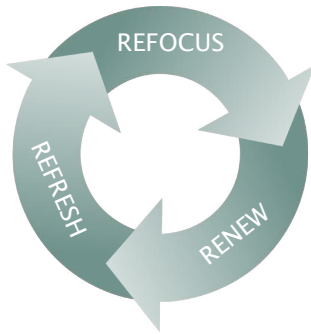




Welcome to Northwest Renal Dietitians 2018 Annual Conference



Refocus your energy
Recharge your professional batteries, while learning from inspirational speakers and talking with dedicated professionals like yourself.

Renew your knowledge
Get ready for networking, learning, and collaborating.

Refresh your spirit
Meet your professional needs, whether you're an advanced renal practitioner, or a newly graduated clinician caring for CKD patients.

Join us for:

Happy Hour

Exhibits and Poster Presentations
4:00pm-6:00pm

Networking Event

"Cultivate Your CKD Culinary Skills"
Cooking and Renal Diet Workshop
with Chef Duane Sunwold
6:30pm-8:30pm

3K Walk & Talk

Renew, Refocus, and Refresh: Best Practices
7:45am-8:45am

Conference Agenda

Thursday

7:15-7:45am	Registration/Breakfast
7:45-8:00am	Welcome
8:00-9:00am	Success in Indian Country
9:00-10:00am	Health Disparities
10:00-10:30am	Break
10:30-11:30am	Challenges and Opportunities
11:30-12:00pm	Role of RD in Relief Efforts
12:00-1:00pm	Lunch
1:00-2:00pm	Vegetarian and Vegan Diets
2:00-2:15pm	Break
2:15-3:15pm	Kidney/Pancreas Transplant
3:15-3:45pm	Transplant Nutrition
4:00-6:00pm	Exhibits and Posters
6:30pm	Networking Event

Friday

7:00-7:45am	Registration/Breakfast
7:45-8:45am	3K Walk & Talk
9:00-10:00am	Nutrition, DM, and CKD
10:00-10:15am	Break
10:15-11:15am	Current Topics
11:15-12:15pm	New Medications in CKD
12:30-1:30pm	Lunch (General Meeting)
1:30-2:30pm	Nutrition in End of Life
2:30-3:30pm	Mentoring Generations
3:30-4:00pm	Wrap-up/Raffle drawing

2018 Board of Directors

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- Jennifer Duskey
- Nikki Gepner
- Renin Oliver
- Katie Huff

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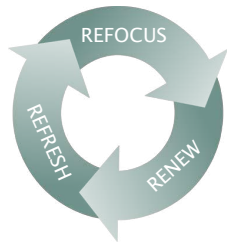
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2018 NWRD Annual Conference Exhibits and Poster Presentations



Renew your knowledge
 Get ready for networking, visual learning, and collaborating with professionals that love to share. Learn for our exhibitors and get inspired by the poster presentations.

2018 NWRD Exhibitors and Sponsors

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 4:00pm-6:00pm

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2018 NWRD Annual Conference

Thursday, March 8, 2018 – morning sessions

- 0715 – 0745 Registration
Breakfast
- 0745 – 0800 Welcome
- 0800 – 0900 **Success in Indian Country: Reduction of Kidney Failure**
Kathi Murray, MS, RDN, CDE
- 0900 – 1000 **Health Disparities among Native Americans in the ESRD Setting**
Lisa Hall, MSSW, LICSW
- 1000 – 1030 Break
Exhibits & Posters
Raffle Tickets
- 1030 – 1130 **Special Challenges and Opportunities of Serving the Nutrition Needs of Native Americans on Dialysis**
Kibbe Mc Gaa Conti, RDN MS CDE
- 1130 – 1200 **Role of the RD in Hurricane Relief Efforts**
Kathi Murray, MS, RDN, CDE
- 1200 – 1300 Lunch
NWRD Board Meeting

Thursday - afternoon sessions

- 1300 – 1400 **Renal Vegetarian Diet for CKD and Dialysis**
Chhaya Patel, MA, RDN, CSR
- 1400 – 1415 Break
- 1415 – 1515 **Kidney/Pancreas Transplantation**
Dr. Okechukwu Ojogho, MD, MMM, FACS
- 1515 – 1545 **Transplant Nutrition and Immunosuppressant Medications: The Role of the Dialysis Dietitian**
Linette Giesa, RDN, CDE, CD and Allison White, PharmD
- 1600 – 1800 **Happy Hour Exhibits & Posters**
- 1830 - 2030 **Networking Event***
“Cultivate Your CKD Culinary Skills”
Cooking Class & Renal Diet Workshop
Chef Duane Sunwold
Inland Northwest Culinary Academy
Spokane Community College

