

NWRD 2023

Persevering Together

with emphasis on the cuisine & culture of India

NORTHWEST RENAL DIETITIANS (NWRD) - 2023 ANNUAL CONFERENCE

LIVE In-Person Event

March 2+3, 2023

Olympia Hotel at Capitol Lake - Olympia, WA

Thursday, March 2

7:00-7:45 Registration - Breakfast

7:45-8:00 Welcome Day 1 - NWRD President
Laura Wiseley MS RD CSR

8:00-9:00 Forty Years of Persevering with Inspiration,
Humor, & Grace
*Katy G Wilkens MS RD FNKF &
Kathy Schiro Harvey MS RDN CSR*

9:00-10:00 SGLT-2 Inhibitors & GLP-1 Agonists
Dr Nayan Arora MD

10:00-10:30 Snack Break & EXPO Hall Exhibits & Posters

10:30-11:30 Considerations for Providing Weight
Inclusive Care
Stasha A Hornbeck MS RD LD CDCES

11:30-12:30 Physiology of Obesity in CKD
Dr Holly Kramer MD MPH

12:30-2:00 Lunch & EXPO Hall Exhibits & Posters

1:30-2:00 Yoga at Work: Self-Care Stretches &
Strategies for Stress Relief at Work
Julia Zhao C-IAYT RYT-500

2:00-3:00 Flavor Enhancements for Taste Alterations
in CKD
Kimberly Evans MS RD

3:00-4:00 The Many Layers of Spices & Cuisines of India
Special Considerations in Kidney Disease
Savitha Chandra MS RD CSR CDCES CCTD LD

Friday, March 3

7:00-7:45 Registration - Breakfast
EXPO Hall Exhibits & Posters

7:45-8:00 Welcome Day 2 - NWRD President
Laura Wiseley MS RD CSR

8:00-9:00 What's New and Exciting with Continuous
Glucose Monitoring Devices & Insulin Pumps
Christine Fisher RDN CD CDCES

9:00-10:00 Diabetes Management in the Peritoneal
Dialysis Patient
Dr Kelly D George MD

10:00-10:30 Snack Break & EXPO Hall Exhibits & Posters

10:30-11:30 Who Knew? The Newly Discovered Role of
Salt and Sugar in Driving Hypertension and Metabolic
Disease
Dr Richard J Johnson MD

11:30-12:30 Nutrition Decisions at End of Life -
What a Renal Dietitian Needs to Know
Michelle Saari MSc RD (Canada)

12:30-1:45 Lunch & EXPO Hall Exhibits & Posters

1-1:30 Yoga at Work: Self-Care Stretches & Strategies
for Stress Relief at Work - *Julia Zhao C-IAYT RYT-500*

1:45-2:45 Phosphorus: Don't Blame the Patient
Dr Richard A Sherman MD

2:45-3:45 Ayurveda: How this Ancient Medical Practice of
India Can Serve Us Today
Dr Gillian Ehrlich DNP ARNP

3:45-4:00 Wrap Up
Password for Online Evaluation & CPEU Certificates

2023 NWRD President:
Laura Wiseley MS RD CSR

2023 Co-Chairs:
*Amy Myrtue Nelson MPH RD CSR CD
Rebecca Seltmann MBA RD CD*

2023 NWRD: Planning Team

President:	Laura Wiseley MS RD CSR
Vice President:	Emily Greenough RDN CD
Treasurer:	Lara Sokoloff MS RD
Secretary:	Fiona Wolf RD
Program Co-Chairs:	Amy Myrtue Nelson MPH RD CSR CD Rebecca Seltmann MBA RD CD
At-Large Directors:	Susie Beckett MS RD LD Erin Dickerson RD CSR CD Geri Jennings RD CD Marissa Claiborne RDN CSR CD Paula Staab RDN CSR LD Sara Prato MS RDN CSR
Website:	

CPEUs

The following Continuing Professional Education Units (CPEU) are approved by the Commission on Dietetics Registration (CDR):

