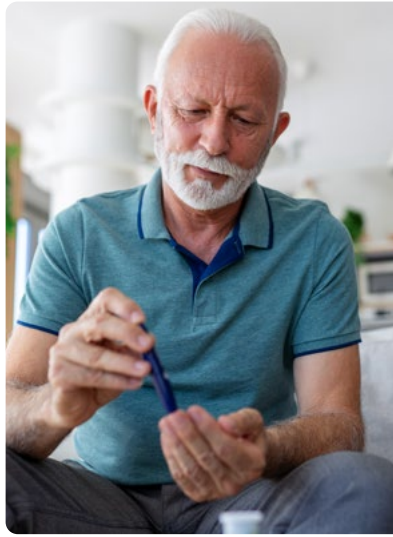


MARY & DICK ALLEN DIABETES CENTER PRESENTS:

# DIABETES: WHAT'S NEW? WHAT'S NEXT?



**Saturday, March 16, 2024**

**8:00 a.m. – 3:15 p.m.**

Arnold and Mabel Beckman Center of the  
National Academies of Sciences & Engineering  
100 Academy Way, Irvine, CA 92617

[www.hoag.org/DiabetesConference](http://www.hoag.org/DiabetesConference)

**hoag**  
Mary & Dick Allen  
Diabetes Center



# Mary & Dick Allen Diabetes Center

## PROGRAM OVERVIEW

This knowledge-based, one-day conference will focus on comprehensive and innovative clinical and psychosocial approaches for management of prediabetes and diabetes across the lifespan, emerging technologies in insulin delivery and glucose monitoring, gestational diabetes, and weight management in the treatment of diabetes.

## WHO SHOULD ATTEND

This is a knowledge-based activity designed for diabetes educators, physicians, registered nurses, registered dietitians, pharmacists, nurse practitioners, physician assistants, and other health care providers interested in staying up to date on current practices of care for their patients with diabetes and other related conditions.

## PROGRAM OBJECTIVES

- Define intermittent fasting, a low carb diet, meal sequence and a plant-based diet
- State one pro and one con of intermittent fasting, a low carb diet, meal sequence and a plant-based diet for weight loss
- Navigate patient selection for the various classes of anti-obesity medications
- Review practical considerations for managing common side effects of anti-obesity medications
- Explain relationship between Binge Eating Disorder (BED) and diabetes/metabolic disease
- Explain diagnostic criteria for BED
- Review potential treatment options for BED
- Evaluate literature to assess the benefits of CGM technology in the hospital setting
- List when CGMs were first used and when the FDA approved its use in pregnancy
- List the name of the 1 major trial responsible for approval of CGM in pregnancy
- List the names of at least 2 approved CGM devices in the U.S. for use in pregnancy
- Assess current use of CGM in patients with diabetes
- Identify patient populations and care models who would benefit from CGM use
- Identify and assess recent literature for future use of CGM in special populations
- Summarize the latest automated insulin delivery systems
- Summarize interoperability standards between controllers, pumps, and sensors
- Compare and contrast the nuanced differences in the systems and the ideal patient populations for each.
- Illustrate the patient journey beginning at diagnosis
- Define common terminology used among patients
- Discuss the mental health barriers surrounding patients with diabetes
- State how healthcare professionals can best support psychosocial health to their patients
- List 3 ways patients can improve their psychosocial wellbeing
- Examine the prevalence of gestational diabetes and justify the importance of this knowledge in obstetric care
- Identify the spectrum of complications resulting from gestational diabetes and discuss the implications for maternal and fetal health
- Formulate an evidence-based strategy for the screening of gestational diabetes, incorporating current clinical guidelines
- Design an integrated management plan for gestational diabetes, detailing pharmacological and lifestyle interventions
- Review the clinical data on how to best reduce the risk of complications

## DISCLOSURES

### Program Presenters

#### David Ahn, M.D.

Speaker Bureau: Lilly Diabetes, Mannkind, Novo Nordisk, Ascensia, Abbott, Insulet, Xeris; Consultant: Lilly Diabetes, Mannkind, Ascensia

