



Welcome to NWRD 2017 Annual Conference

Since 1981, Northwest Renal Dietitians (NWRD) has held an annual two-day conference designed specifically for registered dietitians working with chronic kidney disease patients.

NWRD is a non-profit business managed by a Board of Directors from dietitians within Northwest Renal Network 16 (Alaska, Idaho, Montana, Oregon, and Washington) and British Columbia.

The Board of Directors will be determined during the conference. Each board member will hold their position for a minimum of 2-3 years.

March 2-3, 2017
Talaris Conference Center
7:30am - 4:15pm

Networking Happy Hour (free with registration)

Exhibits and Poster Presentations

March 2nd, 4:15pm - 6:15pm

Networking Dinner (\$30 US prepaid)

March 2nd, 6:30pm

at Piatti Ristorante and Bar

Conference Agenda

Thursday

7:30-8:00am	Registration/Breakfast
8:00-8:15am	Welcome
8:15-10-15am	Fighting Poverty
10:15-10:30am	Break
10:30-11:30am	Medical Ethics
11:30-12:45pm	Lunch
12:45-1:45pm	PO4 and Vitamin D
1:45-3:15pm	Cooking Demo
3:15-4:15pm	Low-Sodium
4:15-6:15pm	Happy Hour
6:30pm	Networking Dinner

Friday

7:30-8:15am	Registration/Breakfast
8:15-10-15am	Polite Shut-Ups
10:15-10:30am	Break
10:30-12:00pm	Transplant & Bariatric
12:00-1:00pm	Lunch (General Meeting)
1:00-3:00pm	Compassion Fatigue
3:00-4:00pm	Exercise and CKD
4:00-4:30pm	Wrap-up/Evals

2017 Program Committee

Chairperson

Renin Oliver, RD

Treasurer

Nikki Nygren, RD, CD

Exhibits/Poster Session

Nikki Gepner, RD

Networking Dinner

Darlene Nacalaban, RD, CD

Integration

Celia Trusty, RD

Webmasters

Jamie Hunter, RD, LD

Paula Staab, RD, LD

Thank you to this year's sponsors and exhibitors



A collaboration between
Northwest Kidney Centers and UW Medicine



NWRD Annual Conference

WEB: www.NWRDonline.org
TWITTER: @NWRDconference
EMAIL: NWRDonline@gmail.com



Networking Happy Hour Exhibits and Poster Presentations

Thank you to
our sponsors
and exhibitors!

Maple Room
Thursday, March 2nd
4:15pm - 6:15pm
Appetizers and wine will be available
Free with conference registration

Gold Level

Sponsoring speaker: Chef Duane

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Silver Level

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Also join us for the
Networking Dinner
Thursday March 2nd,
6:30pm at
Piatti Ristorante
and Bar
(\$30 US prepaid)

Other Values Exhibitors

 **KIDNEY
RESEARCH
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A collaboration between
Northwest Kidney Centers and UW Medicine

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Appetizer recipes during
Happy Hour are courtesy of
Jessica Goldman Fong, aka
Sodium Girl, author of *Sodium
Girl's Limitless Low-Sodium Cook-
book*, and her new book, *Low-So
Good - A Guide to Real Food, Big
Flavor, and Less Sodium*.

Northwest
RENAL DIETITIANS

NWRD Annual Conference

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Northwest Renal Dietitians (NWRD) 2017 Annual Conference

THURSDAY MARCH 2, 2017

- 0730 – 0800 **Registration/Breakfast**
0800 – 0815 Welcome
0815 – 1015 **Fighting Poverty: Communication Styles for Inclusion**
Dr. Donna M. Beegle, Ed.D.
1015 – 1030 Break
1030 – 1130 **Medical Ethics**
Dr. Michael R. Kelly, MD
1130 – 1245 Lunch
NWRD Board of Directors Meeting
1245 – 1345 **Phosphate and Vitamin D Metabolism in CKD**
Dr. Bryan Kestenbaum, MD, MS
1345 – 1515 **Cooking from the Food Pantry**
Chef Duane Sunwold (sponsored by Pentec Health)
1515 – 1615 **A New Look for Low-Sodium**
Jessica Goldman Foug (this presentation is not CDR-approved for CPEs)
1615 - 1815 **Networking Happy Hour: Exhibits and Poster Presentations**
1830 **Networking Dinner**

= CDR Approved 5.5 CPEs for Thursday's Presentations
plus 1 CPE for Exhibits & 1 CPE for Poster Sessions