LIVE In-Person Event:
12 CPEUs Lectures
1 CPEU Exhibits
1 CPEU Posters
0.5 CPEU Experiential Skills Development

EVENING EVENTS

4p - 5p
Happy Hour
EXPO Hall
Exhibits & Posters

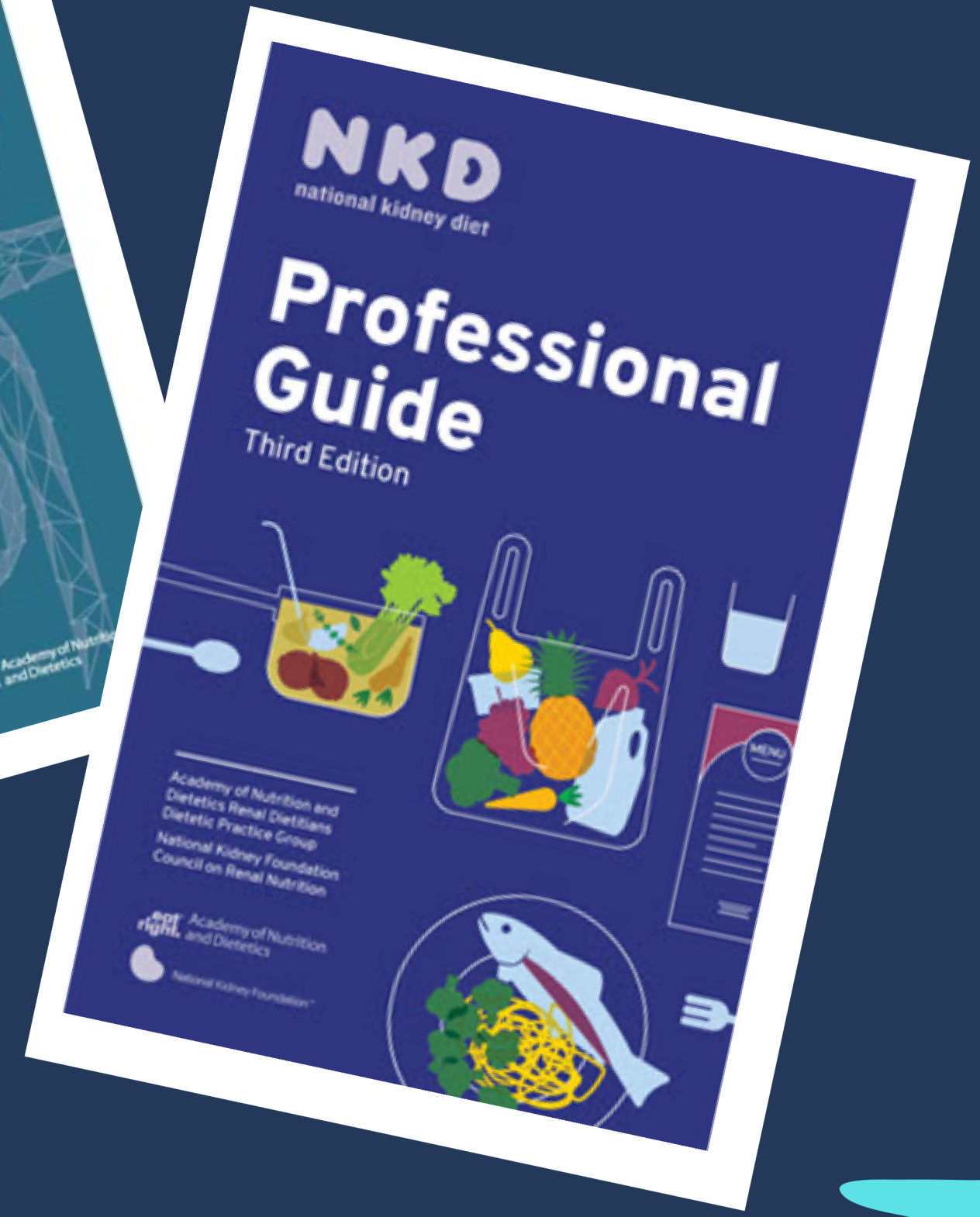
