



Clinical Nutrition Web Series 2020

OCTOBER 14, 21 & 28, 2020



Calgary Clinical Nutrition Day (formerly known as Nutrition Support Day) was canceled in April due to COVID-19. However, thanks to the hard work of the DC Continuing Education Committee-Calgary and the generosity of the event partners, we are happy to be able to now offer this annual Calgary tradition to all of Canada this October, virtually. It will continue to provide the best available evidence-based and practice-informed learning on topics in clinical nutrition from Western Canadian speakers.

In the past, the event has attracted a large gathering of nutrition professionals committed to elevating the nutrition care they provide to their clients. Delegates will receive timely and relevant professional learning with a uniquely practical focus to aid in meeting annual continued competence requirements for registration.

This year's program will include 4 engaging and interactive sessions via Zoom on 3 consecutive Wednesday afternoons starting at 12:00pm MT.

In light of this event not being able to take place in Calgary in person due to the pandemic, we are pleased to be able to offer it to DC Members for the one time low fee of only \$10 per session (or \$30 for all 4 sessions). We thank the event partners for helping to support this.

Join us to:

1. Position yourself amongst leaders in nutrition research and practice.
2. Discuss breaking developments in nutrition with experts leading the way.
3. Enhance your understanding and skills of how to provide best care for patients.
4. Prepare yourself to be recognized for your knowledge that improves patient outcomes.

EVENT PARTNERS



PROGRAM

Wednesday October 14, 2020
12:00pm - 1:00pm MT

Diet and nutrition therapies, state of the art update in Inflammatory Bowel Disease

The prevalence of Inflammatory Bowel Disease (IBD) has increased over the past several decades. IBD is thought to occur as a consequence of 2 hits, first genetic predisposition and second superimposed environmental risks. Epidemiological studies have described associations between dietary patterns and specific food components and risk of incident IBD. Diet is a well established therapy in paediatric Crohn's disease, and exclusive enteral nutrition is recommended as first line therapy in many guidelines. Recently, a landmark study identified that an exclusion diet used together with partial enteral nutrition was successful in inducing and maintaining remission in paediatric Crohn's disease, with superior results compared to exclusive enteral nutrition alone. In this session, Dr. Raman will review the epidemiological evidence for diet as a risk factor for IBD, dietary components thought to have immunomodulatory and anti-inflammatory effects, and effect of dietary interventions on inducing and maintaining remission in IBD.

SPEAKER: **Maitreyi Raman** MD MSc FRCPC, Clinical Associate Professor, Director for Clinician Investigator Program, Department of Medicine, and Director for AsCEND (Alberta's Centre of excellence for nutrition in Digestive Diseases), University of Calgary; and Medical Director, **Nutrition Services**, Alberta Health Services.



Continued . . .

PROGRAM — continued

Wednesday October 21, 2020

12:00pm - 2:00pm MT

12:00pm - 1:00pm MT

Navigating ethical dilemmas for dietitians

The taking in of nutrition is more than just the sustaining of the physical body. Food connects people socially and emotionally, and because of this, the provision of food and hydration in a health care setting often presents us with a variety of ethical challenges involving choice, risk, capacity and quality of life. In this session we will explore some of the more pronounced ethical issues dietitians face as we seek to meet the nutritional needs of clients using a case study approach.

SPEAKER: Gary Lepine DTh, Clinical Ethicist with Alberta Health Services, providing service at Rockyview General Hospital and South Health Campus



1:00pm - 2:00pm MT

Let's problem solve some enterostomy tube care and management challenges!

A survey of BC dietitians identified that healthcare professionals in a diverse range of care settings consider dietitians to be key clinicians in the care and management of patients fed via a feeding enterostomy tube. Although many tube related activities are considered nursing or physician responsibilities, dietitians report that they are commonly accessed for problem-solving advice. Many dietitians embrace the opportunity to contribute further to patient care, seeking out ways to acquire further knowledge and expertise. In response to this need, Jan Greenwood developed a day-long educational program directed at enhancing the dietitian's understanding of the many aspects of enterostomy tubes. This session will be a case-based presentation of the key 'need to know' aspects of enterostomy tube care and management.

SPEAKER: Jan Greenwood RD, The Basic Five, Vancouver, BC



PROGRAM — con

Wednesday October 28, 2020

12:00pm - 1:00pm MT

Irritable bowel syndrome: a disorder of the brain-gut axis

In recent years, there has been a paradigm shift in our understanding of the brain-gut axis. The growth of evidence detailing the bidirectional interactions between the gut microbiome and the brain supports a comprehensive model that integrates the central nervous, gastrointestinal, and immune systems with this newly discovered organ. Clinical studies have shown potential for novel treatment targets including functional gastrointestinal disorders such as irritable bowel syndrome (IBS) and a wide range of psychiatric and neurologic disorders. This session will describe the current Rome IV criteria to diagnose IBS; discuss the mechanisms of central and peripheral pain signaling which contribute to the pathophysiology of IBS and the current evidence based non-pharmacological therapies for IBS.



SPEAKER: **Yasmin Nasser** MD, PhD, FRCPC, Clinical Assistant Professor in the Department of Medicine and a clinician-scientist in the Division of Gastroenterology and Hepatology, University of Calgary

Dietitians of Canada GST#
105200992 RT

PAYMENT RECEIPT: Emailed registration statement is your receipt.

REGISTRATION CANCELLATION: Written notice of cancellation is required by **Wednesday September 20** and may be subject to a **\$5.00 +GST** processing fee. For cancellations received after that date there will be no refund except in approved exceptional circumstances; however substitutions will be permitted. Refunds will be processed post-event.

EVENT CANCELLATION: DC reserves the right to cancel the session should the number of registrations not reach minimum requirements. All registrations will be processed on a first-come first served basis.

AUDIO/VIDEO RELEASE: Audio and video recording may occur during this event for use on Dietitians of Canada promotional materials, our website, and social media. By virtue of your attendance you give DC permission to use your likeness in these promotions.

REGISTRATION CONTACT:

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SPONSORSHIP CONTACT:

To sponsor a future DC workshop or event, please contact:
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georgette.harris@dietitians.ca

REGISTRATION FORM

Register Online at:

Use your credit card (MasterCard or VISA) to register online using our secure web server – it's quick and safe. You will receive immediate confirmation.

REGISTRATION FEES (*plus GST*)

Per session

DC Member = \$10
DC Student Member = \$0

Non Member = \$20

All 4 sessions package

DC Member = \$30
DC Student Member = \$0

Non Member = \$60