#### Michelle Connell, R.N., C.D.C.E.S.

Speaker has no financial disclosures

#### Matthew Freeby, M.D.

Speaker has no financial disclosures

#### Meghan Gonzalez, R.D., C.D.C.E.S.

Speaker has no financial disclosures

#### Samantha Harris, M.D.

Eli Lilly – Research Investigator

#### David Mina, M.P.H.

Social Media Promotion – Dexcom, Research (Insulin Pump Training) – Tandem Diabetes Care

#### David Pham, Pharm.D., B.C.P.S., C.D.C.E.S., B.C.-A.D.M.

Speakers Bureau: Abbott, Freestyle, Libre

#### Amanda Tran, Pharm.D., B.C.A.C.P., A.Ph., C.D.C.E.S.

Speaker has no financial disclosures

## DESIRED LEARNING OUTCOMES

From this program, participants will better understand the expanding use-cases for implementing Continuous Glucose Monitoring such as in the hospital and in pregnancy, better navigate the choices of anti-obesity medications, identify management adoptions for binge-eating disorder, understand the differentiators between insulin pumps and CGMs on the market, and understand the nuances of guidelines for managing diabetes in pregnancy.

## ACCREDITATION

### Registered Nurses, Pharmacists, and Certified Diabetes Care and Education Specialist



In support of improving patient care, this activity has been planned by Hoag Memorial Hospital Presbyterian and the Association of Diabetes Care & Education Specialists. The Association of

Diabetes Care & Education Specialists 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 is under review for 5.5 CE credits for registered nurses, nurse practitioners, dietitians and pharmacists.

### CME Designation



Accreditation: Hoag Memorial Hospital Presbyterian is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

Credit Designation: Hoag Memorial Hospital

Presbyterian designate this educational activity for the maximum of 5.5 AMA PRA Category 1 Credit™. Physicians should claim credit commensurate with the extent of their participation in the activity. This credit can apply to the CMA Certification of Continuing Medical Education.

### Program Moderators

#### Ruth Hwang, P.A.-C.

Moderator has no financial disclosures

#### Michelle Speetzen, B.S.N., R.N., B.S.B.A., C.D.C.E.S.

Moderator has no financial disclosures

#### Elizabeth Vitale, M.S., R.D., C.D.C.E.S.

Moderator has no financial disclosures

### Planning Committee

#### Karen Engelman

Planner has no financial disclosures

#### Kris Iyer, M.D.

Planner has no financial disclosures

#### Andrea Pastori, C.M.P.

Planner has no financial disclosures

## Presenters

#### David Ahn, M.D.

Endocrinologist

Dr. Kris V. Iyer Endowed Chair in Diabetes Care  
Chief of Diabetes Services at Hoag  
Mary & Dick Allen Diabetes Center

#### Michelle Connell, R.N., C.D.C.E.S.

Inpatient Diabetes Nurse Educator  
Hoag

#### Matthew J. Freeby, M.D.

Endocrinologist

Associate Clinical Professor of Medicine  
University of California, Los Angeles

#### Meghan Gonzalez, R.D., C.D.C.E.S.

Diabetes Dietitian Educator  
Mary & Dick Allen Diabetes Center

#### Samantha Harris, M.D.

Endocrinologist

Scripps Clinic Center for Weight  
Management

#### David Mina, M.P.H.

Health and Wellness Program Coordinator  
Mary & Dick Allen Diabetes Center

#### David Pham, Pharm.D., B.C.P.S., C.D.C.E.S., B.C.-A.D.M.

Diabetes Pharmacist

Mary & Dick Allen Diabetes Center  
Associate Professor of Pharmacy  
Western University of Health Sciences

#### Amanda Tran, Pharm.D., B.C.A.C.P., A.Ph., C.D.C.E.S.

Diabetes Pharmacist

Mary & Dick Allen Diabetes Center

## Program Moderators

#### Ruth Hwang, P.A.-C.

Physician Assistant

Mary & Dick Allen Diabetes Center

#### Michelle Speetzen, B.S.N., R.N., B.S.B.A., C.D.C.E.S.

Inpatient Diabetes Nurse Educator  
Hoag

#### Elizabeth Vitale, M.S., R.D., C.D.C.E.S.

Diabetes Dietitian Educator

Mary & Dick Allen Diabetes Center

# Agenda | Saturday, March 16, 2024

**7:15 – 8:00 a.m.**      **Registration, Breakfast and Exhibits**

**8:00 – 8:05 a.m.**      **Welcome and Program Objectives**

David Ahn, M.D.

