

**Tampa General Hospital Department of Clinical Nutrition  
Presents  
University of Virginia Health System  
Weekend Warrior Nutrition Support Program**

**March 16-17, 2019  
Tampa General Hospital  
1 Tampa General Circle, Tampa FL, 33601**

The **Department of Clinical Nutrition** at Tampa General Hospital will be hosting the popular University of Virginia Health System nutrition support “Weekend Warrior” program. The goal is to provide up-to-date, evidence-based, and practical information on nutrition support and the nutritional management of specific disease states.

## Program Presenters



**Carol Rees Parrish MS, RDN**

Nutrition Support Specialist  
University of Virginia Health System Digestive Health Center  
Charlottesville, VA

Carol has 38 years of clinical experience, the past 28 of which have been spent specializing in nutrition support and GI disorders at UVAHS, Digestive Health Center. Carol founded the Medicine Nutrition Support Service in 1991, began the home nutrition support program at the UVAHS Home Health Company, developed the GI Nutrition Clinic, originated the UVAHS Celiac Support Group, and is the co-founder of the UVAHS 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 174 articles in the series. She has many publications, abstracts and chapters, and has given well over 250 presentations at local, state, regional, national and international conferences. Carol's passion in GI and nutrition support includes short gut/malabsorptive disorders, enteral and parenteral feeding modalities, small bowel bacterial overgrowth, pancreatitis, gastroparesis, refeeding syndrome, and many other GI disorders. She has been awarded the American Society for Parenteral and Enteral Nutrition Distinguished Nutrition Support Dietitian Advanced Clinical Practice Award (2006), and the DNS Distinguished Practice Award, Academy of Nutrition and Dietetics Dietitians in Nutrition Support (DNS) Dietetic Practice Group (2012).



**Joe Krenitsky MS, RDN**

Nutrition Support Specialist  
University of Virginia Health System

Joe Krenitsky has been a Registered Dietitian since 1988 and has been at UVA since 1992. He is the co-lead of the UVA Medical Nutrition Support Team, a co-developer of the Nutrition Support Traineeship and Weekend Warrior programs at UVA, and is the primary author of the UVA e-journal club. Joe has received the ASPEN Distinguished Nutrition Support Dietitian- Advanced Practice Award, and has written and presented on a variety of GI and nutrition support related topics. His professional interests include nutrition support in critical care, hepatic failure, acute kidney injury and the importance of evidence analysis.

## Program Schedule

### Saturday, March 16, 2019

**8:15 – 8:45 am**      **Registration (Breakfast on your own)**

**8:45 - 9:00 am**      **Welcome & Introduction**

**9:00 - 10:30 am**      **Managing the Patient with High Ostomy Output** *Carol Rees Parrish, MS, RD*

Learning Objectives:

1. Explain the factors associated with high ostomy output
2. Strategically select and dose medications to enhance absorption and decrease stool volume
3. Determine when to enlist diet and fluid recommendations for the patient with high ostomy output

**10:30 – 10:45 am**      **Break**

**10:45 – 12:15**      **Adult Critical Care Nutrition Support: An Overview** *Joe Krenitsky, MS, RD*

Learning Objectives:

1. Identify the changes that occur during critical illness and how these affect nutrition needs and status
2. Calculate calorie needs for the critically ill patient
3. Calculate protein needs for the critically ill patient

**12:15 – 1:15**      **Lunch (provided) | Networking**

**1:15- 2:15 pm**      **Refeeding Syndrome: Lessons Learned** *Carol Rees Parrish, MS, RD*

Learning Objectives:

1. Describe the physiology behind the refeeding syndrome and its potential complications
2. Identify patients at risk for refeeding syndrome
3. Outline steps to prevent or minimize the complications of refeeding syndrome

**2:15 -2:30 pm**      **Break**

**2:30 – 3:30 pm**      **Nutrition Support in the Obese ICU Patient** *Joe Krenitsky, MS, RD*

Learning Objectives:

1. State the limitations of studies that have investigated calorie prediction equations in obese patients
2. Determine evidence-based calorie and protein goals for feeding the hospitalized obese patient and strategies for monitoring nutrition status of acutely ill obese patients
3. Identify patients with co-morbidities and clinical scenarios that pose a challenge to recommendations for feeding obese patients

**3:30 – 4:00**      **Questions & Answers | Wrap Up**

## Sunday, March 17, 2019

8:45 – 9:15

**Welcome | Networking (Breakfast on your own)**

9:15-10:15am

**Nutritional Implications of Small Intestinal Bacterial Growth** *Carol Rees Parrish, MS, RD*

Learning Objectives:

1. Identify patients at risk for small intestinal bacterial overgrowth (SIBO)
2. State signs, symptoms, and nutritional alterations that can occur in the setting of SIBO
3. Describe treatment for SIBO

10:15 - 10:30 am

**Break**

10:30 am – 12:00 pm

**Adult ICU Controversies: Early Nutrition, Nutrition goals, and Volume Based Feeding**

*Joe Krenitsky, MS, RD*

Learning Objectives:

