Oklahoma City, OK

## SESSION TOPICS

We've programmed a full day of topics relevant to a wide range of medical practices. They include promoting behavior change, podiatry, diabetic retinopathy, diabetic nephrology, cardiovascular disease, exercise, nutrition case studies, weight loss treatment options, technology, pharmacology updates, and diabetes and aging.

## INTENDED/TARGET AUDIENCE

Family Practice, Internal Medicine, General Practitioners, Endocrinologists, Pediatrics, Physician Assistants, APRNs, Registered Nurses, Registered Dietitians, Pharmacists, Certified Diabetes Educators, Psychologists, Social Workers and other professionals.

## LOCATION DETAILS



**EMBASSY SUITES** | Downtown/Medical Center |  
741 N. Phillips Ave, Oklahoma City, OK 73104 |  
(405) 239-3900 | [Website](#)

Complimentary on-site parking anytime.

Please bring a jacket or sweater, as it is difficult to provide an auditorium temperature that is comfortable for everyone.

A block of rooms has been secured for SUMMIT attendees arriving Thursday, Aug. 22, at the discounted rate of \$139/night. Make your room reservation by phone (800-445-8667), and inform the hotel that you are with the Harold Hamm Diabetes Care SUMMIT, to receive the discount. The supply of rooms is limited, and the offer expires Tuesday, July 23, 2019.

## AGENDA and LEARNING OBJECTIVES

- 7:15 – 7:55 a.m. Registration, Breakfast and Exhibits
- 7:55 – 8:00 a.m. Welcome and Introductory Remarks
- 8:00 – 9:00 a.m. *Promoting Health Behavior Change: Fundamental Skills for the Healthcare Provider* / Kathryn Jeter, Ph.D.
- 9:00 – 9:15 a.m. Break and Exhibits
- 9:15 – 11:15 a.m. CONCURRENT BREAKOUT SESSION I: *Diabetic Complications*  
Mathew Johnstone, D.P.M.  
Stephen Fransen, M.D.  
Eduardo De Sousa, M.D.
- CONCURRENT BREAKOUT SESSION I: *Obesity/Nutrition*  
Christy Olson, M.S., R.D./L.D., C.D.E.  
Jonea Lim, M.D.  
Laura Fischer, M.D.
- 11:15 – 11:30 a.m. Break and Exhibits
- 11:30 a.m. – 12:30 p.m. INTERACTIVE LUNCH PRESENTATION | *Diabetes Jeopardy: 2019 ADA Standards of Care* / Joni Beck, Pharm.D., C.D.E., B.C.-A.D.M. and Jeanie Tryggestad, M.D.
- 12:30 – 1:00 p.m. Break and Exhibits
- 1:00 – 1:45 p.m. PLENARY SESSION | *Oh The Places You'll Go With CGM* / Rebecca Allen, M.S., R.D., L.D., B.C.-A.D.M., C.D.E.
- 1:45 – 2:00 p.m. Break and Exhibits
- 2:00 – 4:00 p.m. CONCURRENT BREAKOUT SESSION II | *Pharmacology Update*  
Katherine O'Neal, Pharm.D., M.B.A., B.C.A.C.P., C.D.E., B.C.-A.D.M., A.E.-C.  
Jeanie Tryggestad, M.D.
- CONCURRENT BREAKOUT SESSION II | *Diabetes and Aging*  
Donald Courtney, M.D.  
Beau Hawkins, M.D.
- 4:00 – 4:15 p.m. Break
- 4:15 – 5:15 p.m. KEYNOTE | *Getting and Staying Active with Diabetes*  
Sheri Colberg, Ph.D., F.A.C.S.M.
- 5:15 p.m. Adjourn

## LEARNING OBJECTIVES

### **Promoting Health Behavior Change: Fundamental Skills for the Healthcare Provider**

- Recognize the multitude of factors that contribute to patient resistance in health behavior change
- Define motivational interviewing and discuss the research and theoretical framework that motivational interviewing is based upon
- Describe brief strategies for reducing patient resistance and promoting health behavior changes during clinical interactions

