



SCAN TO REGISTER



# 6<sup>th</sup> Annual Update in Diabetes and Endocrinology Conference

Friday, October 6<sup>th</sup>, 2023 | 8 am - 4 pm MST

Intermountain Medical Center | Doty Family Education Center  
5121 Cottonwood Street, Murray, Utah 84107

In-Person and Virtual Attendance Options Available | Breakfast and Lunch Provided for In-Person Attendance

## CONFERENCE PURPOSE

The conference will cover current literature on medications for diabetes, behavioral approach to weight management, common thyroid conditions, and osteoporosis. A special final session will be a patient panel of those with type 1 and type 2 diabetes. The conference is intended to bring up to date practice considerations to the primary care provider or anyone caring for patients with diabetes in the broader care team.

## TARGET AUDIENCE

Advanced Practice Providers, Certified Diabetes Care and Education Specialists, Dietitians, Family Physicians, Geriatric Physicians, Internal Medicine, Nurses, Pharmacists, Primary Care Providers, and other Healthcare Professionals caring for patients with diabetes.

## CO-DIRECTORS

### Elizabeth "Betsy" Batcher, MD

Medical Director, Endocrinology, Cottonwood Medical Clinic

### Kelsey DeSalvo, MD

Endocrinologist, Intermountain Medical Center

## PLANNING COMMITTEE

### Elizabeth "Betsy" Batcher, MD

Medical Director, Endocrinology, Cottonwood Medical Clinic

### Kelsey DeSalvo, MD

Endocrinologist, Intermountain Medical Center

### Jodi Dawson, MSN, NP-C

Nurse Practitioner, McKay-Dee Endocrine & Diabetes Clinic

### Miriam Padilla, MD

Endocrinologist, Utah Valley Endocrine & Diabetes Clinic

### Hayden James, MA, RDN, CSSD, CD, CDCES

Registered Dietitian, LiVe Well Center

### Denise "Dez" Small, PharmD, CDCES, BCACP, BC-ADM

Clinical Pharmacist at Cottonwood Endocrine Clinic

### Trisha Martinez, MBA-HM, BSN, RN

Clinical Program Manager, Intermountain Healthcare

### Emily Hays, PharmD, BCACP

Advanced Clinical Pharmacist, Intermountain Alta View Clinic

## SPEAKER LIST

### Philip Bassett, PharmD, BCACP

Clinical Pharmacist, Intermountain Bear River, Box Elder, North and South Cache Valley Clinics

### Elizabeth "Betsy" Batcher, MD

Medical Director, Endocrinology, Cottonwood Medical Clinic

### James Craven, MD, MS

Endocrinologist, Endocrinology, Cottonwood Medical Clinic – Endocrine & Diabetes, Intermountain Medical Center

### Kelsey DeSalvo, MD

Endocrinologist, Intermountain Medical Center

### Jodi Dawson, MSN, NP-C

Nurse Practitioner, McKay-Dee Endocrine & Diabetes Clinic

### Merin Kinikini, DNP, RD, CNSC, IFMCP

Nurse Practitioner, Endocrinology, Intermountain Medical Center

### Rick Nordgren, MD

Ophthalmologist, Retina Associates of Utah, Intermountain Medical Center

### Miriam Padilla, MD

Endocrinologist, Utah Valley Endocrine & Diabetes Clinic

### Angela Sutt, PharmD, BCACP

Clinical Pharmacist, West Jordan Clinic, South Jordan Clinic, and Draper Clinic, Intermountain Healthcare

### Katrina Ubell, MD

CEO, Founder at Weight Loss for Busy Physicians, Author of How to Lose Weight for the Last Time, Master Certified Life & Weight Loss Coach

