

March 7, 2020

## GI Nutrition Support Weekend Program

Providence St. John's Health Center will be hosting a GI Nutrition Support Weekend Program providing evidence-based information on select GI topics along with practical management strategies. Lectures will include plenty of case examples; questions are encouraged!

### Overview of Program Content

- ◆ Upper GI Surgery: Maximizing Nutritional Status
- ◆ Taking Care of Your Colon: Diet to Screening Colonoscopy
- ◆ Nutritional Care of the Patient with Gastroparesis
- ◆ Gastrointestinal Issues in Women's Health
- ◆ Refeeding Syndrome
- ◆ Managing the Patient with High Output Ileostomy

### Program Presenters



**Carol Rees Parrish MS, RDN**

**Nutrition Support  
Specialist**



**Cynthia Yoshida, MD**

**Gastroenterologist**

Carol Rees Parrish and Dr. Cynthia Yoshida are both experienced academic clinicians at the University of Virginia Health System Charlottesville, Virginia, with expertise in nutrition support and GI disorders. Find out more about Carol and Dr. Yoshida at [ginutritionssupport.com](http://ginutritionssupport.com).

### Preliminary Registration Details

#### REGISTRATION IS LIMITED.

Registration will be accepted on a first come, first serve basis.

#### REGISTRATION FEE: (payable via cash, check and credit card)

Includes lunch and snacks as well as printed program materials.

- ◆ Providence St. John's employees: no cost
- ◆ All other Providence Employees: cost: \$150.00
- ◆ Outside registrants: cost: \$200.00

**CEU's:** This program meets CDR requirements for 6 hours of Continuing Professional Education for Registered Dietitians & 6 hours approved by the California Board of Registered Nursing (Provider Number 490).

#### TO REGISTER CONTACT:

**Carmen Duarte Muñoz**

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#### PROGRAM QUESTIONS & SITE CONTACT:

**Anabelle Ahdoot, MS, RD, CDE**

[anabelle.ahdoot@providence.org](mailto:anabelle.ahdoot@providence.org)

## Program Schedule

**Saturday, March 7, 2020**

<b>Time</b>	<b>What</b>	<b>Speaker</b>
8:00-8:30	<b>Registration</b>	Anabelle Ahdoot, MS, RD, CDE
8:30-8:45	<b>Welcome and Introductions</b>	Anabelle Ahdoot, MS, RD, CDE
8:45-9:45	<b>Upper GI Surgery: Maximizing Nutritional Status</b> <i>Learning Objectives:</i> 1) State which upper GI surgeries are most often associated with nutritional compromise. 2) Identify barriers that can contribute to nutritional demise. 3) List 3 nutrients that are at higher risk for deficiency in upper GI surgeries.	Carol Rees Parrish, MS, RDN
9:45-10:00	<b>Break</b>	
10:00-11:00	<b>Taking Care of Your Colon—Diet to Screening Colonoscopy</b> <i>Learning Objectives:</i> 1) Describe basic colon anatomy and physiology. 2) Recognize common colon disorders, including inflammatory bowel disease and diverticular disease. 3) Explain colorectal cancer pathogenesis and the screening tests and examine the recent increase in early onset colorectal cancer.	Cynthia Yoshida, MD
11:00-12:00	<b>Refeeding Syndrome</b> <i>Learning Objectives:</i> 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.	Carol Rees Parrish, MS, RDN
12:00-1:00	<b>Lunch</b>	
1:00-2:00	<b>Gastrointestinal Issues in Women's Health</b> <i>Learning Objectives:</i> 1) Identify GI and liver diseases that afflict women more commonly than men. 2) Recognize the effect of the menstrual cycle on the GI Tract. 3) Review pelvic floor disorders.	Cynthia Yoshida, MD
2:00-3:00	<b>Nutritional Care of the Patient with Gastroparesis</b> <i>Learning Objectives:</i> 1) Identify patients at risk for gastroparesis. 2) Recognize medications that may aggravate symptoms of gastroparesis. 3) Devise nutritional treatment plan for the patient with gastroparesis.	Carol Rees Parrish, MS, RDN
3:00-3:15	<b>Break</b>	
3:15-4:15	<b>Managing the Patient with High Output Ileostomy</b> <i>Learning Objectives:</i> 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.	Carol Rees Parrish, MS, RDN
4:15-4:30	<b>Close</b>	