

# 2<sup>nd</sup> Annual Le Bonheur Pediatric Nutrition Symposium

FRIDAY, SEPTEMBER 27, 2019

SATURDAY, SEPTEMBER 28, 2019

LE BONHEUR CHILDREN'S HOSPITAL  
RESEARCH CENTER

50 N. DUNLAP, MEMPHIS, TN



PRESENTED BY THE DEPARTMENT OF NUTRITION THERAPY AT LE BONHEUR AND THE DIVISION OF  
PEDIATRIC GASTROENTEROLOGY, HEPATOLOGY, AND NUTRITION AT UTHSC

Le Bonheur  
Children's Hospital

## **COURSE DESCRIPTION**

This course is a multidisciplinary approach to the comprehensive nutrition assessment of the pediatric patient with a special focus on the nutrition management of various pediatric gastrointestinal illnesses. The purpose is to provide a foundation of knowledge and skill to provide evidence based nutrition care within the scope of each key healthcare discipline. All attendees will learn the nutrition needs of infants, children, and adolescents, how to conduct nutrition focused physical examination as well as the unique nutrition considerations for the critically ill pediatric patient. In addition to these topics, each attendee will have the opportunity to create a customized learning experience, selecting from topics of interested including, but not limited to nutrition support, ketogenic diet, cystic fibrosis, food allergies, pediatric obesity and bariatric surgery as well as short bowel syndrome and gastrointestinal motility.

## **TARGET AUDIENCE**

Registered Dietitians, General Pediatricians, Gastroenterologists, Family Practice Physicians, Nurse Practitioners, Nurses, Speech-Language Pathologists, dietetic interns/students and others who care for children are invited to attend.

## **CONFERENCE OBJECTIVES**

Upon completion of this program, participants will be able to:

1. Identify the basic nutrition needs of infants, children, and adolescents as well as special nutrition-related considerations for sub-specialty pediatric populations.
2. Gain both the knowledge and skills necessary for the comprehensive nutrition assessment of the pediatric patient, including nutrition-focused physical examination.
3. Advocate for a multidisciplinary approach to effective, evidence-based nutrition care of the pediatric patient.
4. Identify the role of nutrition in the management of various pediatric gastrointestinal illnesses.



### **KEYNOTE SPEAKER**

**Ala Shaikhkhalil, MD**

Pediatric Gastroenterologist  
Nationwide Children's Hospital  
Assistant Professor of Clinical Pediatrics  
The Ohio State University, College of Medicine



Ala Shaikhkhalil, MD, is an attending pediatric gastroenterologist, Physician Nutrition Specialist at Nationwide Children's, and Assistant Professor of Clinical Pediatrics at the Ohio State University College of Medicine. In addition to her training in pediatric gastroenterology at Nationwide Children's, Dr. Shaikhkhalil completed a fellowship in Pediatric Nutrition at the Children's Hospital of Philadelphia. Her specialty interest is in nutrition and its role in children's health, growth, and wellness. In addition to her work in the gastroenterology clinics, Dr. Shaikhkhalil participates in multidisciplinary clinics for children and adolescents with cystic fibrosis and bone disease. Dr. Shaikhkhalil has received funding from the Cystic Fibrosis Foundation to be part of a group of gastroenterologists who will specialize in the unique gastrointestinal and nutritional of individuals with cystic fibrosis. Dr. Shaikhkhalil is passionate about nutrition education for medical trainees. In partnership with the Pediatric Residency program, Dr. Shaikhkhalil implemented a curriculum in Culinary Medicine which aims to teach residents practical principles of the Mediterranean diet to enhance their own wellness and improve their ability to counsel parents and patients. Additional interests include role of diet in Crohn's disease and implementation of a nutrition curriculum for pediatric gastroenterology fellows.

# 2ND ANNUAL LE BONHEUR PEDIATRIC NUTRITION SYMPOSIUM

Presented by The Department of Nutrition Therapy at Le Bonheur and The Division of Pediatric Gastroenterology, Hepatology, and Nutrition at Le Bonheur and UTHSC