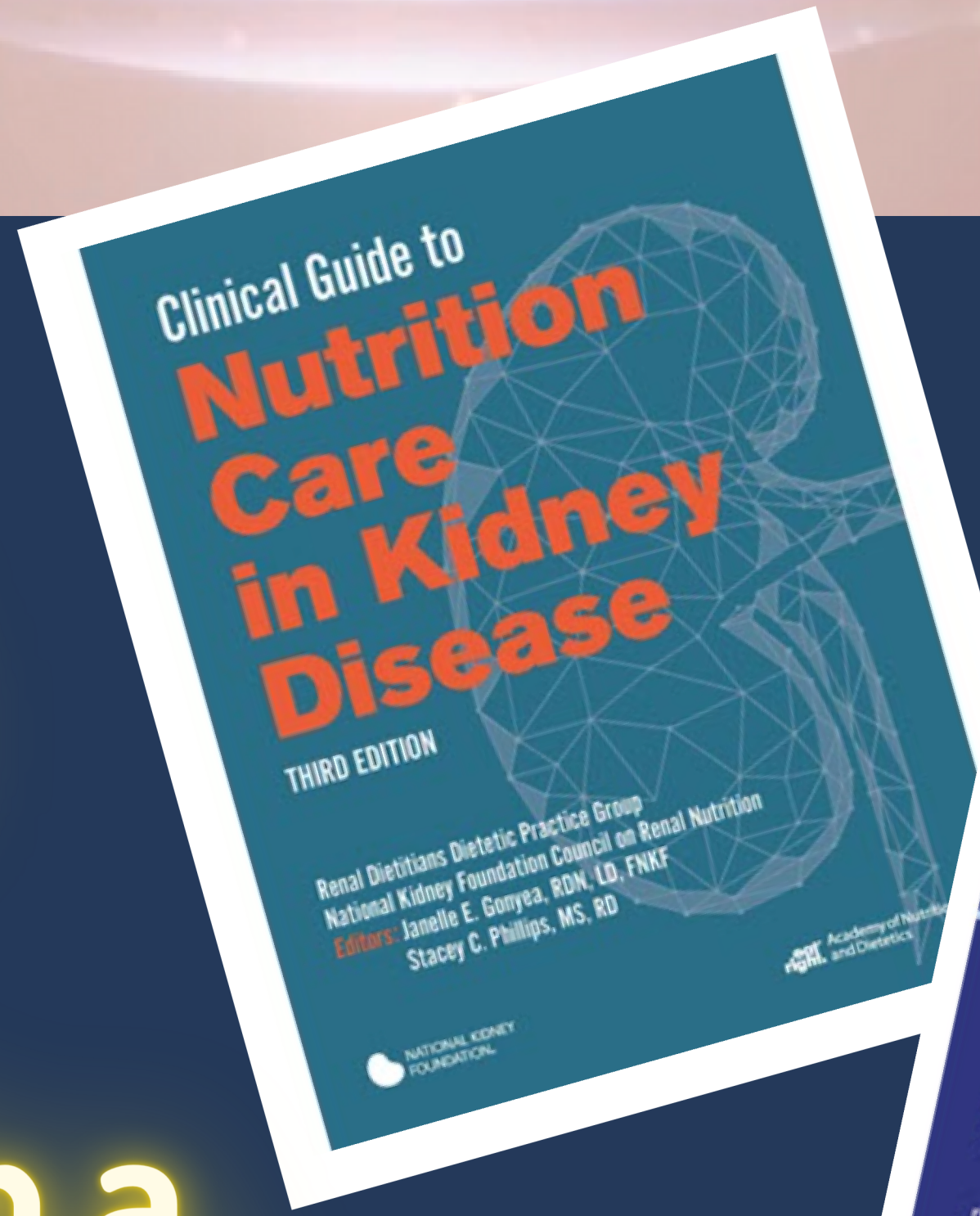
6p - 8p
Networking Dinner
Great Cuisine of
India

Northwest
RENAL DIETITIANS

2023 NWRD Exhibitors & Posters

Visit the EXPO Hall

Win a PRIZE!



