



Children'sSM
Healthcare of Atlanta

2023 Pediatric Nutrition Conference – ASHA Information

PRESENTERS: Katherine Shary, RDN, LD; Susan Bell, RD, LD, IBCLC; Diana Ricketts, MS, RD, LD; Jaime Hunn, LCSW; Megan Conrad, M.S. CCC-SLP; Amanda Peeler, M.CD. CCC-SLP & Laura Brooks, M.Ed. CCC-SLP BCS-S

WHERE: Live via Webex Events (Webinar). Recordings available for 30 days post-conference.

WHEN: Monday, February 27, 2023 from 8:30-10:45 a.m.
Tuesday, February 28, 2023 from 11:00-11:45 a.m. and 2:15-3:15 p.m.

TARGET AUDIENCE: Dietitians, SLPs, Therapists and Rehab Professionals working with children

REGISTRATION: FREE for CHOA Employees. Professional attendees \$100, Students/Interns \$50. Registration begins Feb 1, 2023.

Learning Objectives:

At the conclusion of the sessions, the learner will be able to:

- Identify at least three parental feeding practices of children, from birth to 3 years old, that contribute to the development of future eating habits and pediatric obesity.
- Describe troubleshooting techniques for enteral feeding intolerance
- Explore resources for managing burnout and develop a wellness plan
- Define the difference between clinical and instrumental assessment of dysphagia
- List three special considerations for IDDSI implementation in the pediatric population



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Children's Healthcare of Atlanta

Intermediate Level

Up to .35 ASHA CEUs

Disclosures:

Katherine Shary, RDN, LD *Financial:* None. *Non-financial:* None.
Susan Bell, RD, LD, IBCLC *Financial:* None. *Non-financial:* None.
Diana Ricketts, MS, RD, LD *Financial:* None. *Non-financial:* None.
Jaime Hunn, LCSW *Financial:* None. *Non-financial:* None.
Megan Conrad, M.S. CCC-SLP *Financial:* None. *Non-financial:* None.
Amanda Peeler, M.CD. CCC-SLP *Financial:* None. *Non-financial:* None.
Laura Brooks, M.Ed. CCC-SLP BCS-S *Financial:* None. *Non-financial:* None.

2023 Pediatric Nutrition Conference Details

Katherine Shary, RDN, LD; Susan Bell, RD, LD, IBCLC; Diana Ricketts, MS, RD, LD; Jaime Hunn, LCSW; Megan Conrad, M.S. CCC-SLP; Amanda Peeler, M.Ed. CCC-SLP & Laura Brooks, M.Ed. CCC-SLP BCS-S

Location: Virtual via Webex Events

Agenda

February 27, 2023

8:15 am	Introduction and Welcome
8:30-9:30 am	Raising Healthy Eaters
9:45-10:45 am	Enteral Nutrition 101

February 28, 2023

11:00-11:45 am	Resiliency and Burnout
2:15-3:15 pm	Pediatric Dysphagia, Infant Feeding, Thickened Liquids, and IDDSI

Full Conference runs 8:15 am-4:15 pm February 27th & 8:30 am-5:00 pm February 28th. 15 minutes scheduled between presentations. **Only the sessions listed above will be accredited with ASHA CEUs.*

Course Description

This course will provide the learner with information on nutrition issues specific to the pediatric population at various ages. Therapists will learn the general principles and practices of feeding young children and how caregivers can appropriately assist them using supportive materials from our Strong4Life practitioners. The fundamentals of enteral nutrition support will be discussed, including a review of various formula types and indications for use, a thorough review of how to design realistic enteral regimens and plans meeting our family's needs, and troubleshooting techniques for feeding intolerance. Additionally, participants will review keys of burnout prevention and will learn how to develop a workplace wellness plan. A review of dysphagia assessments and considerations for various thickeners in the pediatric population will be covered. Participants will also review IDDSI implementation for pediatric care and the benefits for using slower flow bottle nipples.

Learner Objectives

At the conclusion of the class, participants will be able to:

- Identify at least three parental feeding practices of children, from birth to 3 years old, that contribute to the development of future eating habits and pediatric obesity.
- Describe the caregiver's role versus the child's role at meal and snack time.
- Identify available Strong4Life supportive materials utilized with patient families during well-child visits
- Identify the fundamentals of care using enteral nutrition support
- Describe the indications for using different types of formula
- Define the best practices for designing realistic enteral regimens
- Describe troubleshooting techniques for enteral feeding intolerance
- Explore resources for managing burnout
- Develop a wellness plan
- Define the difference between clinical and instrumental assessment of dysphagia
- List 3 considerations for thickeners in the pediatric population
- Define the benefit of slower flow bottle nipples
- List three special considerations for IDDSI implementation in the pediatric population

Speakers

Katherine Shary, RDN, LD is a Registered and licensed dietitian with over 10 years of experience working in health and wellness, with an expertise in child nutrition. Katherine leads Strong4Life's programmatic efforts in Motivational Interviewing, Raising Healthy Eaters, Early Care and Education and their Georgia WIC partnership. Katherine has also helped develop the Strong4Life children's books to help promote healthy habits for the whole family. Before joining Strong4Life, Katherine worked with clients in the outpatient clinical nutrition setting, covering multiple disease states. She also has experience working with homebound, tube-fed patients. One of Katherine's greatest joys is being a mom where she gets firsthand experience to practice the same information she shares with families when it comes to picky eating and food preferences. All while keeping the focus on building a healthy and positive relationship with food.