1. Describe the limitations of studies that have investigated early enteral nutrition and discuss data regarding calorie and protein goals for feeding critically ill adult patients.
2. Identify patients that may be harmed by volume-based feeding protocols
3. Review data regarding enteral nutrition in patients with marginal hemodynamic stability or receiving vasopressors

12:00-1:00pm

**Lunch (provided) | Networking**

1:00 - 2:00 pm

**Appetite Stimulants** *Joe Krenitsky, MS, RD*

Learning Objectives:

1. List the most commonly used medications used as appetite stimulants in clinical practice
2. Describe the data regarding relative effectiveness of common appetite stimulants for increasing appetite and food intake
3. Identify the most common side effects and contraindications to medications used as appetite stimulants

2:00 – 2:15

**Break**

2:15 – 3:45

**Challenging GI Cases (Whipple, DM3c, Roux en y gastric bypass & PEG)** *Carol Rees*

*Parrish, MS, RD*

Learning Objectives:

1. Develop a nutrition regimen for a patient who has undergone a pancreaticoduodenectomy (Whipple procedure)
2. Identify patients at risk for Type 3c diabetes and recognize the symptoms of this disorder
3. Determine enteral nutrition support options for a patient who has undergone a Roux-en-Y gastric bypass

**Questions and Answers**

3:45– 4:00

**Wrap Up**

## Directions

### **Tampa General Hospital, One Tampa General Circle, Tampa, FL 33606**

FROM 275:

(going south) Take EXIT 45A toward downtown

(going north) Take EXIT 44 toward downtown

Merge onto N Ashley Dr.

Turn RIGHT onto W Kennedy Blvd

Turn LEFT onto S Hyde Park Ave

S Hyde Park Ave becomes Davis Island Bridge

Keep left at the fork.

Please park in the Visitors lot. Parking will be complimentary for both days of the conferences for all attendees. As you leave the garage, please inform the attendant you were at the Nutrition Support conference

## Accommodations

### Hotels within 10 minutes of Tampa General Hospital:

Embassy Suites by Hilton Tampa Downtown

Convention Center

513 S. Florida Avenue

Tampa, FL 33602

(813) 769-8300

The Westin Tampa Waterside

725 S. Harbour Island Blvd.

Tampa, FL 33602

(813) 229 -5000

Tampa Marriott Waterside Hotel & Marina

700 S. Florida Avenue

Tampa, FL 33602

(813) 221-4900

Sheraton Tampa Riverwalk Hotel

200 N Ashley Drive Tampa, FL 33602

(813) 223-2222

## Registration Details and Continuing Education Information

**Registration is limited to 65 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.

***Note: A minimum number of participants is required to run the program. Registration is now open. Participants will be notified when the minimum number has been reached. Please do not make non-refundable travel plans before this time. We must have the minimum number of participants registered by January 18, 2019 or we reserve the right to cancel the program.***

Visit [www.Glnutrition.virginia.edu](http://www.Glnutrition.virginia.edu) and see the Weekend Warrior page for updates and registration.

**Registration Fee: \$395.00.** This includes lunch, light refreshments, and printed program materials for both days. See registration form for payment options and instructions.

This program meets CDR requirements to provide 10 hours of Continuing Professional Education for Registered Dietitian Nutritionists. Prior approval Pending. Please note that other nutrition support clinicians are welcome in the program, however, we are unable to provide prior-approved CE credits for disciplines other than RDs/RDNs.

## Cancellation Policy

**Registration Cancellation:** Paid registration may be cancelled in writing before February 1, 2019. The registration fee minus a \$100 administrative fee will be refunded. There will be no refunds after this date, however, participant substitution will be allowed.

**Event Cancellation:** The Department of Clinical Nutrition/Tampa General Hospital and the University of Virginia reserve the right to cancel the program if the number of registrants does not reach the minimum requirement by January 18, 2019.

## Contact Information

**UVA Contact:**

Stacey McCray, RD  
[sf8n@virginia.edu](mailto:sf8n@virginia.edu)

**Site Contact:**

Beverly Hernandez  
[beverlyhernandez@tgh.org](mailto:beverlyhernandez@tgh.org)



## Registration Form

### Weekend Warrior Nutrition Support Program

Tampa, FL

March 16-17, 2019

(please type or print clearly)

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_ RD #: \_\_\_\_\_

Institution: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

I am paying by: \_\_\_\_\_ Check/Money Order \_\_\_\_\_ Credit Card

Payments by **check or money order** make payable to Morrison Management Services and mail to address below. Checks will not be deposited until the minimum number of participants has been met.

Payment by **credit card** email this form to [sf8n@virginia.edu](mailto:sf8n@virginia.edu), you will be sent a guide to using our online Catering website to make a credit card payment. Credit cards will not be charged until the minimum number of participants has been met.

Attention:  
UVA Health Systems/Morrison  
Nutrition Services  
University of Virginia Health System  
P.O. Box 800673  
Charlottesville, VA 22908

*Questions?*  
Stacey McCray: [sf8n@virginia.edu](mailto:sf8n@virginia.edu)  
UVA Nutrition Services 434-924-2286

For UVA Use:

Invoice # \_\_\_\_\_