GOLD



SILVER



BRONZE



BASE



POSTERS



2023

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**NWRD ANNUAL
CONFERENCE**
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Date: March 2+3

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Laura Wiseley MS RD CSR

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Olympia Hotel at Capitol Lake
2300 Evergreen Park Drive SW
Olympia, WA 98502

NWRD 2023
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About NWRD

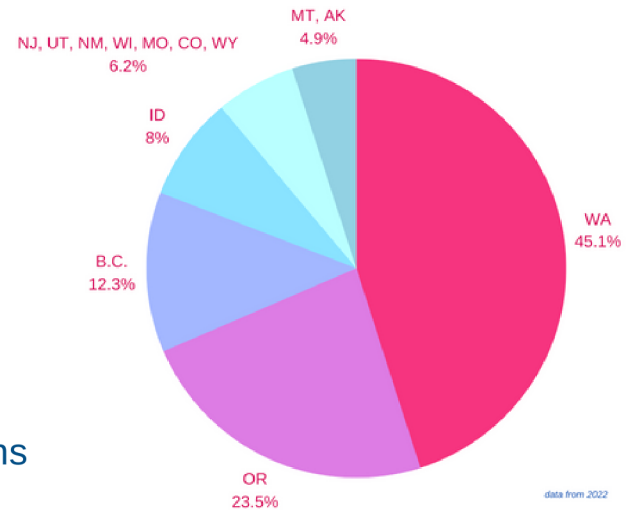
Northwest Renal Dietitians (NWRD)

is a non-profit organization comprised mostly of renal dietitians practicing in the Pacific Northwest (PNW) and beyond. Given the proximity to our northern border, NWRD also collaborates with renal dietitians in Canada's West Coast.

Our sole purpose is to provide **networking** and **continuing education** for renal dietitians via an interactive annual conference.

Each year, NWRD hosts this **two-day event** (in-person and/or online) focusing specifically on topics of interest to renal professionals who provide nutrition care to people with chronic kidney disease (CKD).

ATTENDEES by STATE



Follow Us

Website:

www.NWRDOnline.org

Twitter:

[@NWRDconference](https://twitter.com/NWRDconference)

Email:

NWRDOnline@gmail.com

Target Audience

NWRD's community includes approximately **400 Registered Dietitians (RDs)** and other professionals who work in the field of kidney disease.

Members work in dialysis clinics, hospitals, nephrology practices, transplant centers, private practice, public health organizations and more.

Why Exhibit at NWRD

Connect and **engage** with experts who use your products and services!
Build visibility for your brand and **strengthen professional relationships** for your company.

Nearly **37 million** Americans (that's **1 in 7** people) have CKD, and more than **600,000** people are on dialysis. Nutrition therapy is **VITAL** to their treatment and you'll have the opportunity to connect with dietitians who are able to effectively influence medical care, as well as individual behaviors.

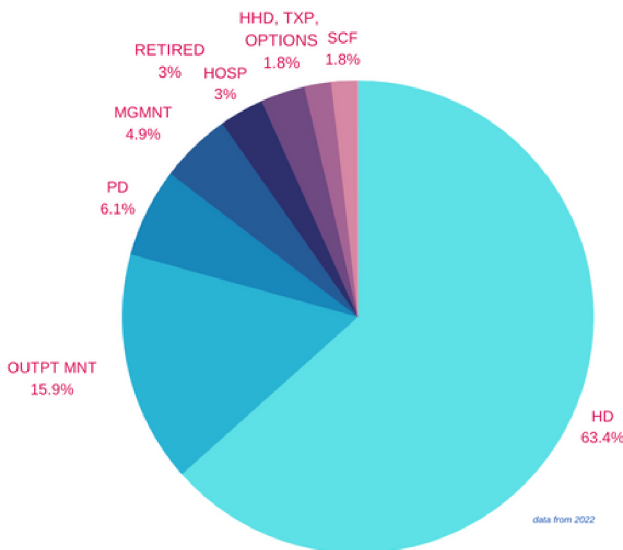
Through the conference, plan on reaching about **100 renal dietitians** from Oregon, Washington, Idaho, Montana, Alaska, British Columbia and beyond.