## SCHEDULE

FRIDAY OCTOBER 6, 2023

TIME	TITLE, SPEAKER, OBJECTIVES
8:00 - 8:10 AM	<b>Welcome</b>
8:10 - 8:55 AM	<b>Updates in Bone Health and Osteoporotic Care</b>   James Craven, MD, MS <ul style="list-style-type: none"> <li>• Discuss the current clinical and economic burden of osteoporotic fractures.</li> <li>• Review the current standards for optimal osteoporotic care.</li> <li>• Explain the most significant bone health literature updates in 2022-2023.</li> </ul>
8:55 - 9:40 AM	<b>Oops, I Found It Again: Management of the Incidental Thyroid Nodule</b>   Kelsey DeSalvo, MD <ul style="list-style-type: none"> <li>• Use guidelines to risk stratify thyroid nodules.</li> <li>• Review thyroid nodule ultrasound characteristics.</li> <li>• Review the Bethesda cytology reporting terminology.</li> </ul>
9:40 - 10:25 AM	<b>Diabetic Gastroparesis</b>   Merin Kinikini, DNP, RD, CNSC, IFMCP <ul style="list-style-type: none"> <li>• Review the pathophysiology of diabetic gastroparesis.</li> <li>• Outline the diagnosis of diabetic gastroparesis.</li> <li>• Compare medical, surgical, and behavioral treatment options for diabetic gastroparesis.</li> </ul>
10:25 - 10:40 AM	<b>Break</b>
10:40 - 11:40 AM	<b>Weight Loss Tools for Busy Clinicians</b>   Katrina Ubell, MD with Miriam Padilla, MD as moderator (this is an interview style session) <ul style="list-style-type: none"> <li>• Identify what causes the action of overeating.</li> <li>• Describe why permanent weight loss is elusive for most patients.</li> <li>• List three personal qualities that result in permanent weight loss and how to cultivate them.</li> </ul>
11:40 - 12:30 PM	<b>Lunch</b>
12:30 - 1:15 PM	<b>Evaluation and Management of Hypothyroidism: Pearls and Pitfalls</b>   Elizabeth "Betsy" Batcher, MD <ul style="list-style-type: none"> <li>• Review the interpretation and pitfalls of thyroid function testing.</li> <li>• Identify an approach to the patient with persistent hypothyroid symptoms.</li> <li>• Review the therapeutic targets for the pregnant patient with hypothyroidism.</li> </ul>
1:15 - 2:00 PM	<b>Diabetes Literature Review 2023</b>   Philip Bassett, PharmD, BCACP and Angela Sutt, PharmD, BCACP <ul style="list-style-type: none"> <li>• Assess the diabetes-relevant literature published in 2022-2023.</li> <li>• Explain the impact of diabetes-relevant literature published in 2022-2023 as it relates to diabetes diagnosis and management.</li> <li>• Develop a therapeutic plan for a patient with diabetes by incorporating the diabetes-relevant literature published in 2022-2023.</li> </ul>
2:00 - 2:15 PM	<b>Break</b>
2:15 - 3:00 PM	<b>Current Diagnosis and Management of Diabetic Retinopathy</b>   Rick Nordgren, MD <ul style="list-style-type: none"> <li>• Review the diagnosis and categorization of diabetic retinopathy.</li> <li>• Discuss current treatment options for diabetic macular edema.</li> <li>• Explore medical and surgical management for advanced forms of diabetic retinopathy.</li> </ul>
3:00 - 3:45 PM	<b>Patient-Centered Diabetes Management Discussion 2023 (Patient Panel)</b>   Jodi Dawson, MSN, NP-C <ul style="list-style-type: none"> <li>• Outline patient expectations or preferences when visiting with their medical provider for diabetes management.</li> <li>• Discuss 3 frustrations that patients with diabetes experience routinely.</li> <li>• Discuss special considerations for patients with type 2 diabetes.</li> </ul>
3:45 - 4:00 PM	<b>Closing Remarks</b>



## ACCREDITATION

Intermountain Healthcare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide medical education for physicians.

## AMA PRA CREDIT

Intermountain Healthcare designates this live activity for a maximum of 6.25\* AMA PRA Category 1 credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



## NURSING CONTACT HOURS

Intermountain Healthcare is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This live activity offers a maximum of 6.25\* nursing contact hours. Successful completion is attending no less than 1 full session and claiming credit only for sessions attended.

\*Credit hours are subject to change and are based on actual learning hours and at the discretion of IPCE.



## PHARMACY HOURS

Accreditation for this educational program is provided by Intermountain Healthcare. Intermountain Healthcare is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. To receive credit, attendees must complete a post-test with a score of 75% or better and complete an activity evaluation for each activity for which they are claiming credit. All credit will be reported directly to CPE Monitor<sup>TM</sup> within 60 days of claiming credit. Intermountain is not responsible for credit report failure as a result of incorrect NABP or date of birth information. Please contact

ipce@imail.org or 801-507-8470 with questions.

## Each of following knowledge-based activities are approved for 0.75 hour (0.075 CEU) of ACPE credit unless otherwise noted:

- Updates in Bone Health and Osteoporotic Care, ACPE UAN 0582-0000-23-054-L01-P
- Oops, I Found It Again: Management of the Incidental Thyroid Nodule, ACPE UAN 0582-0000-23-055-L01-P
- Diabetic Gastroparesis, ACPE UAN 0582-0000-23-056-L01-P
- Evaluation and Management of Hypothyroidism: Pearls and Pitfalls, ACPE UAN 0582-0000-23-058-L01-P
- Diabetes Literature Review 2023, ACPE UAN 0582-0000-23-059-L01-P
- Current Diagnosis and Management of Diabetic Retinopathy, ACPE UAN 0582-0000-23-060-L01-P
- Patient-Centered Diabetes Management Discussion 2023, ACPE UAN 0582-0000-23-061-L01-P

## The following knowledge-based activity is approved for 1 hour (0.1 CEU) of ACPE credit unless otherwise noted:

- Weight Loss Tools for Busy Clinicians, ACPE UAN 0582-0000-23-057-L01-P

## REGISTRATION FEES

METHOD OF PAYMENT – CREDIT CARD OR INTER-DEPARTMENT TRANSFER

Physicians: \$225

APP: \$175

Pharmacists: \$150

Nurses, Medical Assistants, Dietitians and Other Healthcare Professionals: \$75

## REGISTER HERE

To register for the conference please visit <https://intermountain.cloud-cme.com/2023updateindiabetes>

## CANCELLATION AND REIMBURSEMENT POLICY

Full (100%) registration reimbursement for cancellation more than 14 days prior to the beginning of the activity. Half (50%) registration reimbursement for cancellation between four (4) and fourteen (14) days prior to the beginning of the activity. No reimbursement for cancellation three (3) days or less prior to the beginning of the activity.

## EXCEPTIONS

Exceptions may be allowed only under extenuating circumstances and with approval from the IPCE Director, IPCE Medical Director, and AVP for IPCE.

*Please note that many of our events are hybrid in nature - live and a virtual audience. As such photographs and footage will be taken throughout the event. If you do not want to be captured in these images which will only be used for accredited education to providers of the activity you have signed up for, please sit in the last two rows of the venue.*

Intermountain Healthcare Interprofessional Continuing Education

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