Susan Bell, RD, LD, IBCLC grew up moving frequently due to her father being in the military. From this experience she gained a persistent desire for travel, but also an appreciation of culture, people and family. Food is at the center of all of these, so pursuing a degree in nutrition from was only natural. After completing her dietetic internship at Georgia State University, she began working in Public Health and found her niche within the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Her experience within WIC included counseling, teaching educational classes for clients, training new employees, community outreach, creating content for required employee education and program management. WIC peaked her interest in Motivational Interviewing, and she began absorbing as much as she could about the topic. She knew the realistic application of the concept was powerful. During this time she also became an Internationally Board Certified Lactation Consultant. After 13 years in WIC, she left in pursuit of using her love of Motivational Interviewing on a more provider-centered level. She is currently employed by Children's Healthcare of Atlanta and has been a part of the work within the Strong4Life program. Additionally, provides Motivational Interviewing training, creates breastfeeding and nutrition content and continues to build relationships with WIC and community providers.

Diana Ricketts, MS, RD, LD graduated from the University of Georgia with an undergraduate degree in dietetics before completing her dietetic internship and master's degree in Georgia State University's coordinated program. She joined the Egleston team in 2021 after starting her career as a nutrition consultant in long-term care while working PRN at Emory Midtown and Emory St. Joseph's. Diana primarily covers the surgery service, but may also be found cross-covering on the BMT and cardiology floors.

Jaime Hunn, LCSW is a Senior Emotional Wellness Program Coordinator at Children's Healthcare of Atlanta and mental health therapist. She received her Masters of Social Work from Georgia State University and her background entails working in community mental health as a therapist, particularly with youth in state custody residing in group homes and psychiatric hospitals. Jaime transitioned to working in employee wellness during the COVID-19 pandemic after witnessing the influx in moral distress amongst healthcare employees. She also has a passion in organizing for worker's rights and advancing local and national policies for work/life balance.

Megan Conrad MS, CCC-SLP is a licensed Speech Language Pathologist who specializes in pediatric feeding and swallowing disorders. Megan received her undergraduate degree at the University of Oregon and her graduate degree at New York University. She has worked at CHOA since 2016, and has worked in the outpatient setting, inpatient setting, and also in CHOA's Dysphagia Management Clinic.

Amanda A. Peeler MCD CCC-SLP joined Children's Healthcare of Atlanta in April of 2021. She has been working as a speech language pathologist in acute care for 13 years with an emphasis on dysphagia management across the life span. She received her Masters of Speech Pathology from Auburn University and Undergraduate degree from the University of Georgia.

Laura Brooks M.Ed. CCC-SLP BCS-S received her undergraduate degree from the University of Florida and her Master's degree from the University of Virginia. She has been a speech language pathologist since 1999, and has been board certified in swallowing disorders since 2012. She is a Clinical Specialist at Children's Healthcare of Atlanta working with pediatric patients in the intensive care units and acute care units. She specializes in management of pediatric dysphagia and tracheostomy/ventilator dependent patients. She has published research, journal articles, case studies, and textbook chapters related to pediatric dysphagia and tracheostomy/ventilator dependent patients. She serves on the Bioethics Committee, Global Tracheostomy Committee, and ICU Liberation/Early Mobility/ECMO Committee at Children's Healthcare of Atlanta.

****Please retain this sheet for your Continuing Education records. It is provided so that it can be applied toward educational hours for your discipline if necessary.****

2023 Children's Pediatric Nutrition Conference

Program Agenda



Children'sSM
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MONDAY, FEBRUARY 27, 2023

- 8:15 a.m. Introduction & Welcome
Christine Benedetti, MS, RDN, CCTD, LD, FNKF
- 8:30 a.m. Raising Healthy Eaters*
Katherine Shary, RDN, LD & Susan Bell, RD, LD, IBCLC
- 9:45 a.m. Enteral Nutrition 101*
Diana Ricketts, MS, RD, LD
- 11:00 a.m. Cystic Fibrosis - The Paradigm Shift
Maegan Cook, MS, RD, CNSC, LD, Kanan Patel, MS, RD, CSP & Malia Martin, MS, RDN, LD
- 12:00 p.m. Lunch
- 1:00 p.m. Experiential Learning through Cooking – An Essential Part of Multidisciplinary Type 2 Diabetes Clinic
Ashley Van Cise, RDN, LD, Chef & Anna Albritton, MS, RD, LD, CDE
- 2:00 p.m. Nutritional Considerations of Inflammatory Bowel Disease
Olivia Taylor, MS, RD, LD
- 3:15 p.m. Nutrition Management of Inborn Errors of Metabolism - An Overview
Ellen Kenney, PA-S2, RD
- 4:15 p.m. Adjourn

TUESDAY, FEBRUARY 28, 2023

- 8:30 a.m. Performance Nutrition for Adolescent Athletes
Jana Heitmeyer, MS, RD, CSSD, CSCS, SCCC, LD
- 9:45 a.m. Strong Foundations: Nutrition and Physical Activity Education in Successful Pediatric to Adult Transition Outcomes
Roshan P. George, MD, FAAP, FAST
- 11:00 a.m. Resiliency and Burnout*
Jaime Hunn, LCSW
- 11:45 a.m. Lunch
- 12:30 p.m. Restrictive Diets in Type 1 and Type 2 Diabetes
Carrie Kay, MS, RD, LD, CDCES & Alison Higgins, MA, RD, LD, CDCES
- 2:15 p.m. Dysphagia Assessment and Treatment Strategies*
Megan Conrad, M.S. CCC-SLP, Amanda Peeler, M.CD. CCC-SLP & Laura Brooks, M.Ed. CCC-SLP BCS-S
- 3:30 p.m. Nutritional Management of Pediatric Solid Tumor Patients
Ashley Stepro, RD, CSP, LD
- 5:00 p.m. Adjourn
Dietitian CEUs offered – up to 12.5 hours
*Up to 0.35 ASHA CEUs offered (3.5 hours)

This agenda is subject to change. 15 minutes scheduled between presentations.



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