Meet with attendees looking to learn about **your products and services** so they can recommend these in their practice.

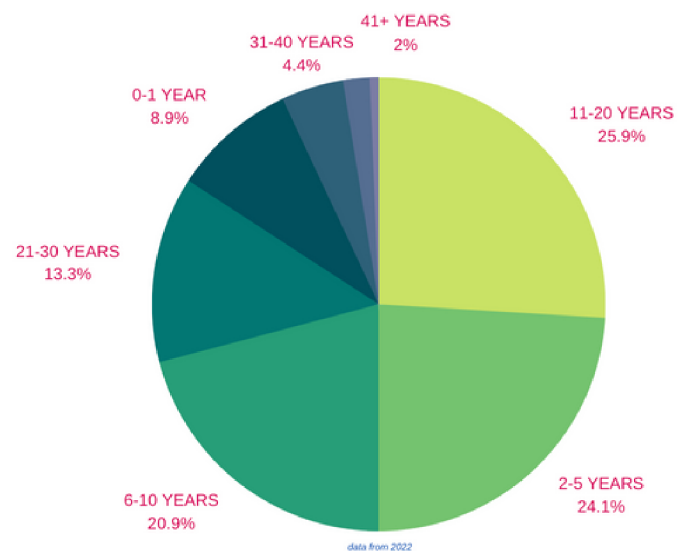
What attendees say:

"Powerfully good conference! Enjoyed watching the exhibit videos. I always come away inspired with up-to-date information, so it's worth the price."

ATTENDEES by PRACTICE



ATTENDEES by YEARS in CKD



Exhibitor Participation

NWRD EXPO Hall is open to exhibitors whose products, programs and services relate specifically to the **profession of nutrition** and/or **kidney disease**. Products, programs and services must be consistent with NWRD's mission, be **based on current and scientifically valid information**, and comply with the state and federal rules, regulations and guidelines. NWRD does not endorse any programs, products, or services in the EXPO Hall. Attendees use their **professional judgment** to evaluate exhibitors' products, programs or services.

2023 EXPO Hall - Exhibitors & Poster Presenters						
Participation Level	Platinum	Gold	Silver	Bronze	Base	Posters
Participation Fee	\$5000+	\$4,000	\$3,000	\$2,500	\$800	No Fee
Number of Tables	2 rectangular tables	1 rectangular table	1 rectangular table	1 rectangular table	1 rectangular table	1 rectangular table
Location in EXPO Hall	1st selection	2nd selection	3rd selection	NWRD to assign location	NWRD to assign location	NWRD to assign location
Number of Representatives	Up to 4	Up to 3	Up to 2	Up to 2	Up to 2	Up to 2
Breakfast & Lunch Included - Both days						Included as part of Conference Registration
Advertised on NWRD Website & Program	✓ Top of page	✓	✓	✓	✓	✓
Advertised at conference during breaks via slideshow	Each Platinum logo displayed on it's own slide	All Gold logos displayed on one slide	All Silver logos displayed on one slide	All Bronze logos displayed on one slide	All Base logos displayed on one slide	n/a
Conference Registration Fee	Please Note: Conference Registration Fee is extra for Reps who are Registered Dietitians wanting to earn CPEUs (not included in Exhibitor Fee)					All Poster Presenters must register and pay for the Conference
EXPO Hall Hours	EXPO Hall hours are scheduled on both conference days, including Thursday evening's Happy Hour Exhibits. EXPO Hall time slots are advertised prominently on the program.					

