

UNC Health Johnston Hospital HOSTS a GI Nutrition Support Weekend Program

Presenting current, evidence-based information on various GI and nutrition support topics. Practical management strategies will be provided and lectures will include plenty of case examples.

Questions are encouraged!

Program Presenters



CAROL REES PARRISH, MS, RDN

Carol is a GI Nutrition Support Specialist with 42 years of clinical experience; 32 were specializing in nutrition support and complex GI disorders at the UVA Health Digestive Health Center in Charlottesville, VA. She founded the Medicine Nutrition Support Service in 1991, the home nutrition support program in 1995, along with developing the GI Nutrition Clinic. To share her experiences and the teachings of her many mentors, she co-founded the UVA 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 220 articles in the series. She has also 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 and other malabsorptive disorders, high output ileostomies, enteral and parenteral feeding, hydration in the enterally-fed patient, small intestinal bacterial overgrowth, pancreatitis, gastroparesis, refeeding syndrome, and many other complex GI disorders. She was awarded the 2006 ASPEN Distinguished Nutrition Support Dietitian Advanced Clinical Practice Award, the 2012 Dietitians in Nutrition Support Distinguished Practice Award, and the 2021 ASPEN Excellence in Nutrition Support Education Award.



KELLY O'DONNELL, MS, RD, CNSC

Kelly has been a registered dietitian since 1992. She has worked as a nutrition support dietitian at UVA Health in Charlottesville, VA since 2001, specializing in enteral and parenteral nutrition for surgery, trauma, and burn patients. Kelly's other areas of interest include micronutrient deficiencies after gastric bypass surgery, allowing her the opportunity to serve as an expert witness in this area. In addition to being the team lead for the nutrition support surgery service, her role includes educating dietetic interns, RNs, and surgery residents in surgery nutrition support. She has been awarded the Outstanding Preceptor of the Year from 7 different dietetic internship classes during her career at UVA Health. Kelly has been a guest editor for *Support Line* and has served various roles including president on the Virginia Society of Parenteral and Enteral Nutrition Board.

Program Schedule

SATURDAY, March 11, 2023

7:30 am Registration (breakfast on your own)

8:00 am Welcome & Introduction

8:15 am The Malabsorption Workup (1 hr)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) Differentiate between the different types of malabsorption.
- 2) List the tests currently used to diagnose malabsorption.
- 3) Develop a nutrition care plan for the most common types of malabsorption syndromes.

9:15 am Break

9:30 am Nutrition Support in the Critical Care Surgical/Trauma ICU (1 hr)

Kelly O'Donnell, MS, RDN

Learning Objectives:

- 1) Highlight the nutrition issues seen in trauma patients.
- 2) Characterize common nutrition problems in the patient undergoing surgery.
- 3) Discuss nutrition recommendations for a complicated case.

10:30 am Feeding an Injured Pancreas (1 hr)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) List the primary causes of pancreatitis.
- 2) Evaluate feeding options in patients with pancreatitis based on current evidence.
- 3) Optimize nutrition support delivered.

11:30 pm Lunch (provided) & Networking

12:30 pm Nutrition Considerations in Hepatic Failure (1 hr)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) Discuss contributing factors to malnutrition in patients with cirrhosis.
- 2) Develop strategies to optimize nutrition in the cirrhotic patient.
- 3) Explain rationale for an evening snack/avoidance of fasting in this patient population.

1:30 pm Nutrition and Wounds (1 hr)

Kelly O'Donnell, MS, RDN

Learning Objectives:

- 1) Describe the connection between malnutrition and wound healing.
- 2) Identify vitamins and minerals necessary for wound healing.
- 3) Formulate plan to maximize nutrition for wound healing.

2:30 pm Break

2:45 pm Nutritional Care of the Patient with Gastroparesis/SIBO (1.5 hr)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) Identify patients at risk for gastroparesis.
- 2) Devise a nutritional treatment plan for the patient with gastroparesis.
- 3) Describe signs, symptoms, and nutritional alterations experienced by patients with SIBO and determine treatment used.

4:15-4:30 pm Wrap up

SUNDAY, March 12, 2023

8:15 am Welcome & Networking (breakfast on your own)

8:30 am Clinical Approach to Managing Short Bowel Syndrome (SBS) (1 hr)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) State the clinical consequences of SBS.
- 2) Describe the rationale for medications commonly used in management of SBS.
- 3) Intervene in a stepwise fashion to optimize both hydration and nutrition status.

9:30 am Break

9:45 am Micronutrient Deficiencies and the Gastric Bypass Patient (1.25 hr)

Kelly O'Donnell, MS, RDN

Learning Objectives:

- 1) Identify patients at risk for vitamin and mineral deficiencies.
- 2) Recognize uncommon vitamin and mineral deficiencies after Roux-en-Y gastric bypass.
- 3) Discuss signs and symptoms of deficiencies as well as treatment options.

11:00 pm Challenging GI Cases ("Diarrhea," BAM, Jejunal Feeding & FTT) and Wrap Up (1.25 hr)

Carol Rees Parrish, MS, RDN

Learning Objectives:

- 1) The last session of this symposium will present select GI cases – participants will be able to identify patients at risk, presenting symptoms, and potential treatment interventions.

12:15 pm Program Ends

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 and lunch/snacks/beverages on Saturday & Sunday)

- **Early Bird: December 1st, 2022 until Jan 21st, 2023: \$295.00**
- **After January 21st, 2023: \$350.00**

TO REGISTER → GInutritionssupport.com

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

COVID GUIDELINES

Masks are optional for this event—will update all should this change.

CANCELLATION POLICY

- **Registration Cancellation** may be cancelled in writing before **January 21st, 2023**; registration fee minus \$25.00 administrative fee will be refunded. There will be no full refunds after **January 21st, 2023**, 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 **January 21st, 2023**. Please wait to make non-refundable travel plans until notified the program minimum has been reached. In addition, UNC Health Johnston Hospital and GI Nutrition Programs, LLC cannot be held responsible for cancellations *beyond our control*.

Program Location & Directions

Location of Conference: Conference held at Johnston Medical Mall across the street from the hospital—use address provided below instead of hospital address to ensure you arrive at the correct location:

Johnston Health Medical Mall – Auditorium
514 N Brightleaf Blvd
Smithfield, NC 27577

Parking:

There is ample free parking in the front of the building.

You may park at/enter building at either the North or South entrance – the auditorium is in the middle of the “U” shaped building.

Accommodations

- Country Inn & Suites by Radisson -- 250 N Equity Dr, Smithfield, NC 27577 (1.5 miles from location)
- Best Western Smithfield Inn -- 145 S Equity Dr, Smithfield, NC 27577 (2 miles from location)
- La Quinta Inn & Suites by Wyndham -- 1695 Outlet Center Dr, Selma, NC 27576 (3 miles from location)

Contact Information

SITE QUESTIONS

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PROGRAM QUESTIONS

Carol Rees Parrish, MS, RDN

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