



# National Kidney Foundation™

Serving EASTERN MISSOURI and METRO EAST

Presents:  
Live CE Symposium

## 2009 Professional Education Seminar

Featuring:  
Adherence and Education:  
Patients and Renal Professionals  
Working as a Successful Team

**Thursday, May 14, 2009**  
**The Embassy Suites St. Louis-Airport Hotel**

11237 Lone Eagle Drive  
Bridgeton, Missouri 63044

**7:30 a.m.-3:30 p.m.**

*This course may receive support, in part, by educational grants from industry. At the time of printing, a complete listing of commercial supports was not available. Appropriate acknowledgment will be given to all supporters at the time of the educational activity.*

Sponsored by:



**National Kidney Foundation™**

# Program at a Glance

## Program and Schedule

7:30 a.m. - 8:15 a.m.

Registration and Exhibits, Light Breakfast

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

Welcome and Opening Remarks

8:30 a.m. - 9:45 a.m.

Session 1 including Q &A, (all disciplines)

**Home Modalities**, Brent Miller, MD

9:45 a.m. - 10:00 a.m.

Break/Visit Exhibits/Mid-Morning Snack

10:00 a.m. - 11:15 a.m.

Session 2: Concurrent Tracks including Q&A  
Nurses and Dialysis Technicians:

1. **Fistula First**, Surendra Shenoy, MD

Dietitians and Social Workers:

2. **Improving Treatment Adherence**

**Among Kidney Patients**,

Cheryl Richards, Ph.D.

11:15 a.m. - 12:15 p.m.

Networking Buffet Lunch/Visit Exhibits

12:15 p.m. - 1:30 p.m.

Session 4 (all disciplines)

**Disaster Preparedness**,

Sarah Yelton, RN, CNN, CPHQ

1:30 p.m. - 1:45 p.m.

Break/Visit Exhibits/Afternoon Snack

1:45 p.m. - 3:15 p.m.

Session 5: Concurrent Tracks including Q&A  
Nurses, Dialysis Technicians,  
and Dietitians:

1. **Fluid Management**, Marie Philipneri, MD

Social Workers:

2. **Anxiety Disorders: What Renal**

**Professionals Should Know**,

C. Alec Pollard, Ph.D.

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

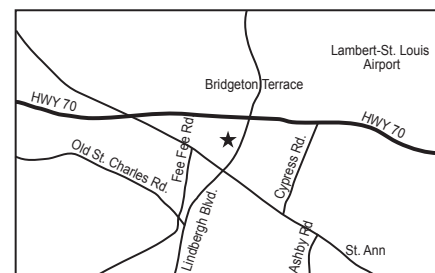
Wrap Up and Evaluation

3:30 p.m.

Meeting Adjourned

## Directions

From I-70 (heading West), exit 235A Lindbergh Blvd. South (Hwy. 67), turn right on Lone Eagle Drive.



## Audience

Advanced Practitioner, Nurse and Dialysis Technician, Dietitian, Case Manager and Social Worker

## Activity Overview

This one day educational symposium is multi fold in terms of providing education and tools for adherence for patients and renal professionals:

Providing education for the kidney patient and renal professionals helps to successfully promote treatment and management options to effectively maintain patient adherence on many levels. Non-adherence with prescribed therapy significantly impacts dialysis patient care and outcomes. At least one half of hemodialysis patients are non-adherent with some part of their treatment regimen. It is believed that one third of peritoneal dialysis patients miss prescribed exchanges. Psychosocial issues have been linked with adherence problems in multiple studies in the dialysis population. Hypertension is a common problem in patients undergoing chronic dialysis and has been shown to be poorly controlled. Fluid management is a key to successful dialysis treatment.

Patients undergoing dialysis depend on their local dialysis units as necessary components of their lives providing crucial life sustaining treatment. In the past couple years emergencies have warranted disaster planning and intervention for the dialysis units. In 2005, the Kidney Community Emergency Response Coalition (KCERC) was developed in response to Hurricane Katrina. Key recommendations for providers, patients and emergency personnel at the federal, state and local levels were outlined and these recommendations spurred federal requirements for dialysis providers on emergency preparedness that will be discussed.

Overall, adherence and education are key components for the successful management of chronic kidney disease. There is a need to provide tools in the following topics offered in this one day symposium for all renal professionals; Fistula First, Disaster Preparedness, Improving Adherence, Home Dialysis Options, Fluid Management and Psychotherapy. The audience will be able to implement the knowledge learned from this symposium and utilize it in their own practice.