## PROGRAM AGENDA

### FRIDAY, SEPTEMBER 27, 2019

- 11:30 AM - Noon**      **REGISTRATION/BOXED LUNCH**
- Noon- 12: 30 PM**      **WELCOME**
- 12:30 PM - 1:30 PM**      **From Cradle to College: Nutrition for Infants, Pediatrics, and Adolescents**  
*Michelle Miller, MS, RD, CNSC, LDN*  
Review basic nutrition principles of the neonate, infant, child, and adolescent.
- 1:30 PM - 2:30 PM**      **Neonatal Nutrition: Discovering the Known and Unknown**  
*Allison Clayton, MS, RD, CSP, LDN, CLC*  
Review common nutrition practices in different disease states found in the NICU population. Discuss new evidenced-based nutrition practices as well as areas in neonatal nutrition where there is lack of evidenced-based practice.
- 2:30 PM - 2:45 PM**      **BREAK**
- 2:45 PM - 3:45 PM**      **Choosing the Best Formula for Your Patient**  
*Mallori Roberts, MS, RD, LDN*  
Identify and differentiate components of infant, toddler and pediatric formulas.
- 3:45 PM - 4:45 PM**      **When Things Don't Measure Up – Diagnosing Malnutrition**  
*Kelly Green Corkins, MS, RD-AP, CSP, LDN, FAND*  
Articulate the etiologies and mechanisms that lead to pediatric malnutrition and become familiar with basic techniques of nutrition-focused physical examination.
- 4:45 PM - 5:00 PM**      **WRAP UP**

### SATURDAY, SEPTEMBER 28, 2019

- 7:30 AM - 8:00 AM**      **REGISTRATION/CONTINENTAL BREAKFAST**
- 8:00 AM - 8:30 AM**      **WELCOME**
- 8:30 AM - 9:30 AM**      **Nutrition and Gastrointestinal Outcomes in the Era of CFTR Modulators**  
*Ala K. Shaikhkhalil, MD*  
Summarize the impact of cystic fibrosis (CF) on nutrition and gastrointestinal (GI) tract. Review the history of the mechanisms of action of cystic fibrosis transmembrane conductance regulator (CFTR) modulators and their impact on nutrition and the GI tract of individuals with CF.
- 9:30 AM - 9:45 AM**      **BREAK**
- 9:45 AM - NOON**      **BREAKOUT SESSIONS (x3, 45 MINUTES EACH)\***
- NOON - 1:30 PM**      **LUNCH**
- 1:30 PM - 2:30 PM**      **CF, Nutrition, and the GI Tract**  
*Ashley Kilpatrick, MS, RD, LDN, CLS*  
*Molly Stolz, PharmD*  
Describe the clinical manifestations of cystic fibrosis that result in malnutrition. Assess nutritional status and estimate nutritional needs of a patient with cystic fibrosis. Develop an individualized medication regimen to manage malabsorption in a patient with cystic fibrosis.
- 2:30 PM - 2:45 PM**      **BREAK**
- 2:45 PM - 4:15 PM**      **BREAKOUT SESSIONS (x2, 45 MINUTES EACH)\***
- 4:15 PM**      **WRAP UP**

\*agenda as of 7/18/19. Subject to change.



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## **\*BREAKOUT SESSIONS**

Breakout session schedule to be determined. Each participant will be able to attend up five of the following breakout sessions live. Only a select five will be available via live stream the day of the symposium. However, all sessions will be available through Webinar to all symposium attendees.

### **Alternate Routes for Nutrition: Parenteral and Enteral Nutrition Devices**

*Anita Shelley, MSN, RN, PCNS, CWOCN, Amanda Hall, BSN, RN, and Emily J. Hutchens, BSN, RN, VA-BC*

Identify three different types of feeding tubes. Describe how to give feedings through the tubes. Summarize resources Le Bonheur provides for patients and families who have gastrostomy tubes. Identify types of intravascular devices used for parenteral nutrition and possible site locations for these lines. Describe care and maintenance of each device.

### **Eosinophilic Esophagitis: Just another food allergy?**

*Cary Cavender, MD and Jay Lieberman, MD*

Discuss the presentation of someone with eosinophilic esophagitis at the various age groups within the pediatric population. Identify the natural history of eosinophilic esophagitis and list the treatment options.

### **Food Journal Journey: Allergic Colitis in the Breastfed Infant**

*Brandi Jordan, MS, RD, LDN, IBCLC, RLC*

Identify common symptoms of allergic colitis. Discuss the elimination diet for the breastfeeding mother. Identify options for feeding if mom decides to stop providing breastmilk.

### **Going Gluten-Free: Celiac Disease and the Gluten-Free Diet**

*M. Linley Harvie, MD*

Discuss presenting symptoms and diagnosis of celiac disease. Describe gluten and dietary sources. Discuss meal preparation and identify barriers to families following a gluten free diet.

### **How to Nourish the Short Gut**

*Anna Tuttle, MS, RD, LDN, CLC*

Discuss the common nutritional deficiencies of short bowel patients and identify nutrition interventions to optimize growth.

### **Not Your Facebook Keto: A Pediatric Provider's Guide to the Ketogenic Diets**

*Sarah Weatherspoon, MD and Lindsay Walsh, MS, RD, CSP, LDN, CLC*

Define ketogenic diet for seizure control and discuss complications and practical tips for diet management, including GI implications of the diet.

### **Nutrition in Pediatric Liver Disease**

*John Eshun, MD*

Discuss common etiologies of pediatric liver disease. Discuss the common deficiencies seen in this population due to malabsorption issues. Discuss the nutrient needs for these patients.