### **Diabetic Complications**

- Identifications of differing lower extremity wound etiologies and early presentations/warnings thereof
  - Arterial
  - Venous
  - Diabetic/pressure
  - Inflammatory/other
  - Basic treatment protocol for each
- Warning signs for the at-risk foot/ leg and preventative care for the at-risk patient
- List three barriers to obtaining a qualified eye exam for patients with diabetes
- Explain why interprofessional communication breaks down when providing eye care for patients with diabetes
- Identify solutions to overcome barriers to obtaining an eye exam, and improving interprofessional communication in providing eye care, for patients with diabetes
- Describe at least 3 different forms of diabetic neuropathy
- Distinguish diabetic peripheral neuropathy from radiculopathy from spine disease
- List at least 3 complications from diabetic neuropathy
- Identify at least 3 treatment strategies for complications from diabetic neuropathy

### **Obesity/Nutrition**

- Review evidence based nutrition practice recommendations for the treatment of obesity
- Identify effective eating patterns used to treat obesity
- Describe tips, tools and resources clinicians can guide their patients to use in their weight loss efforts
- Define rationale for using weight loss medications
- Identify individuals who would benefit in pharmacologic intervention
- Develop appropriate therapeutic targets for medication assisted weight loss
- Explain in detail the remission rates for diabetes after the different types of bariatric surgery
- Describe the patient factors that lead to increased or decreased likelihood of diabetes remission after bariatric surgery
- Have improved decision-making regarding which patients with diabetes are appropriate bariatric surgery candidates

### **Diabetes Jeopardy: 2019 ADA Standards of Care**

- Describe the change to the diagnosis of diabetes
- Define which section is a new addition to the 2019 ADA Standards of Care
- State 6 key factors to consider regarding the selection of pharmacological agents in a person with type 2 diabetes

### **Oh the Places You'll Go with CGM**

- Explain the role of continuous glucose monitoring
- Describe options for continuous glucose monitoring
- Discuss patient management using continuous glucose monitoring

### **Pharmacology Update**

- Compare and contrast the available GLP-1 agonists and SGLT2 inhibitors
- Summarize evidence from key trials for the GLP-1 agonists and SGLT2 inhibitors
- Describe the ADA 2019 treatment algorithm considerations for the oral and non-insulin medications
- Recognize treatment options for basal and bolus insulin in youth
- Review available treatment options for youth with type 2 diabetes
- Identify potential oral drug therapies for youth with diabetes

### **Diabetes and Aging**

- Identify at least 2 factors that make hypoglycemia more problematic in the elderly diabetic
- Demonstrate understanding of new guidelines for diabetes control in the elderly
- Identify the increased relative risk of death in older adults in the first 30 days after a hospital discharge where insulin was started, and discuss ways to increase the safety of insulin use
- Discuss the epidemiology of cardiovascular disease in the elderly population
- Describe the important diagnostic testing relevant to elderly diabetics with symptoms of cardiovascular disease
- Discuss treatment of the common cardiovascular conditions in elderly diabetics

### **Getting and Staying Active with Diabetes**

- To better understand how to motivate all patients with diabetes to be active
- To prescribe appropriate exercise regimens for individuals with diabetes
- To take into account activity considerations for special populations (such as those with diabetes complications)

## **PRESENTERS**

**Rebecca Allen, M.S., R.D., L.D., B.C.-A.D.M., C.D.E.**, Dietitian and Diabetes Educator, Pediatric Diabetes and Endocrinology, Harold Hamm Diabetes Center-Children's, University of Oklahoma College of Medicine

**Joni Beck, Pharm.D., C.D.E., B.C.-A.D.M.**, Clinical Professor and Clinical Programs Director, Harold Hamm Diabetes Center-Children's, Pediatric Diabetes and Endocrinology, University of Oklahoma College of Medicine