## Learning Objectives

Upon completion of this activity participants should be able to:

1. Identify at least three (3) best practices in developing a disaster/ emergency plan for a dialysis facility.
2. Extrapolate ways to increase communication in an emergency.
3. Identify at least three (3) common or possible disasters to plan for.
4. Recognize the symptoms and effects of anxiety disorders in their patients and manage it effectively.
5. List and recommend evidence-based treatments available for anxiety disorders.
6. State the (5) stages of change and describe least two different techniques that can be used to improve adherence.
7. Explain the process of assessing candidates for secondary graft conversion.
8. Demonstrate a preemptive approach to secondary AVF creation.
9. Identify a plan of action to decrease grafts.
10. Recognize the basic water and sodium physiology in the human body and clinical assessment of patients for determination of fluid/volume status.
11. To learn the specific aspects of fluid volume management in hemodialysis and peritoneal patients.
12. Recognize the importance of interdisciplinary approach to fluid/volume management.
13. Discuss home hemodialysis options, benefits and ways to retain and adherence
14. Knowledge of all home modalities choices, benefits, expectations, training, patient management, medications and professional roles.

## Accreditation Information

### Advanced Practitioners

This program will be submitted to the American Academy of Nurse Practitioners.

### Nurse and Dialysis Technician

The National Kidney Foundation is an approved provider of continuing nursing education by the New York State Nurses Association, which is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned code 6EXQ7J-PRV-O6.

### Dietitian

The National Kidney Foundation is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR).

### Social Worker

The National Kidney Foundation Council of Nephrology Social Workers, Provider #1014, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. The National Kidney Foundation Council of Nephrology Social Workers maintains responsibility for the program.

### Case Managers

CCM Credits sponsored by the Case Management Society of St. Louis for CMSS members.

## Declaration of Disclosure

It is the policy of the National Kidney Foundation to ensure balance, independence, objectivity, and scientific rigor in all CME/CE activities. Faculty participating in this activity is required to disclose to the audience any relationship they may have with the commercial supporters of this activity or with any other commercial organizations whose products or devices may be mentioned in their presentations. If, on the basis of information disclosed a conflict exists, resolution will be achieved based on established policy by the NKF.

## Unlabeled/Investigational Use

During their presentations, faculty may discuss an unlabeled use or an investigational use not approved for a commercial product. Each faculty member is required to disclose this information to the audience when referring to an unlabeled or investigational use.

## Disclaimer

The faculty and National Kidney Foundation do not recommend the use of any pharmaceutical, diagnostic test, or device outside of the labeled indications as approved by the FDA. Please refer to the official prescribing information for each product for approved indications, contraindications, and warnings.

## Case Management Society of St. Louis

CMSS members must be prepared to present proper identification-CMSA ID Card. If you do not have an CMSA ID Card print a current invoice per <https://online.cmsa.org/Membership/Renew/Pay> open invoices and print a current paid invoice with your renewal date and paid status. CMSS members are NOT AUTHORIZED to invite non-members to this event. RSVP is required and cancellation of RSVP status is appreciated to allow an available seat to another attendee. Space may be limited. CMSS thanks this Professional Educational Partner for this invitation!

## Program Committee

### Social Workers:

Debra Lane, MSW, LCSW  
Renata Sledge, MSW, LCSW  
Britni Weindel, MSW, LCSW

### Dietitians:

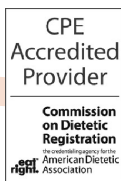
Jennifer Adams, MS, RD, LD  
Sarah Kiefer, RD, LD  
Mimi Korth, RD, LD  
Karen Wiesen, MS, RD, LD

### Nurses:

Colleen Cashner, RN, BSN, CCM  
Karen Fields, RN, CNN  
Lisa Koester, RN, MSN, CS, ANP  
Cathy Panopoulos, BSN, RN

### National Kidney Foundation Staff:

Anne Carpenter, MSW, Division Program Director  
Jennifer Shanks, B.S. Ed., M.A., Division Program Manager





# National Kidney Foundation™

Serving EASTERN MISSOURI and METRO EAST

10803 Olive Blvd., Suite 200  
St. Louis, MO 63141-7739

## Registration Form – 2009 Professional Education Seminar

Thursday, May 14, 2009 – 7:30 a.m. - 3:30 p.m.

The Embassy Suites St. Louis-Airport Hotel – 11237 Lone Eagle Drive, Bridgeton, Missouri 63044

**Contact Information:** Please fill in your information below.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Credentials \_\_\_\_\_

Street Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

**Credits:** I will require continuing education credits for (*please circle*):

Nurse Practitioner   Nurse   Dialysis Technician   Dietitian   Social Worker   Certified Case Manager

**Fee:** Make check payable to: *National Kidney Foundation*   Check # \_\_\_\_\_   **Registration Fee: \$50.00**

Credit Card (*please circle*):   AmEx   MC   VISA   Discover   *approximately 5.5 CEU*

Credit Card Number \_\_\_\_\_ Verification Code \_\_\_\_\_ Exp (mm/yy) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Registration Policies:** No refunds on registrations postmarked within 14 days of the program you are attending.

**Registration:** Please choose one of the following.

**Mail:** Complete and return this form to: National Kidney Foundation, 10803 Olive Blvd., Suite 200, St. Louis, MO 63141-7739

**Fax:** Fax this form (credit card payment only) to: 314.961.0888, Attn: Jennifer Shanks

**By Phone:** RSVP to Jennifer Shanks, Division Program Manager, 314.961.2828 (credit card payment only)

**Email:** Email: jennifer.shanks@kidney.org (credit card payment only)