

PAND ANNUAL CONFERENCE

FRIDAY, MARCH 28



8:00AM - 9:00AM



EMPOWERING RDNS TO LEAD- PRACTICAL STRATEGIES FOR LEADERSHIP DEVELOPMENT

Shawnee Kelly, MS, RDN, LDN, FAND
Moderator: Kaitlin Gill

Registered Dietitians (RDNs) are experts in nutrition, yet often struggle to assert their leadership in the field. Shawnee Kelly MS, RDN, LDN, FAND, will share her leadership mindset and practical strategies for career growth. Learn how to develop essential leadership competencies, embrace self-leadership, and cultivate inclusive leadership skills that will elevate your impact across any setting. Discover how to sharpen your critical thinking and problem-solving abilities to thrive in leadership roles.

9:05AM - 10:05AM



BRIDGING NUTRITION SUPPORT GUIDELINE GAPS IN 2024

Bridget Storm, MA, RD, LDN, CNSC
Moderator: Tori Kuebler

The COVID-19 pandemic drastically reshaped critical care, and nutrition support for critically ill patients has evolved. With insights from recent research, you'll gain a deep understanding of how to calculate nutrient requirements across BMI levels, identify the right timing for enteral and parenteral nutrition (EN & PN), and manage refeeding syndrome. Explore nutrition strategies tailored to chronic critical illness and learn how to optimize patient outcomes in today's rapidly changing healthcare landscape.



SUSPECTED EATING DISORDERS: WHAT TO DO WHEN YOU SUSPECT DISORDERED EATING BUT DON'T SPECIALIZE IN TREATING IT

Theresa Hedrick, MS, RDN, LD
Moderator: Koran Watson

Dietitians are bound to encounter disordered eating behaviors, but knowing how to address them confidently is key. Learn to recognize the red flags of disordered eating and gain the skills to handle these sensitive situations effectively. Equip yourself with practical tools to navigate challenging cases and provide compassionate, evidence-based care that empowers patients to improve their relationship with food.

10:05AM - 10:25AM

VENDORS/ BREAK / POSTERS

10:30AM - 11:30AM



HORMONES & CANCER: MANAGING MEDICALLY INDUCED MENOPAUSE

Aubrey Redd, MS, RDN, LDN
Erin Pellegrin, RD, LDN
Moderator: Tricia Davidson



When cancer treatments lead to early onset menopause, especially in women under 40, it brings unique challenges. Learn how to manage common symptoms such as weight gain, hot flashes, mood changes, cognitive decline, and sleep disturbances through nutrition. Understand the long-term risks like heart disease and bone loss, and discover how to support patients' nutritional needs while helping them navigate the physical, emotional, and social impacts of their diagnosis.



FOLLOWING THE LEADER: PRINCIPLES OF EFFECTIVE FOLLOWERSHIP

Micheline Orlowsky, MS, RDN, LDN, FAND
Moderator: Kaitlin Gill

Leadership isn't the only path to influencing success within an organization. The role of a follower is just as important! Discover how being a follower can shape outcomes, foster collaboration, and enhance organizational effectiveness. Explore the latest research on followership, assess your own role, and engage in practical case studies that highlight how effective followership can propel a team or organization forward.

11:30AM - 12:00PM

AWARDS LUNCH

12:35PM - 1:35PM



USING HOLISTIC ADMISSIONS TO DIVERSIFY TOMORROW'S WORKFORCE

Zachari Breeding, MS, RDN, CSO, FAND
Moderator: Koran Watson

The diversity gap in dietetics is striking, with the majority of professionals identifying as white and female, while the patient population grows more diverse. Learn how diversifying the workforce is key to improving healthcare access and outcomes, especially for underserved communities. Explore holistic admissions, a framework that looks beyond traditional metrics to value the unique experiences and perspectives of applicants, and how this approach can help shape a more inclusive future for dietetics.

STUDENT SESSIONS

WHAT'S THAT CREDENTIAL? PROFESSIONAL PANEL

30 minutes

VOLUNTEERING 101

30 minutes

Moderator: Heather Krick

1:35PM - 1:50PM

VENDORS/ BREAK / POSTERS

1:55PM - 2:55PM



NUTRITIONAL IMPLICATIONS FOR PATIENTS WITH DOWN SYNDROME

Shannon Frizzell, MS, RD, LD
Moderator: Tori Kuebler

Individuals with Down syndrome face unique medical challenges and comorbid conditions that can significantly impact their nutritional needs. Delve into the complexities of providing Medical Nutrition Therapy (MNT) for this population, learning how to tailor interventions to improve health outcomes and address the specific dietary requirements and challenges associated with Down syndrome.



OVERLOOKED: ADDRESSING MALNUTRITION IN PEOPLE WITH OVERWEIGHT & OBESITY

Jillian Hyttenhove, MA, RD, CSOWM, LD, CHES
Moderator: Tricia Davidson

Malnutrition isn't just a concern for underweight patients—it's also a critical issue for those struggling with obesity or excess weight. Explore the factors contributing to malnutrition in this population, including sarcopenia (muscle loss) and the effects of weight cycling. Learn practical strategies to support these patients through targeted nutrition interventions that address both obesity and malnutrition, ultimately optimizing their health and well-being.

STUDENT SESSIONS

PA LICENSURE OVERVIEW

30 minutes

MY FIRST JOB: PROFESSIONAL PANEL

30 minutes

Moderator: Heather Krick

3:00PM - 4:00PM



FROM HESITATION TO ACTION: MASTERING THE USE OF SUPPLEMENTS IN CLINICAL PRACTICE

Abrar Al-Shaer, PhD, RD, LDN
Moderator: Kaitlin Gill

As the supplement industry continues to grow, dietitians are positioned at the intersection of conventional medicine and emerging wellness trends. Gain the knowledge and confidence to evaluate and incorporate dietary supplements into your clinical practice using evidence-based approaches. Learn how to assess their safety and efficacy, navigate the ethical considerations, and leverage resources like the Examine database and the American Botanical Council to guide your decisions. Real-life case studies will demonstrate how to integrate supplements effectively into patient care for optimal results.

* Agenda subject to change and updates.