### **Overview of Pediatric Parenteral Nutrition: Composition, Management and Complications**

*Oscar Herrera, PharmD, BCNSP*

List and identify indications for the most commonly used components/additives in a parenteral nutrition. Discuss complications of long-term parenteral nutrition as well as safety/administration issues and monitoring parameters.

### **Pediatric Obesity and Adolescent Bariatric Surgery**

*Nichole Reed, RDN, LDN*

Identify the prevalence, causes, and treatment of childhood and adolescent obesity. Review current practices in adolescent bariatric surgery.

### **Picky Eating vs Oral Aversions: What's the Difference?**

*Danielle Watson, MS, RD, LDN*

Differentiate between picky eating and oral aversion. Identify who is at risk. Explain nutritional implications of picky eating and oral aversion.

### **Technology in Diabetes Management**

*Madison Greer, RN, BSN, CDE*

Identify the basic components of insulin pumps and continuous glucose monitors (CGMs). Identify advanced features of insulin pumps/CGMs and their various applications.

### **The Good, the Bad, the Blended**

*Teresa Shurley, MS, RD, CSR, LDN*

Discuss the emergence in popularity and benefits of blended diets for G-tube patients. Explain how to create a well-balanced blend while reviewing the importance of practicing food safety.

### **The Gut Microbiome and the Role of Probiotics**

*Iris Jo-Shi, DO*

Identify what makes up the gut microbiota and its role in health maintenance and in disease. Differentiate between probiotics and prebiotics. Discuss the usefulness of probiotics.

### **Troubleshooting Access Devices for Enteral and Parenteral Nutrition**

*Anita Shelley, MSN, RN, PCNS, CWOCN, Amanda Hall, BSN, RN, and Emily J. Hutchens, BSN, RN, VA-BC*

Discuss common issues and actions to take. Describe one method to de-clog a tube. Identify two treatments related to skin redness. Describe the difference between granulation tissue and infection at the gastrostomy site. State two complications to seek immediate medical assistance.

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## **CONFERENCE FEES**

Full Conference- Professional (RD/MD/RN/NP/PharmD).....	\$130
One Day- Professional (RD/MD/RN/NP/PharmD).....	\$100
Webinar/Live Stream Only*.....	\$100
Students.....	\$50

\*Must be registered to receive continuing education credits.

All registrants will have access to the recorded webinar, including all of the break out sessions, after the conference.

### **ACCME Accreditation Statement**

Methodist Le Bonheur Healthcare is accredited by the Accreditation Council for Continuing Medical Education to provide continuing education for physicians.

### **AMA Credit Designation Statement**

Methodist Le Bonheur Healthcare designates this live activity for a maximum of 9.75 *AMA PRA Category 1 Credit(s)*.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Continuing Nursing Education Approved Provider Statement**

Methodist LeBonheur Healthcare is approved provider of continuing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Continuing Education Provider:270842022  
Methodist Le Bonheur Healthcare 251 S. Claybrook Memphis, TN 38104 9.75 Contact Hours

### **ASHA Credit**

This program is offered for up to 0.95 ASHA CEUs (Various Levels, Professional Area).

### **ASHA Disclosures**

<https://drive.google.com/open?id=1qgl5qe5lcxvipBqYbA0ku--HrhJkVSac>



Methodist LeBonheur Healthcare is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

### **Dietitians**

This activity has been approved for 10 continuing education hours for registered dietitians.

**Register online: <https://events.lebonheur.org/PNS2019>**

## **CANCELLATION POLICY**

Full refunds will be given for cancellation notice in writing before September 11th. Cancellations after September 18th will be assessed a fee. No refunds will be given after September 23rd. Methodist Le Bonheur Healthcare reserves the right to alter, reschedule, or cancel this program should circumstances so dictate.

## **CONFERENCE SITE**

Le Bonheur Children's Hospital  
1st floor of Research Center, Auditorium  
50 N. Dunlap Street  
Memphis, TN 38103

Free parking is available at the Physician/Family parking garage. Enter from North Manassas Street.

## **EXHIBITORS**

If you are interested in being an exhibitor at our event, please contact Michelle Miller at [michelle.miller@lebonheur.org](mailto:michelle.miller@lebonheur.org) or 901-287-5121 for more information.

## **CONTACT US**

Website: <https://events.lebonheur.org/PNS2019>

Phone: 901-287-5074

E-mail: [lebpeditricns@gmail.com](mailto:lebpeditricns@gmail.com)

Facebook: <https://www.facebook.com/events/589675878201431/>

## **TRAVEL INFORMATION**

The nearest airport is Memphis International Airport (MEM).

Information regarding hotel accommodations available online at <https://events.lebonheur.org/PNS2019>.

