

GRAND STRAND MEDICAL CENTER CLINICAL NUTRITION SERVICES HOSTS A GI Nutrition Support Weekend Program

Presenting current, evidence-based information on various GI and nutrition support topics; practical management strategies will also be provided. Lectures will include plenty of case examples, and questions are encouraged!

Program Presenters



CAROL REES PARRISH, MS, RDN

Carol is a Nutrition Support Specialist at the University of Virginia Health System (UVAHS) in Charlottesville, Virginia with 38 years of clinical experience. She has spent 29 of those years specializing in nutrition support and complex GI disorders at the UVAHS, Digestive Health Center. She founded the Medicine Nutrition Support Service in 1991, the UVAHS home nutrition support program in 1995, along with developing the GI Nutrition Clinic. To share the vast experiences and teachings of many mentors, she co-founded the UVAHS Nutrition Support Traineeship, the 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 190 articles in the series. She has written many articles, abstracts, and chapters, and given well over 300 presentations at local, state, regional, national, and international conferences. Carol's passion for GI and nutrition support includes the care of those with short bowel syndrome, malabsorptive disorders, high output ileostomies, enteral and parenteral feeding, hydration in the enterally-fed patient, small bowel bacterial overgrowth, pancreatitis, gastroparesis, refeeding syndrome, and many other complex GI disorders. She was awarded the A.S.P.E.N. Distinguished Nutrition Support Dietitian Advanced Clinical Practice Award in 2006 and the Dietitians in Nutrition Support Distinguished Practice Award, Academy of Nutrition and Dietetics, Dietetic Practice Group in 2012.



Amy J. Berry, MS, RD, CNSC

Amy began her specialization of nutrition support in GI surgical patients when she worked at the Medical University of South Carolina. After accepting a position on the Surgical Nutrition Support Team at the University of Virginia, she moved back home to Charlottesville VA in 2009. There, she began specializing in working with the pancreatic surgery team; seeing their patients post discharge as well as collecting data on these patients. In 2017, this led to the creation of a full-time nutrition support position with UVA's cancer center, working both inpatient and outpatient to provide these patients continuity of nutritional care. In 2021, she accepted a position at the Roper St Francis Cancer Center, moving back to sunny Charleston SC. She continues her work there advocating for comprehensive outpatient nutritional care for PEG and J-tube cancer patients. She has written multiple papers and presented on these topics at FNCE and Clinical Nutrition Week, as well as presenting for the Dietitians in Nutrition Support and Oncology Nutrition practice groups for the Academy. She received the 2019 award for Excellence in Clinical Practice by the Dietitians in Nutrition Support practice group of the Academy of Nutrition and Dietetics, as well as the 2019 Academy's Foundation Abbott Nutrition Malnutrition Award, given to nutrition clinicians making a significant contribution in malnutrition awareness.

Program Schedule

SATURDAY, May 7, 2022

7:30 am Registration (breakfast on your own)

8:15 am Welcome & Introduction

8:30 am Identifying Malnutrition (1 hour)

Amy J Berry, MS, RD, CNSC

Learning Objectives:

- 1) Describe associated costs and outcomes of the adult hospitalized patient with malnutrition.
- 2) Discuss current guidelines for diagnosis of malnutrition and how the clinician can implement this in routine patient care.
- 3) Identify the nutrition clinician's role in intervention of the malnourished patient.

9:30 am Break

9:45 am Enteral Feeding: The Art and Science1 (1.25 hours)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) Recognize common barriers to successful tube feeding (TF) in the hospitalized patient.
- 2) Dispel many of the myths surrounding "TF intolerance or complications."
- 3) Develop a systematic approach to identify the root cause of the intolerance or complication in order to improve TF delivery.

11:00 am Enteral Feeding: The Art and Science2 (1.25 hour)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) See above.

12:15 pm Lunch (provided) & Networking

1:15 pm Hydration in the EN-Fed Adult Patient (1 hour)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) Recognize patients at risk for dehydration.
- 2) Identify signs and symptoms of dehydration.
- 3) Develop strategies to prevent dehydration.

2:15 pm Perioperative Nutrition (1.5 hours)

Amy J Berry, MS, RD, CNSC

Learning Objectives:

- 1) Summarize the benefits of ERAS (enhanced recovery after surgery) protocols and outcomes in various GI surgeries.
- 2) Evaluate existing literature on perioperative nutrition support, including immunonutrition.
- 3) Discuss ideal perioperative nutritional intervention, as well as further research needed.

3:45 pm Break

4:00 pm PN Pearls (1 hour)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) State the indications for parenteral nutrition.
- 2) Identify common electrolyte complications of parenteral nutrition and devise plan to intervene.
- 3) Recognize patients at risk for refeeding and develop a prescription and monitoring plan.

5:00-5:15 pm Wrap up

SUNDAY, May 8, 2022

8:30 am Welcome & Networking (breakfast on your own)

9:00 am Refeeding Syndrome: Lessons Learned (1 hour)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) Describe the physiology behind the refeeding syndrome and its potential complications.
- 2) Identify patients at risk for refeeding syndrome.
- 3) Outline steps to prevent or minimize the complications of refeeding syndrome.

10:00 am Break

10:15 am High Output Ileostomy (1 hour)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) Identify the clinical, psychological, and financial burdens patients with high output ileostomies face.
- 2) Systematically select and dose medications to decrease stool volume.
- 3) Develop a plan to monitor new ileostomy patients after discharge.

11:15 pm Challenging GI Cases (DM3c, BAM, SIBO) (1 hour)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) The last session of this symposium will present select GI cases that are sometimes underappreciated and difficult to manage. Patients at risk, presenting symptoms, and treatment interventions will be discussed.

12:15-12:30 pm Wrap up

Registration Details & Continuing Education Information

REGISTRATION IS LIMITED TO 50 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.

REGISTRATION FEE (Includes printed program materials, lunch on Saturday and snacks/beverages)

- **March 29th, 2022: \$325.00**

TO REGISTER → GINutritionSupport.com

This program meets CDR requirements to provide **10 hours of Continuing Professional Education for Registered Dietitian Nutritionists**. Prior approval pending.

COVID GUIDELINES

Please wear a mask while indoors and come with **either** proof of vaccination or a negative COVID test within 48 hours of the conference.

CANCELLATION POLICY

- **Registration Cancellation** may be cancelled in writing before **March 28th, 2022**; registration fee minus \$25.00 administrative fee will be refunded. There will be no full refunds after **March 28th, 2022**, however, participant substitution is allowed.
- **Event Cancellation:** GI Nutrition Support Programs, LLC reserves the right to cancel the program if the number of registrants does not reach the minimum requirement by **March 28th, 2022**. In addition, Grand Strand Medical Center and GI Nutrition Programs, LLC cannot be held responsible for cancellations *beyond our control*.

Program Location & Directions

Location of Conference (Conference held at education center adjacent to hospital--use address provided below instead of hospital address to ensure you arrive at the correct location):

Grand Strand Medical Center -- Ocean View Education Center -- Conference Room 3
900 79th Avenue North
Myrtle Beach, SC 29572

Parking:

There is parking in the horseshoe in front of the building.

Once that fills up, you can also park directly behind the building -- there is an entrance to the venue on the back of the building also.

Accommodations

- Marina Inn @ Grande Dunes (1.1 miles from location) -- discount code available; contact Auburn Fowler below for code
- Marriott Myrtle Beach Resort & Spa - (less than 1.5 miles from location)
- Hampton Inn Myrtle Beach -- Northwood (less than 1.5 miles from location)

Contact Information

SITE CONTACT

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PROGRAM QUESTIONS

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