

# Registration

**Registration Fee:** \$80

**Altru Employee/Student Registration:** \$25

## Registration Information

To register go to:

<https://visitgrandforks.com/meeting/participants>

Select: 2018 Diabetes Conference

User name: Diabetes Password: 2018Conf

Pre-registration required by April 2, 2018. Lunch included for pre-registered participants only. Direct any questions to [diabetescenter@altru.org](mailto:diabetescenter@altru.org)

## Attention Participants

If you plan to attend our program and will need special facilities or assistance relating to a disability, please call 701.780.1838 or TDD # 701.780.5977 at least two weeks in advance.

Room temperature can be variable; layered clothing is advised.

Our planning committee is committed to offering reasonably priced training events such as this workshop. Therefore, we will not be offering carbonated beverages at meals or breaks. Please plan accordingly.

## Continuing Education

### Dietitians/Dietetic Technicians

This program has been submitted to the Commission on Dietetic Registration for continuing education approval.

### Nurses

This activity has been submitted to Montana Nurses Association for approval to award contact hours. Montana Nurses Association is accredited as an approver of continuing nurses education by the American Nurses Credentialing Center's Commission on Accreditation.

### Physicians

Altru Health System is accredited by the Minnesota Medical Association to provide continuing medical education for physicians. Altru Health System designates this live educational activity for a maximum of 6 hours AMA PRA Category 1 credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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## Health Professionals Diabetes Workshop

APRIL 11, 2018

Alerus Center | Grand Forks, ND



## Course Description

This one day workshop is geared toward the health professional who cares for people with diabetes. The purpose of this conference is to provide recommendations for best practice to improve diabetes care in a culturally sensitive way.

### **Marilyn Gardner, RN, BS**

*Massachusetts Department of Public Health  
Cambridge, MA*

Marilyn Gardner is a public health nurse advisor and cultural competency trainer who has lived and worked internationally in Pakistan and Egypt as well as different cities in the United States. Her experience includes work in the areas of maternal child and women's health, lifestyle changes to prevent chronic disease, cancer prevention and screening, and training of community health workers and patient navigators to work in primary care settings. She is a Masters Trainer for the Stanford University Chronic Disease Self-Management Program and has also been trained in the Diabetes Prevention Program. Her most recent work has included an assessment of behaviors and attitudes towards women's health in the foreign-born Muslim community in Massachusetts.

### **William Zaks, MD**

*Altru Health System, Grand Forks, ND*

William J. Zaks, M.D., Ph.D. is an endocrinologist at Altru Health System and Clinical Associate Professor of Medicine at the University of North Dakota School of Medicine, both in Grand Forks, North Dakota. He is Assistant Medical Director of the Altru Diabetes Center. Dr. Zaks received his M.D. and Ph.D. degrees from the University of Virginia and completed his residency in Internal Medicine and fellowship in Endocrinology, Diabetes and Metabolism at Barnes Hospital in St. Louis, Missouri. He was board certified in Internal Medicine in 1992, and in Endocrinology, Diabetes and Metabolism in 1994. He is a member and fellow of the American College of Endocrinology, and a member of the American Diabetes Association.

### **James Brosseau, MD, MPH**

*Altru Health System, Grand Forks, ND*

Jim Brosseau is a North Dakota native who went to UND and the University of Minnesota. He served in the US Public Health Service for 4 years, then did his postgraduate work at the Marshfield Clinic in Wisconsin. He has been a physician with Altru for 40 years and serves as Director of the Altru Diabetes Center.

### **Tara Feil, PhD**

*Clinical Psychologist, CHI St. Alexius, Bismarck, ND*

Dr. Tara Feil is a clinical psychologist with Archway Mental Health Services at CHI St. Alexius Health in Bismarck, ND. She provides psychotherapy for individuals with a range of mental health concerns and enjoys speaking to community groups and organizations about science-based ways to increase well-being and maximize personal and professional success.

### **Eric Johnson, MD**

*Associate Professor, University of North Dakota  
Grand Forks, ND*

Dr. Johnson is an Associate Professor at the University of North Dakota School of Medicine and Health Sciences in the Department of Family and Community Medicine. He serves as the Assistant Medical Director for the Diabetes Center at Altru Health System in Grand Forks, ND. A graduate of the University of Nebraska Medical Center, Dr. Johnson completed his residency at Family Medicine at the University of North Dakota-Fargo Program and is Board Certified in Family Medicine.

As well, Dr. Johnson serves as Vice Chair of the American Diabetes Association Primary Care Advisory Group, President of the Board of the American Diabetes Association-North Dakota Affiliate, and President of Tobacco Free North Dakota Board of Directors. Dr. Johnson has publications in the areas of diabetes, tobacco related disease, interprofessional education, liver disease, and oxidative stress in cardiovascular disease.

## Planning Committee

James Brosseau, MD, Diabetes/Internal Medicine, Altru Health System, Grand Forks, ND

Melissa Gilmore, RN, BSN, Health Coach, Altru Health System, Grand Forks, ND

Pat Gutmiller, RN, BSN, WelCore Health, Grand Forks, ND

Lynn Holum, RD, LD, CDE, Clinical Dietitian, Altru Health System, Grand Forks, ND

Sara Mutzenberger, RN, CDE, Certified Diabetes Educator, Altru Health System, Grand Forks, ND

Ann Mason, MSN, FNP-C, Diabetes/Internal Medicine, Altru Health System, Grand Forks, ND

Nicki Summers, MSN, RN, CMSRN, Clinical Learning Coordinator, Altru Health System

Jimmie Kennedy, MS, Supervisor Learning & Organizational Development, Altru Health System

Janet Schreier, RN, Diabetes Center Coordinator, Altru Health System, Grand Forks, ND

## Agenda

**8:15 - 8:30 a.m.**

Welcome and Diabetes Center Anniversary - Reflections on the last 20 years

**8:30 - 10 a.m.**

“A Touch of Sugar” Strategies for Providing Culturally Competent Health Care

*Marilyn Gardner, RN, BS*

*Clinical Liason and Public Health Nurse Advisor  
Massachusetts Department of Public Health*

**10 - 10:30 a.m.**

Break

**10:30 - 11:30 a.m.**

Diabetes Medications

*Dr. William Zaks*

*Altru Health System*

**11:30 - 12:30 p.m.**

Case Studies in Diabetes

*Dr. James Brosseau*

*Altru Health System*

**12:30 - 1:30 p.m.**

Lunch

**1:30 - 2:30 p.m.**

Beyond the “how” of Change: Driving Patients with Diabetes to Desire, Embrace, and Sustain Change

*Tara Feil, PhD, Licensed Clinical Psychologist*

*Archway Mental Health Services,*

*CHI St. Alexius, Bismarck ND*

**2:30 - 3:15 p.m.**

American Diabetes Association Standards of Care 2018

*Dr. Eric Johnson*

*Associate Professor, University of North Dakota,  
Grand Forks*

**3:15 - 3:30 p.m.**

Lilly Diabetes Journey Awards

**3:30 - 4 p.m.**

Break

**4 - 4:45 p.m.**

Diabetes Technologies

*Dr. Eric Johnson*

*Associate Professor, University of North Dakota,  
Grand Forks*

**4:45 - 5 p.m.**

Closing