FRIDAY MARCH 3, 2017

- 0730 – 0815 **Registration/Breakfast**
0815 – 1015 **Polite Shut-Ups: Dealing with Difficult People**
Dr. Margarita Gurri, PhD, CSP
1015 – 1030 Break
1030 – 1200 **Transplant and Bariatric Surgery**
Debra Clancy, RD, CD
1200 – 1300 Lunch
NWRD General Meeting
1300 – 1500 **Compassion Fatigue and Self-Care**
Martin Reinsel, MA, LMHC
1500 – 1600 **Exercise and CKD: Skeletal Muscle Dysfunction and Practical Application of Exercise to Prevent and Treat Physical Impairments in CKD**
Dr. Baback Roshanravan, MD, MSPH, MSc
1600 – 1630 **Wrap Up/Evaluations**

= CDR Approved 6.5 CPEs for Friday's Presentations

Email us at: NWRDOnline@gmail.com
Visit us on the web: www.NWRDOnline.org
Follow us on Twitter: [@NWRDconference](https://twitter.com/NWRDconference)



2017 NWRD Annual Conference Speaker Biographies

Fighting Poverty: Communication Styles for Inclusion

Dr. Donna M. Beegle, Ed.D.

Communication Across Barriers

Bio:

Dr. Donna Beegle inspires and educates individuals, organizations, politicians and entire communities with proven models to better outcomes for people in poverty. Born into a migrant labor family and married at 15, Dr. Beegle is the only member of her family who has not been incarcerated. By age 25, she earned her GED and then, within 10 years, received her doctorate in Educational Leadership. She is an authentic voice from poverty that speaks, writes and trains across the nation to break the iron cage of poverty for others through services provided by her company, Communication Across Barriers (CAB).

Medical Ethics

Dr. Michael R. Kelly, MD

University of Washington

Bio: Dr. Kelly is the former medical director of the Special Care Unit of Northwest Kidney Centers, professor at University of Washington and specialist in nephrology and medical ethics for a variety of hospitals.

Phosphate and Vitamin D Metabolism in CKD

Dr. Bryan Kestenbaum, MD, MS

Professor

University of Washington

Department of Medicine

Division of Nephrology

Bio:

Dr. Kestenbaum received his undergraduate and medical degrees from the University of Massachusetts. He completed his medical residency at the University of Cincinnati and completed his Nephrology fellowship training and Epidemiology Masters degree at the University of Washington in Seattle. Board-certified in Nephrology and a member of the American Society of Nephrology., he is an elected member of the American Society of Clinical Investigation.

As a Nephrologist at the University of Washington Kidney Research Institute (KRI), his research program investigates the metabolic complications of chronic kidney disease, including mineral metabolism disorders and the clearance of renal toxins by the kidney proximal tubule. He leads a clinical research group that actively investigates the biochemistry, clinical features, and genetics of these areas. The group has published more than 150 manuscripts and holds several current grants from the National Institutes of Health. Dr Kestenbaum also chairs the University of Washington Medical School course in Epidemiology and Biostatistics.

Dr Kestenbaum states he is grateful to be a physician at Harborview Medical Center, surrounded by world-class experts across many medical disciplines. This setting provides him with the unique opportunity to provide the highest quality care for kidney disease patients from all walks of life.



2017 NWRD Annual Conference Speaker Biographies

Cooking from the Food Pantry

Chef Duane Sunwold*

Instructor at Spokane Community College

Bio:

Chef Duane is a graduate from the Culinary Arts Program at Spokane Community College. He also has a 2-year professional cooking diploma from the Southern Alberta Institute of Technology. Duane has cooked from country clubs to private resorts in the wilderness of the Pacific Northwest. He is currently a culinary arts instructor at the Inland Northwest Culinary Academy at Spokane Community College and has been nominated twice into the Who's Who of Community College Teacher by his students. Bill Gates' family had Duane personally catered a private meal for one of their family celebrations. He has also been a guest chef, preparing meals for the athletes at the Calgary Winter Olympics in 1988.

Duane was diagnosed with chronic kidney disease in 2000. After 18 months of treatment, Duane changed his diet and started seeing significant improvements in his health. Today, Duane has been able to put his kidney disease into remission with the guidance of his medical team and his dietary changes. Because of these results, Duane volunteers for the National Kidney Foundation. His work includes being a past chairman and current member of the Patient Family Council, speaking before congressman in the Capital Building about kidney disease and health care reform, peer to peer mentoring with other kidney patients and is the chef for the National Kidney Foundation's Kidney Kitchen.

