**University of Virginia Health System**

**Weekend Warrior Nutrition Support Program**

**Saturday April 27 and Sunday April 28, 2019**

**Centennial Medical Center, 3rd Floor Classroom**

**2300 Patterson St, Nashville, TN 37203**

**Hosted by the Middle Tennessee Society for Parenteral and Enteral Nutrition (MTSPEN)**

The popular University of Virginia Health System nutrition support “Weekend Warrior” program will be held at Centennial Medical Center. This is a 2-day version of the popular UVA Nutrition Support Traineeship. The goal is to provide up-to-date, evidence-based, and practical information on nutrition support and the nutritional management of specific disease states, including GI disorders.

**Program Presenters**

**Carol Rees Parrish MS, RDN**   
Nutrition Support Specialist

University of Virginia Health System Digestive Health Center   
Charlottesville, VA

Carol has 38 years of clinical experience, the past 28 of which have been spent specializing in nutrition support and GI disorders at UVAHS, Digestive Health Center.  Carol founded the Medicine Nutrition Support Service in 1991, began the home nutrition support program at the UVAHS Home Health Company, developed the GI Nutrition Clinic, originated the UVAHS Celiac Support Group, and is

the co-founder of the UVAHS Nutrition Support Traineeship, Weekend Warrior, and Webinar educational programs. She has been the nutrition series editor for the popular Practical Gastroenterology Journal's Nutrition Series since 2003, having published over 174 articles in the series. She has many publications, abstracts and chapters, and has given well over 250 presentations at local, state, regional, national and international conferences. Carol’s passion in GI and nutrition support includes short gut/malabsorptive disorders, enteral and parenteral feeding modalities, small bowel bacterial overgrowth, pancreatitis, gastroparesis, refeeding syndrome, and many other GI disorders. She has been awarded the American Society for Parenteral and Enteral Nutrition Distinguished Nutrition Support Dietitian Advanced Clinical Practice Award (2006), and the DNS Distinguished Practice Award, Academy of Nutrition and Dietetics Dietitians in Nutrition Support (DNS) Dietetic Practice Group (2012).

**Joe Krenitsky MS, RDN**

Nutrition Support Specialist

University of Virginia Health System

Joe Krenitsky has been a Registered Dietitian since 1988 and has been at UVA since 1992. He is the co-lead of the UVA Medical Nutrition Support Team, a co-developer of the Nutrition Support Traineeship and Weekend Warrior programs at UVA, and is the primary author of the UVA e-journal club. Joe has received the ASPEN Distinguished Nutrition Support Dietitian- Advanced Practice Award, and has written

and presented on a variety of GI and nutrition support related topics. His

professional interests include nutrition support in critical care, hepatic failure, acute kidney injury and the importance of evidence analysis.

**Program Schedule**

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| **Saturday April 27, 2019** | |
| **8:15 – 8:45 am** | **Registration (Breakfast on your own)** |
| **8:45 – 9:00 am** | **Welcome & Introduction** |
| **9:00 - 10:30 am** | **The Malabsorption Work Up** *Carol Rees Parrish*  Learning Objectives:   1. Differentiate between different types and etiologies of malabsorption. 2. List the tests currently used to diagnose malabsorption. 3. Develop a nutritional care plan for the most common types of malabsorption. |
| **10:30 – 10:45** | **Break** |
| **10:45 – 12:15** | **Adult ICU Nutrition Controversies** *Joe Krenitsky*  Learning Objectives:   1. State the limitations of studies that have investigated early enteral nutrition and discuss data regarding calorie and protein goals for feeding critically ill adult patients. 2. Identify patients that may be harmed by volume-based feeding protocols 3. Evaluate data regarding enteral nutrition in patients with marginal hemodynamic stability or receiving vasopressors. |
| **12:15 - 1:15pm** | **Lunch (provided)│ Networking** |
| **1:15 - 2:45 pm** | **A Clinical Approach to Managing Short Bowel Syndrome** *Carol Rees Parrish*  Learning Objectives:   1. List the clinical consequences of Short Bowel Syndrome (SBS) 2. Describe the rationale for the medications commonly used in the management of high output ostomy/SBS. 3. Intervene in a stepwise fashion to optimize both hydration and nutritional status. |
| **2:45 – 3:00 pm** | **Break** |
| **3:00 – 4:00 pm** | **Nutrition Support for the Obese Patient** *Joe Krenitsky*  Learning Objectives:   1. State the limitations of studies that have investigated calorie prediction equations in obese patients. 2. Determine evidence-based calorie and protein goals for feeding the hospitalized obese patient and strategies for monitoring nutrition status of acutely ill obese patients. 3. Identify patients with co-morbidities and clinical scenarios that pose a challenge to recommendations for feeding obese patients. |
| **4:00 – 4:30 pm** | **Questions & Answers │Wrap Up** |