## **SESSION 1: Expanding the Role of Continuous Glucose Monitoring**

**8:05 – 8:30 a.m.**      **Continuous Glucose Monitoring in the Hospital**

Michelle Connell, R.N., C.D.C.E.S.

**8:30 – 9:00 a.m.**      **CGM in Pregnancy**

David Pham, Pharm.D., B.C.P.S., C.D.C.E.S., B.C.-A.D.M.

**9:00 – 9:30 a.m.**      **Continuous Glucose Monitoring in Diabetes and Beyond**

Amanda Tran, Pharm.D., B.C.A.C.P., A.Ph., C.D.C.E.S.

**9:30 – 9:45 a.m.**      **Panel Discussion**

Michelle Connell, R.N., C.D.C.E.S.

David Pham, Pharm.D., B.C.P.S., C.D.C.E.S., B.C.-A.D.M.

Amanda Tran, Pharm.D., B.C.A.C.P., A.Ph., C.D.C.E.S.

**Moderated by** Michelle Speetzen, B.S.N., R.N., B.S.B.A., C.D.C.E.S.

**9:45 – 10:30 a.m.**      **Morning Break and Exhibits**

## **SESSION 2: Obesity and Metabolism**

**10:30 – 11:00 a.m.**      **Dietary Strategies for Weight Loss**

Meghan Gonzalez, R.D., C.D.C.E.S.

**11:00 – 11:30 a.m.**      **Anti-obesity Medications: Navigating the Hype**

Samantha Harris, M.D.

**11:30 a.m. – 12 p.m.**      **Binge Eating Disorders**

Samantha Harris, M.D.

**12:00 – 12:15 p.m.**      **Panel Discussion**

Meghan Gonzalez, R.D., C.D.C.E.S.

Samantha Harris, M.D.

**Moderated by** Elizabeth Vitale, M.S., R.D., C.D.C.E.S.

**12:15 – 1:20 p.m.**      **Lunch and Exhibits**

## **SESSION 3: Practical Diabetes**

**1:20 – 1:50 p.m.**      **Individualizing Care with Pumps/Sensors**

David Ahn, M.D.

**1:50 – 2:20 p.m.**      **Innovations in Patient Support**

David Mina, M.P.H.

**2:20 – 2:30 p.m.**      **Panel Discussion**

David Ahn, M.D.

David Mina, M.P.H.

**Moderated by** Ruth Hwang, P.A.-C.

**2:30 – 3:15 p.m.**      **Updates in Gestational Diabetes Mellitus**

Matthew Freeby, M.D.

**3:15 p.m.**              **Closing Comments**

David Ahn, M.D.

## Registration Information

### HOAG EMPLOYEES AND PHYSICIANS

Physicians/PAs: \$125

R.N., N.P., R.D., C.D.C.E.S., Pharm.D.: Complimentary registration with refundable \$50 credit card deposit

### NON-HOAG EMPLOYED ATTENDEES

Physicians/P.A.: \$125

R.N., N.P., R.D., Pharm.D., and C.D.C.E.S.: \$100

Non-licensed R.N., N.P., and Pharm.D. Students (CEUs not offered for student registrations): \$40

Cancellations must be received no later than March 11, 2024. All cancellations are subject to a 3% administrative fee. Cancellations must be received via email to [hoagevents@hoag.org](mailto:hoagevents@hoag.org)

**REGISTRATION AVAILABLE AT:**  
[www.hoag.org/DiabetesConference](http://www.hoag.org/DiabetesConference)