Dietitian Category Day  
Wednesday, June 26, 2024

08:10 - 09:20
CPO Presentation - State of the USPHS Dietitian Category
CAPT Mitchel Holliday, EdD, RDN, CDCES, FAND

09:20 - 10:10
Florida Health Extension Program: Building Collaborative Partnerships to Advance Rural HEALTH
Dr. LaToya O’Neal, MA, PhD

Rural health disparities is a major public health concern. Risk factors such as limited access to healthy foods, physical activity opportunities, and health care providers contribute to the higher prevalence of morbidities and mortality in rural communities. Utilizing a comprehensive approach guided by Cooperative Extension’s National Framework for Health Equity and Well-Being, the Florida Health Extension Program forms multisector partnerships to implement multilevel strategies aimed at advancing health equity in rural communities.

After attending this session, participants will be able to:
1. Describe Cooperative Extension’s national framework for health equity and well-being
2. Describe the prevalence and impact of rural health disparities
3. Describe multilevel strategies and multisector partnerships to promote health in rural communities

10:10 - 11:00
Breaking Barriers: Promoting Diabetes Education in Underserved Population
CDR Joshua Valgardson, PharmD, BC-ADM, NCPS; LT Frances Chinea-Perez, PharmD; LT Colby Kern, PharmD, BCSCP

Advanced practice pharmacists in the Federal Correctional Complex Butner are inciting change by following over 250 patients in a pharmacist-led comprehensive diabetes management clinic. Under a collaborative practice agreement, pharmacists provide education, treatment, and routine lab monitoring for comprehensive diabetes management. Furthermore, structured education is provided to aid in preventing diabetes complications with the assistance of other disciplines such as dieticians. Working in a correctional setting there are several unique circumstances to be considered such as medication formulary, mealtimes and insulin lines, controlled movement as well as technology limitations, to name a few.
Newer diabetes technologies including continuous glucose monitoring (CGM) have become the standard of care for patients with diabetes on intensive insulin therapy. This technology allows for optimal blood glucose control and improved safety through reduced episodes of dangerous low blood glucose. Patients are followed closely in the pharmacy diabetes clinic with CGM data reviewed at each visit, assisting with adjustments to medications and providing focused lifestyle
changes based on glucose patterns. This technology has been well received and provided improvements in glucose targeted outcomes.

There has been continued advances with newer available medications in the treatment of type 2 diabetes. Several of these newer diabetes medications, aside from lowering A1C and controlling blood glucose, also have demonstrated cardiovascular, renal and weight control benefits. Emphasis has been placed now on using SGLT2 inhibitors as well as GLP1-RA as first-line medications along with metformin in those who have or are at high risk for the above complications common in patients with diabetes. These agents will be reviewed, including key information for when to use these medications and important safety and monitoring parameters.

After attending this session, participants will be able to:

1. Describe the role advanced practice pharmacists have in the management of diabetes for an underserved population in the Bureau of Prisons (BOP).
2. Describe the impact continuous glucose monitoring (CGM) systems have had on patients in the BOP for improving diabetes outcomes.
3. Describe current guideline recommendations and medication management options for patients with diabetes.

11:00 - 13:00
**Exclusive Exhibit Hall Time**

Please join us in the Exhibit Hall to meet with our event Sponsors and Exhibitors.

13:00 - 14:00
**Dietitian Luncheon**
*CAPT Mitchel Holliday, EdD, RDN, CDCE, FAND; CAPT Michelle Noe Varga, MBA, RDN; CDR Frank Koch, MS, RD, LDN*

Awards Presentation & Recognition of Retirements

14:00 - 16:00
**Enhancing Clinical Practice: Competency-Based Approach in Medical Nutrition Therapy**
*CDR Cherry-France; CDR Thelma Elliot; LCDR Jamie Liao; LCDR Renee Zellner; LT Kevin Huang, MA, RDN, LD; LT Brian Valdez, MS, RDN*

The goal of this presentation is to update and educate United States Public Health Service (USPHS) registered dietitian nutritionist (RDNs) on updated competencies outlined by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and assist in implementing them into clinical practice. The focus lies on competencies CRDN 3.3, 3.5, and 3.6, which encompass a range of clinical skills imperative for RDNs. CRDN 3.3 extends the RDNs' roles to include routine health screening assessments, encompassing blood pressure measurements, point-of-care testing (blood glucose and cholesterol), initiation of pharmacotherapy plans (insulin management), and vaccine administration. Additionally, CRDN
3.5 equips RDNs with the proficiency to insert nasogastric or nasoenteric feeding tubes, ensuring optimal nutritional support for patients with complex needs. Lastly, CRDN 3.6 emphasizes the initiation and conduct of bedside swallow screenings, contributing to the multidisciplinary approach in dysphagia management and nutritional support. The integration of these competencies enhances the preparedness of RDNs in delivering evidence-based, patient-centered care across diverse clinical settings, thereby improving health outcomes and promoting holistic wellness.

After attending this session, participants will be able to:
1. Duplicate key components to conduct a bedside swallow exam.
2. Duplicate routine health screening assessments including measuring blood pressure, conducting waived point-of-care laboratory testing such as blood glucose using continuous glucose monitor, and initiating pharmacotherapy plans, insulin management.
3. Describe the procedures to insert nasogastric or nasoenteric feeding tubes.

16:00 - 16:45
Guiding Principles to Advance Your Service and Career
CAPT Christopher Dunbar

Leadership, service, integrity, and excellence. These core values guide our actions and decisions. They give us a target. But our career journey is often lined with roadblocks, potholes, and mountains that influence our pursuit to reach the target – we think. So how do we overcome and move forward in challenging times? This workshop discussion will investigate two important guiding principles to strengthen your service to others and advance your own career, with the core values as a beacon.

After attending this session, participants will be able to:
1. Identify and be prepared to use one guiding principle to advance their Service.
2. Identify and be prepared to use one guiding principle to advance their career.
3. Name two actions that influence organizational culture and their role in its development.

16:45 - 17:30
USPHS Career Pathways Dietitian Panel
CDR Patricia Ellis; CDR Kristie Purdy; CDR Kari Wato; LCDR Joseph Rorabaugh-Irwin; LCDR Revondolyn Scott-Suberu

This session will highlight the four identified USPHS Career Pathways (Clinical Care Pathway, Applied Public Health Career Pathway, National Security Career Pathway, and Health Strategy & Innovation Pathway), which serves as a guide to assist officers in navigating opportunities that reflect their passions, interests, and aspirations. The Career Pathways are visible roadmaps for different career options and provides general suggestions and ideas for training and
development aligned to the pathway chosen. Officers will gain insight and knowledge on an identified dietitian officer currently occupying each of these pathways and learn about the officers career development and progression within the pathway.

After attending this session, participants will be able to:

1. Describe the 4 USPHS Career Pathways
2. Identify two benefits of USPHS Career Pathways to dietitian officers
3. Recall career progression of dietitian officers in the following career pathways: Clinical Care, Applied Public Health, National Security, and Health Strategy & Innovation

17:30 - 17:35
Closing Remarks
CAPT Mitchel Holliday, EdD, RDN, CDCES, FAND