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| **Sunday April 28, 2019** | |
| **8:30 – 9:00 am** | **Welcome │Networking (Breakfast on your own)** |
| **9:00 - 10:30am** | **Jejunal Feeding Myths** *Carol Rees Parrish*  Learning Objectives:   1. Identify which types of enteral formulas can be administered via jejunal tube. 2. Prescribe an appropriate enteral feeding rate for a patient receiving jejunal feeding. 3. Describe normal GI physiology and absorption as it relates to diarrhea in jejunal feeding. |
| **10:30 – 10:45** | **Break** |
| **10:45 – 12:15** | **Nutrition in Hepatitis and Hepatic Failure** *Joe Krenitsky*  Learning Objectives:   1. Describe the factors that lead to malnutrition in the patient with liver disease. 2. Discuss the nutritional needs of patients with liver disease. 3. Discuss nutrition support guidelines for patients with liver disease, including the use of oral, enteral and parenteral nutrition. |
| **12:15 – 1:15 pm** | **Lunch (provided)│ Networking** |
| **1:15 – 2: 15 pm** | **Nutrition in Acute Kidney Injury**  *Joe Krenitsky*  Learning Objectives:   1. State estimated calorie and protein needs of acute care patients receiving renal replacement therapy. 2. Identify the effects of providing nutrition support on catabolism and urea generation. 3. Determine micronutrient requirements in patients with renal failure and requiring renal replacement therapy. |
| **2:15 – 3:15 pm** | **Assessing Hydration in the Acute Care Enterally-Fed Adult Patient** *Carol Rees Parrish*  Learning Objectives:   1. Recognize patients at risk for dehydration. 2. State the evidence behind formulas used to calculate hydration requirements. 3. Develop strategies to prevent dehydration. |
| **3:15 – 3:45** | **Questions & Answers │ Wrap Up** |

**Directions**

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More information to follow.

**Accommodations**

Many hotel accommodations are available in the Nashville area. Visit [www.GInutrition.virginia.edu](http://www.GInutrition.virginia.edu) and go to the Weekend Warrior page for updates and more information.

**Registration Details and Continuing Education Information**

**Registration is limited to 65 participants.** This is to ensure an optimal learning experience, which will be enhanced by interactive case studies, group discussion, and question/answer periods. Registration will be accepted on a first come, first serve basis. Single-day or on-site registration will not be accepted. Once the maximum number of participants has registered, a waiting list will be created. Individuals on the waiting list will be notified if a spot becomes available.

***Note: A minimum number of participants is required to run the program. Registration is now open. Participants will be notified when the minimum number has been reached. Please do not make non-refundable travel plans before this time. We must have the minimum number of participants registered by February 20, 2019 or we reserve the right to cancel the program.***

Visit [www.GInutrition.virginia.edu](http://www.GInutrition.virginia.edu) and see the Weekend Warrior page for updates and registration.

**Registration Fee: $395.00.** This includes lunch, light refreshments, and printed program materials for both days. See registration form for payment options and instructions.

This program meets CDR requirements to provide 10 hours of Continuing Professional Education for Registered Dietitian Nutritionists. Prior approval Pending. Please note that other nutrition support clinicians are welcome in the program, however, we are unable to provide prior-approved CE credits for disciplines other than RDs/RDNs.

**Cancellation Policy**

**Registration Cancellation:** Paid registration may be cancelled in writing before March 22, 2019. The registration fee minus a $100 administrative fee will be refunded. There will be no refunds after this date, however, participant substitution will be allowed.

**Event Cancellation:** University of Virginia reserve the right to cancel the program if the number of registrants does not reach the minimum requirement by February 20, 2019.

**Contact Information**

**UVA Contact: Site Contact:**

Stacey McCray, RD Holly Redmon

[sf8n@virginia.edu](mailto:sf8n@virginia.edu) [hredmon@mauryregional.com](mailto:hredmon@mauryregional.com)

**Registration Form**

**Weekend Warrior Nutrition Support Program  
Nashville, TN**

April 27-28, 2019

(please type or print clearly)

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**E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I am paying by:**  **Check/Money Order**  **Credit Card**

Payments by **check or money order** make payable to Morrison Management Services and mail to address below. Checks will not be deposited until the minimum number of participants has been met.

Payment by **credit card** email this form to sf8n@virginia.edu, you will be sent a guide to using our online Catering website to make a credit card payment. Credit cards will not be charged until the minimum number of participants has been met.

Attention:

UVA Health Systems/Morrison

Nutrition Services

University of Virginia Health System

P.O. Box 800673

Charlottesville, VA 22908

*Questions?*

Stacey McCray: [sf8n@virginia.edu](mailto:sf8n@virginia.edu)

UVA Nutrition Services 434-924-2286

For UVA Use:

Invoice #