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
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
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
Matthew Freeby, M.D.
Speaker has no financial disclosures
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

All relevant financial relationships have been mitigated.
**PRESENTERS**

**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 approved 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.**
  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

**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

- **Amanda Tran, Pharm.D., B.C.A.C.P., A.Ph., C.D.C.E.S.**
  Diabetes Pharmacist
  Mary & Dick Allen Diabetes Center

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- **Elizabeth Vitale, M.S., R.D., C.D.C.E.S.**
  Diabetes Dietitian Educator
  Mary & Dick Allen Diabetes Center
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  
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

**REGISTRATION AVAILABLE AT:**