The University of Virginia Medical Nutrition Support Team presents:
The 2017 Weekend Warrior Program: Mini-Nutrition Support Traineeship
Saturday & Sunday, March 11-12, 2017

Saturday, March 11:

8:30–8:45 Registration / Welcome (Breakfast on your own)

8:45–9:45 Introduction to Evidence-Based Medicine—Joe Krenitsky, MS, RD
Objectives:
1. Describe the advantages of evidence-based medicine.
2. Identify limitations that exist in medical abstracts and review articles.
3. List key elements of a journal article that must be reviewed to understand its scope, impact and quality.
4. Identify limitations and strengths in nutrition research that will allow appropriate implementation of new findings.

9:45–10:00 Break

10:00-12:00 Enteral Nutrition—Carol Rees Parrish, MS, RD
Objectives:
1. Identify which patients are candidates for enteral nutrition support
2. Identify the most common barriers to enteral nutrition delivery.
3. List strategies to manage these issues and provide successful enteral feeding.

12:00-1:00 Lunch (provided)

1:00–2:00 Calorie and Protein Determination—Joe Krenitsky, MS, RD
Objectives:
1. Identify strengths and weaknesses of formulas and methods commonly used to estimate calorie and protein needs.
2. Estimate calorie and protein goals for feeding the hospitalized patient.
3. Critically evaluate data on how calorie deficit may affect outcome in critically ill patients, and state the clinical implications of this research.

2:00 – 2:15 Break

2:15 – 4:15 Fluid and Electrolyte Management and Cases—Eugene Corbett, MD
Objectives:
1. Identify the physiologic rationale behind fluid & electrolyte replacement orders.
2. State pathophysiologic alterations of selected fluid electrolyte disorders.
3. Apply information learned to clinical practice through a review of selected case studies.
Sunday, March 12:

9:00 – 10:00  Parenteral Nutrition—Carol Rees Parrish, MS, RD
Objectives:
1. Identify patients who can benefit from parenteral nutrition support.
2. Develop an appropriate parenteral nutrition support prescription and care plan.
3. Identify monitoring guidelines for patients receiving parenteral nutrition.

10:00 – 11:00  Peri-Operative Nutrition—Kate Willcutts, MS, RD, CNSC
Objectives:
1. State the benefits of shortening the duration of pre-operative fasting.
2. Identify evidence supporting swifter advancement to regular diet after surgery.
3. Identify the variables involved in determining which when and what to feed before and after surgery.

Objectives:
1. Discuss physiologic processes associated with acute illness.
2. View the process of acute illness from a larger perspective.
3. Discuss how this process affects nutrition assessment and nutrition needs.

12:15 – 1:15  Lunch (provided)
Feeding Tube Show and Tell – Joe Krenitsky, MS, RD

1:15 – 2:15  Refeeding Syndrome—Carol Parrish, MS, RD
Objectives:
1. Identify patients at risk for refeeding syndrome.
2. Identify steps that can help prevent complications from refeeding syndrome.
3. State the monitoring guidelines for patients feeding patients at risk for refeeding syndrome.

2:15 – 3:15  Cases and Questions & Answers—Carol Parrish, MS, RD & Joe Krenitsky, MS, RD