**sponsored by Pentec Health*

A New Look for Low-Sodium

Jessica Goldman Foug

Cookbook Author, Blogger, Stage-4 Kidney Disease Patient

Bio:

After lupus caused her kidneys to fail, Jessica Goldman Foug refocused her life and work to study food, health and the ways they interact. She began SodiumGirl.com in 2009 to capture her adventures in a low-sodium life. It was nominated in 2012 as one of Saveur's Best Food Blogs. And today, Jessica is the go-to, low-sodium and special diet expert, contributing regularly to Food52.com, theKitchn.com, FoodNetwork.com, and Huffington Post Living. As well as appearing in print and broadcast media, including "Dr. Oz," "Access Hollywood Live," Cooking Light, Shape, Woman's Day, Ladies Home Journal, Better Homes & Gardens, Oprah.com, Well+ Good, and Lupus Now (cover story). Jessica works closely with the National Kidney Foundation and American Heart Association on patient education and recipe development. She released her first book, Sodium Girl's Limitless Low-Sodium Cookbook, in 2013. And her second, Low-So Good: A Guide to Real Food, Big Flavor, and Less Sodium, in June 2016.

Polite Shut-Ups: Dealing with Difficult People

Dr. Margarita Gurri, PhD, CSP

Red Shoe Institute

Bio:

Resolve professional and ethical conflicts. Dr. Margarita Gurri, CSP, affectionately known as the Ethics Dr, cultivates practical solutions for impractical problems in good times and bad.

Innovate short-term solutions and long-term strategies. With humor and wit, Dr. Gurri helps organizations, leaders, and teams communicate better to maximize happiness and performance. Reduce stress, increase productivity, and bolster your bottom line.

Founder of the Red Shoe Institute, Dr. Gurri is sought after by corporate, military, and healthcare leaders. A seasoned consulting psychologist, best-selling author, and speaker, she plays with therapeutic humor in interactive keynotes, coaching, and training to heal and energize. Margarita Gurri brings the experience you need to save the day or step up to the next level with a Red Shoe Attitude.



2017 NWRD Annual Conference Speaker Biographies

Transplant and Bariatric Surgery

Debra Clancy, RD, CD
Bariatric Dietitian
University of Washington's, Weight Loss Management Center

Bio:

Debra Clancy, RD, CD is a bariatric dietitian at the University of Washington's, Weight Loss Management Center in Seattle. While she has had many specializations over her career, renal and bariatrics has generally been included. She is a Diabetes Prevention Program (DPP) certified health and wellness coach. While at Virginia Mason, she established vitamin and mineral protocols for bariatric - CKD patients and developed guidelines for patients with kidney disease seeking weight-loss surgery. In coordination with other Seattle renal dietitians, she contributed to two transplant publications: Eating well after a kidney transplant. Guide to short-term and long-term nutrition after kidney transplantation, and the transplant portion of, the 13th edition of Krause's Food and the Nutrition Care Process.

Compassion Fatigue and Self-Care

Martin Reinsel, MA, LMHC
Clinical Educator & Therapist
Navos

Bio:

Mr. Reinsel has been a mental health clinician since 1993. He has worked in a variety of settings, including inpatient, outpatient, and rehabilitation locations. Mr. Reinsel's greatest expertise is working with individuals and the professionals that serve them in acute care settings. Mr. Reinsel currently is the lead educator for therapeutic & safety practices at Navos Mental Health's Adult Inpatient Psychiatric units in West Seattle. While Mr. Reinsel is drawn to working in challenging settings, he has direct and personal understanding of Compassion Fatigue from thousands of hours providing care in such difficult environments. Mr. Reinsel enjoys music, travel, and socialization with his community of friends and family as some of the ways that he strives for balance and self-care in his life.

Exercise and CKD: Skeletal Muscle Dysfunction and Practical Application of Exercise to Prevent and Treat Physical Impairments in CKD

Baback Roshanravan, MD MSPH MS
Assistant Professor, Medicine/Nephrology
Kidney Research Institute
University of Washington, Seattle

Bio:

Education & Training:

- Nephrology Fellowship Clinical and Research Training, University of Washington, Seattle, WA, 2013
- Medicine Residency, University of Washington, Seattle, WA, 2008
- Medical School, Northwestern University, Chicago, IL, 2005

Honors:

- NIH Mentored Career Development Award, 2013-2018
- Nutrition Obesity Research Center Metabolic Imaging Pilot Award 2013-2014
- NIH Ruth L. Kirschstein National Research Service Award (NRSA) 2012-2013
- Outstanding Research Poster, National Kidney Foundation 2012
- Annual Dialysis Conference Fellow Scholarship 2010

Dr. Bob Roshanravan is a nephrologist and investigator at the Kidney Research Institute (KRI) at the University of Washington. His research focuses on understanding the metabolic mechanism linking reduced kidney function with impaired muscle function (sarcopenia) and their contribution to mobility impairment and mobility disability. He is currently applying novel non-invasive imaging to understand muscle mitochondrial metabolism and its association with



2017 NWRD Annual Conference Speaker Biographies

the metabolic derangements of CKD with functional decline. In addition he is an investigator on multiple randomized clinical trials testing the efficacy of exercise therapy and pharmacologic therapy on improvement of exercise tolerance and fatigue among patients with moderate-severe kidney disease.