**Sheri Colberg, Ph.D.**, Professor Emerita, Old Dominion University

**Donald Courtney, M.D.**, Associate Professor, Donald W. Reynolds Department of Geriatric Medicine, University of Oklahoma College of Medicine

**Eduardo De Sousa, M.D.**, Neurologist, Mercy Health Care

**Laura Fischer, M.D., M.S.**, Assistant Professor, Department of Surgery, University of Oklahoma College of Medicine

**Stephen Fransen, M.D.**, Associate Professor, Dean McGee Eye Institute, University of Oklahoma College of Medicine

**Beau Hawkins, M.D.**, Assistant Professor, Medical Director, Heart Lung & Vascular Clinic, Cardiovascular Section, University of Oklahoma College of Medicine

**Kathryn Jeter, Ph.D.**, Assistant Professor, Harold Hamm Diabetes Center-Children's, Pediatric Diabetes and Endocrinology, University of Oklahoma College of Medicine

**Mathew Johnstone, D.P.M.**, Podiatrist, Harold Hamm Diabetes Center, University of Oklahoma Health Sciences Center

**Jonea Lim, M.D.**, Assistant Professor, Endocrinology and Diabetes Section, Harold Hamm Diabetes Center, University of Oklahoma College of Medicine

**Christy Olson, M.S., R.D., L.D., C.D.E.**, Dietitian and Diabetes Educator, OU Physicians Diabetes and Endocrinology Clinic, Harold Hamm Diabetes Center, University of Oklahoma Health Sciences Center

**Katherine O'Neal, Pharm.D., M.B.A., B.C.A.C.P., C.D.E., B.C.-A.D.M., A.E.-C., C.L.S.**, Associate Professor, Clinical and Administrative Sciences, University of Oklahoma College of Pharmacy

**Jeanie Tryggstad, M.D.**, Assistant Professor, Pediatric Endocrinology and Diabetes Section, Harold Hamm Diabetes Center-Children's, University of Oklahoma College of Medicine

## REGISTRATION FEE SCHEDULE

**Early Rate** (on or before July 23) / **Regular Rate** (July 24-August 23)

**\$199 / \$249** — Physicians and Non-Physician Professionals (includes CME)

**\$99** — Medical Trainees and Retirees (CME not included; discount expires July 23)

**10% GROUP DISCOUNT** available for groups of five or more from the same organization who submit their registrations concurrently. Discount applies to early and regular Participant rates only; maximize your savings by registering on or before July 23. Groups are advised to register via the printable form or by phone (405-325-2379), in order to expedite the discount.

## COURSE OVERVIEW

The Harold Hamm Diabetes Care Summit is a one-day course that focuses on the management of the patient with diabetes. It is designed to address the unmet educational needs of physicians, mid-level providers and diabetes educators including registered nurses, registered dietitians and pharmacists who have a diverse case mix that includes patients with diabetes. The purpose of this conference is to promote excellence in care, and provide up-to-date information to enhance knowledge integral to the effective management of diabetes. Needs were identified from attendee evaluations submitted at the 2018 Harold Hamm Diabetes Care Summit as well as up to date medical journals pertaining to research and publications related to the treatment of diabetes and its complications. This CME/CNE/CPE seminar is needed because of the explosion of diabetes in our country. The number of persons with diabetes is expected to more than triple by 2050. According to the 2014 National Diabetes Statistics from the CDC diabetes affects 29.1 million people of all ages which is 9.3 percent of the US population. The Oklahoma State Department of Health also reports an 11 percent prevalence of diabetes in Oklahoma among adults ages 18 and older. In 2012, Oklahoma ranked the fourth highest in diabetes mortality rate in the nation. Because of the size of this problem and the complexity of managing patients with diabetes, this requires continuous training to health care professionals in order to meet the needs of patients with diabetes in our state and region. Each session will include an audience response system with questions and answers. This course also combines best practice strategies and education through case studies and lectures.