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March 2+3, 2023

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- 7:00 – 7:45** Registration - Breakfast - EXPO Hall Exhibits & Posters (45 minutes)
7:45 – 8:00 Welcome Day 2 - NWRD President: Laura Wiseley MS RD CSR
- 8:00 – 9:00** **What's New and Exciting with Continuous Glucose Monitoring Devices & Insulin Pumps**
Christine Fisher RDN CD CDCES
Registered Dietitian, Certified Diabetes Care and Education Specialist
Catholic Health Initiatives
- 9:00 – 10:00** **Diabetes Management in the Peritoneal Dialysis Patient**
Dr Kelly D George MD
Internal Medicine Physician, Diabetology
Northwest Permanente
- 10:00 - 10:30** **Snack Break & EXPO Hall Exhibits & Posters (30 minutes)**
- 10:30 – 11:30** **Who Knew? The Newly Discovered Role of Salt and Sugar in Driving Hypertension and Metabolic Disease**
Dr Richard J Johnson MD
Professor of Medicine
University of Colorado, Denver
- 11:30 – 12:30** **Nutrition Decisions at End of Life - What a Renal Dietitian Needs to Know**
Michelle Saari MSc RD
Website Founder
LongTermCareRD.com
- 12:30 – 1:45** **Lunch & EXPO Hall Exhibits & Posters (75 minutes)**
1 - 1:30p - "Yoga at Work: Self-Care Stretches & Strategies for Stress Relief at Work"
Julia Zhao, C-IAYT, RYT-500
Yoga Therapist, Julia Zhao Yoga Therapy
(Optional activity, come as you are, no need to bring a mat or change of clothes)
- 1:45 – 2:45** **Phosphorus: Don't Blame the Patient**
Dr Richard A Sherman MD
Professor Emeritus, Robert Wood Johnson Medical School
Rutgers University, New Brunswick NJ
- 2:45 – 3:45** **Ayurveda: How this Ancient Medical Practice of India Can Serve Us Today**
Dr Gillian Ehrlich DNP ARNP
Family Nurse Practitioner
NeuroVeda Health, Seattle WA
- 3:45 – 4:00** **Wrap Up**
Password for Online Evaluation & CPEU Certificates

Northwest
RENAL DIETITIANS

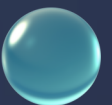
FRIDAY, MARCH 3, 2023

THANK YOU
FOR JOINING US!

2023 NWRD
Program Co-Chairs:

Amy Myrtue Nelson
MPH RD CSR CD

Rebecca Seltmann
MBA RD CD



Next Steps

SIGN-UP to become an Exhibitor

- NWRD website - EXPO Hall
- www.NWRDOnline.org
- **DUE DATE: DECEMBER 31st**

For More Information

For assistance, email us: NWRDOnline@gmail.com

Exhibitor Concierges:

Erin Dickerson RD CSR CD

Geri Jennings RD CD

What attendees say:

"Impressive topics, speakers, and booth exhibits.

Thank you for extending the conference to RDs in other states."

2023 NWRD Board & Planning Team

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Website:	Paula Staab RDN CSR LD Sara Prato MS RDN

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Pacific Northwest Council on Renal Nutrition (PNW-CRN)

Chair: Greg Wisont
Secretary: Jessica Collopy



The Pacific Northwest Council on Renal Nutrition (PNW-CRN) was awarded the 2022 National Kidney Foundation (NKF) Recognized Chapter Award.

PNW-CRN was created in 2019 with the merge of Washington State CRN (WSCRN) and Oregon State CRN (OCRN), and inclusion of additional states Idaho, Montana, and Alaska (previously not represented by a local CRN chapter).

The history of PNW-CRN is multi-faceted, beginning with WSCRN and OCRN in the 1980s. At that time, members of WSCRN and OCRN helped form the Renal Task Force after CMS Network II did the first nutrition audit. Members developed the first formal set of nutrition guidelines for renal patients, which became the American Dietetic Association's '*Guidelines for Nutritional Care of Renal Patients*.' Three editions later (and now published by Academy of Nutrition and Dietetics), these national guidelines continue to shape the way renal dietitians practice!

Today, PNW-CRN provides professional networking, education, and support via webinars and a website for members.

One of the most important reasons members give for participating in PNW-CRN is the networking and webinars.