## LEARNER OUTCOME

The learner outcome of this activity is to enable the learner to summarize key components of current treatment guidelines and technology related to diabetes management.

## PHYSICIAN, NURSE & PHARMACIST CONTINUING EDUCATION

In support of improving patient care, the American Diabetes Association is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity was planned by and for the healthcare team, and learners will receive 7.75 Interprofessional Continuing Education (IPCE) credit for learning and change.

Nurses: This includes a maximum of 2 pharmacology-related contact hours.

Pharmacists: The Universal Activity Number is: JA4008193-0000-19-019-L01-P

## PHYSICIANS FOR ABIM MAINTENANCE OF CERTIFICATION

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.75 Medical Knowledge only MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

## PHYSICIAN ASSISTANTS EDUCATION

The American Diabetes Association has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

## DIETITIAN CONTINUING EDUCATION

The American Diabetes Association is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 7.75 continuing professional education units (CPEUs) for completion of this program/material. Activity Number: 148344

## CERTIFIED DIABETES EDUCATORS CONTINUING EDUCATION

To satisfy the requirement for renewal of certification by continuing education for the National Certification Board for Diabetes Educators (NCBDE), continuing education activities must be diabetes related and approved by a provider on the NCBDE List of Approved Providers ([www.ncbde.org](http://www.ncbde.org)). NCBDE does not approve continuing education. The American Diabetes Association is on the NCBDE List of Approved Providers.

## TO OBTAIN CONTINUING EDUCATION CREDIT

Certificates of Completion/Attendance are provided to registered attendees based upon completion of the online evaluation. The link to the online evaluation will be emailed to participants on August 23, 2019. The continuing education evaluation system will be available through September 13, 2019. For questions regarding continuing education, please contact [professionaleducation@diabetes.org](mailto:professionaleducation@diabetes.org).

## CONTENT VALIDATION STATEMENTS

The American Diabetes Association accepts the following Content Validation Statements and expects all persons involved in its professional education activities to abide by these statements with regard to any recommendations for clinical care.

- All recommendations involving clinical medicine are based on evidence accepted within the profession of medicine as adequate justification for their indications and contraindications in the care of patients; AND/OR
- All scientific research referred to or reported in support or justification of a patient care recommendation conforms to generally accepted standards of experimental design, data collection, and analysis.

For questions regarding continuing education, please email us at [professionaleducation@diabetes.org](mailto:professionaleducation@diabetes.org)

For a listing of live and free online continuing education opportunities, please visit <http://professional.diabetes.org/CE>

## 2019 SUMMIT PLANNING COMMITTEE

**Jonea Lim, M.D., Course Director** | Assistant Professor, Endocrinology and Diabetes Section, Harold Hamm Diabetes Center, University of Oklahoma College of Medicine

**Katie Hoefling, Course Contact** | Programs Coordinator, Harold Hamm Diabetes Center

**Christy Olson, M.S., R.D., L.D., C.D.E.**, Diabetes Educator, OU Physicians Diabetes and Endocrinology Clinic, Harold Hamm Diabetes Center

**Katherine O'Neal, Pharm.D., M.B.A., B.C.A.C.P., C.D.E., B.C.-A.D.M., A.E.-C.**, Associate Professor, Clinical and Administrative Sciences Section, University of Oklahoma College of Pharmacy

**Jeanie Tryggstad, M.D.**, Assistant Professor of Pediatrics, Pediatric Endocrinology and Diabetes Section, Harold Hamm Diabetes Center-Children's, University of Oklahoma College of Medicine

**Angela Yuras Surber, M.S., A.P.R.N., A.N.P.-C., C.D.E.**, Adult Nurse Practitioner and Certified Diabetes Educator, Diabetes and Endocrinology Section, University of Oklahoma College of Medicine

## ACCOMMODATIONS STATEMENT

The University of Oklahoma Health Sciences Center fully complies with the legal requirements of the ADA and the rules and regulations thereof. Please notify us if you have any special needs. For accommodations, contact Katie Hoefling at (405) 271-2824 or [katie-hoefling@ouhsc.edu](mailto:katie-hoefling@ouhsc.edu) as soon as possible.

## NONDISCRIMINATION STATEMENT

The University of Oklahoma, in compliance with all applicable federal and state laws and regulations does not discriminate on the basis of race, color, national origin, sex, sexual orientation, genetic information, gender identity, gender expression, age, religion, disability, political beliefs, or status as a veteran in any of its policies, practices, or procedures. This includes, but is not limited to: admissions, employment, financial aid, and educational services. [www.ou.edu/eoo](http://www.ou.edu/eoo)

For general information on the Diabetes Care SUMMIT, contact Katie Hoefling, Harold Hamm Diabetes Center, Phone: (405) 271-2824 | Fax: (405) 271-2836 | [katie-hoefling@ouhsc.edu](mailto:katie-hoefling@ouhsc.edu)

# REGISTER ONLINE: [www.haroldhamm.org/summit](http://www.haroldhamm.org/summit)

Register by phone at (405) 325-2379 or use this printable form

## Harold Hamm DIABETES CARE SUMMIT<sup>SM</sup>

2019 SUMMIT: FRIDAY, AUGUST 23 in Oklahoma City

### REGISTRATION FORM

PIF: 828-3000-2001

FAX: (405) 325-7164

SCAN/EMAIL: [mbarrett@ou.edu](mailto:mbarrett@ou.edu)

MAIL: University of Oklahoma OUTREACH

1700 Asp Ave., Room B-1 | Norman, OK 73072-6400

NOTE: The University often produces promotional material relating to its programs. By registering for the Diabetes Care Summit, you may be included in videotapes or photographs taken during the program, and you acknowledge the following: Without reservation or limitations, I hereby assign, transfer and grant to The University of Oklahoma, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape me and to utilize such videotapes and photographs and my name, face likeness, voice and appearance as a part of the Summit, in advertising and promoting the Summit or in advertising and promoting similar future events at no charge.

LAST NAME

FIRST NAME

MIDDLE NAME

<input type="checkbox"/> MD	<input type="checkbox"/> DO	<input type="checkbox"/> PA	<input type="checkbox"/> AP/NP	<input type="checkbox"/> RN	<input type="checkbox"/> LPN	<input type="checkbox"/> APRN
<input type="checkbox"/> RD/LD	<input type="checkbox"/> PharmD	<input type="checkbox"/> DPH	<input type="checkbox"/> PhD	<input type="checkbox"/> CDE	<input type="checkbox"/> OTHER: _____	

PLACE OF EMPLOYMENT

PARTICIPANT MAILING ADDRESS

CITY STATE ZIP

DAYTIME PHONE EMAIL (required)

#### REGISTRATION FEES:

EARLY REGISTRATION (ON/BEFORE JULY 23, 2019)

REGULAR REGISTRATION (JULY 24 - AUG. 23, 2019)

\$199 PHYSICIANS and NON-PHYSICIAN PROFESSIONALS  
*Includes CME*

\$249 ALL REGISTRANTS | *Includes CME*

\$99 MEDICAL TRAINEES and RETIREES  
*CME not included; discount expires July 23*

THIS IS A GROUP REGISTRATION: Five or more from my organization are registering concurrently. See [webpage](#) or prospectus for discount terms.

#### SELECT YOUR METHOD OF PAYMENT:

Check or money order payable to The University of Oklahoma

Purchase Order attached. P.O. # \_\_\_\_\_

Please charge the fee to my credit card:  American Express  Visa  Mastercard  Discover

CARD# \_\_\_\_\_ EXP DATE \_\_\_\_\_

SIGNATURE OF CARDHOLDER \_\_\_\_\_

**CANCELLATION POLICY:** A refund, less \$25 administrative costs, will be made upon written request on or before Friday, Aug. 16, 2019. No refunds after August 16, 2019.