In the future, the group hopes to hold more quarterly webinars, open discussions between renal dietitians, and extend our community of renal dietitians in the Pacific Northwest.

Development of Multicultural Kidney Healthy Living Classes

Authors:

Kathy Schiro Harvey, MS RDN CSR
Sara Prato MS, RDN CSR
Michelle Rowlett, MSW LICSW
Greg Wisont, PhD MPH RDN



PUGET SOUND
kidney centers
Care. Compassion. Community.

Introduction:

33% of American adults are at risk for kidney disease, and 37 million people have chronic kidney disease (CKD), yet only 1 in 10 adults with CKD know they have it. Some minority populations are at higher risk possibly due to their increased rates of diabetes and high blood pressure, and lower access to health care. In 2020, Puget Sound Kidney Centers (PSKC) was asked by the local hospital district (Verdant Health Commission) to develop a Multicultural Kidney Healthy Living Program, that targeted local high-risk communities through multilingual classes.

Methods:

Multiple 90-minute Kidney Healthy Living classes were developed and translated into targeted languages: Spanish, Korean, Tagalog, Russian, and English. These classes included a PowerPoint presentation, culturally relevant handouts, and an animation video “What do Your Kidneys Do?” Local chefs from each community worked with Renal Dietitians to adapt native recipes. Cooking videos were produced to share at each class. Presenters fluent in each language were recruited and trained.

Targeted marketing materials were developed for each language with the assistance of interpreters and community members. Virtual presentation was scheduled for each class. Data collection included attendance, pre- and post-class quiz results to measure increase in CKD knowledge (English and Spanish only), and class evaluation results (English and Spanish only).

Results:

Although virtual CKD classes were successfully offered in English and Spanish the previous year, some of the community populations were not receptive to the virtual format. Working closely with local partners, we provided in-person classes in Korean and Tagalog. Russian class was delayed on the advice of our community partner. Final attendance for the classes was as follows: English – 14, Spanish – 12, Korean – 51, Tagalog – 45. Average pre-class quiz compared to post-class score for English was 88%, versus 94%. Spanish average pre-class 74% versus average post-class 89%. For both the English and Spanish classes, 100% of participants would recommend the class to others.

Conclusions:

This Multicultural Kidney Healthy Living Program promoted kidney health to diverse high-risk communities and strengthened community partner relationships. Program challenges included developing, translating, and reviewing multilingual materials, recruiting, training chefs and presenters, and engaging cultural participants for some virtual classes. Despite the challenges, the program goal of increasing awareness, knowledge, and prevention strategies for CKD in these high-risk communities was met, and all surveyed attendees reported they would recommend the program to others.



American Association of Kidney Patients

Mission Statement

As the oldest and largest, independent kidney patient organization in the U.S. – AAKP is dedicated to improving the lives and long-term outcomes of kidney patients through education, advocacy, patient engagement and the fostering of patient communities. AAKP fights for early disease detection and the appropriate diagnosis of rare / genetic conditions; increased kidney transplantation and pre-emptive transplantation; full patient choice of either in-center or home dialysis; protection of the patient / physician relationship; promotion of research and innovation including artificial implantable and wearable kidneys; and the elimination of barriers for patient access to available treatment options.

At AAKP we....

1. **Educate:** patients & caregivers on important issues so patients can better understand their condition and make informed decisions on their care options which align with their lives aspirations. AAKP is a recognized leader for patient-centered education – continually developing high quality, professionally written, edited and reviewed material.
2. **Advocate:** for policies that improve treatment and extend life for kidney disease patients – always defending patient choice. AAKP has been the independent patient voice – advocating for improved access to high-quality healthcare through regulatory and legislative reform at the Federal level. The Association’s work has improved long-term outcomes in both quality of health and the ability for patients and family members affected by kidney diseases to lead a more productive and meaningful life.
3. **Define:** “patient engagement” as a substantive tool to impact policy & health outcomes.
Community: AAKP is leading the effort to bring kidney patients together to promote community, conversations and to seek out services that help maximize patients’ everyday lives.