2018 NWRD Annual Conference

Friday, March 9, 2018 – morning sessions

0700 – 0745	Registration Breakfast
0745 – 0845	Renew, Refocus, and Refresh: Best Practices "3K Walk & Talk" along the Centennial Trail <i>Renin Oliver, MEd, RD and Katie Huff, BS</i>
0900 – 1000	Nutrition, Diabetes and Kidney Disease <i>Brad P. Dieter, PhD, MS</i>
1000 – 1015	Break Exhibits & Posters Raffle Tickets
1015 – 1115	Current Topics in Nephrology <i>Dr Henry Mroch, MD, FACP, FASN</i>
1115 – 1215	New Medications in CKD/ESRD <i>Tom Montemayor, RPh</i>
1230 – 1330	Lunch NWRD General Business Meeting Best Practices Discussion

Friday – afternoon sessions

1330 – 1430	Nutrition in End of Life (Ethics CPEU) <i>Beth Shanaman, RD</i>
1430 – 1530	Mentoring the Generations: How to Teach Old Dogs New Tricks and New Dogs Old Tricks <i>Katy Wilkens, MS, RD</i>
1530 – 1600	Wrap Up Evaluations Password Raffle

Evaluations & CPEU Certificates

At the end of the Conference, attendees will be given a password to access the Online Evaluation Form & CPEU Certificates

The Commission on Dietetics Registration (CDR) has approved the following CPEUs:

Thursday's Presentations = 6 CPEUs

Thursday's Exhibits = 1 CPEU

Thursday's Posters = 1 CPEU

Friday's Presentations = 6 CPEUs

**Thursday's Networking Cooking Class and Renal Diet Workshop = 2 CPEUs
(additional \$40 fee, sign up w/Registration)*

Go to www.NWRDOnline.org

Evaluation Page

Thank You!

Northwest Renal Dietitians (NWRD)
2018 Annual Conference
Speaker Biographies

THURSDAY, MARCH 8th

“Success in Indian Country: Reduction of Kidney Failure”

Kathi Murray MS, RDN, CDE

Lieutenant Commander

United States Public Health Service Area Diabetes Consultant

Portland Area Indian Health Service

Portland, OR

BIOGRAPHY:

Kathi Murray MS, RDN, CDE, Lieutenant Commander, United States Public Health Service, is the Area Diabetes Consultant for Portland Area Indian Health Service. She provides technical assistance to 43 Tribes in the Portland Area with diabetes treatment and prevention and assigned as the Project Officer for 40 Special Diabetes Program of Indians (SDPI) grant programs. Kathi has been working as registered dietitian for almost twenty years and her career passion is diabetes. Highlights of her career was becoming a Certified Diabetes Educator and providing outpatient nutrition services for the four clinics of Tohono O'odham Nation, Sells Indian Hospital in Sells, AZ which also included implementation of pediatric control program. She has been fortunate to be renal dietitian for DaVita in Minneapolis, MN by providing nutrition services for hemodialysis, peritoneal dialysis, transplant patients and nutritionist for Pine Ridge Indian Health Service SDPI Diabetes Prevention Program, Pine Ridge, SD and White Earth Diabetes Project, White Earth, MN. She holds a Bachelor of Science in Food and Nutrition from North Dakota State University and Master of Science in Family and Consumer Sciences from Eastern Illinois University. During her graduate studies, Kathi earned the title of Nutrition Education Specialist from the Society of Nutrition Education and Behavior. She has also obtained the Certificate of Training for Adult Weight Management and Certificate of Training for Adolescent and Childhood Obesity.

“Health Disparities among Native Americans in the ESRD Setting”

Lisa Hall, MSSW, LICSW

Patient Services Director

Northwest Renal Network / ESRD Network 16

Seattle, WA

BIOGRAPHY:

Lisa Hall, MSSW, LICSW has been the Patient Services Director for Northwest Renal Network (Network 16) since 2010. Prior to that, she served as Community Services Coordinator for ESRD Network 7 in Florida. Lisa has worked with patients with chronic illness throughout her career, including over 15 years in the ESRD setting. Some of her recent activities to promote awareness of the needs of kidney patients include:

- Technical writer for the Interpretive Guidance to the Conditions for Coverage of ESRD – patient rights, emergency preparedness, and patient care planning
- Development and direction of the Kidney Community Emergency Response (KCER) Coalition
- Leadership with NKF's Council of Nephrology Social Workers

- Journal of Nephrology Social Work Publications Chair and Editorial Board
- Publications in peer-reviewed journals and book chapters and national presentations on Vocational Rehabilitation, Emergency Preparedness, Ethics, Conflict Resolution, Social Media and Psychosocial and Spiritual Impact of Chronic Illness.

Ms. Hall earned her Master of Science in Social Work from University of Texas at Arlington, and a Bachelor of Social Work at Barry University, Miami, Florida.

“Special Challenges and Opportunities of Serving the Nutrition Needs of Native Americans on Dialysis”

Kibbe Mc Gaa Conti, RDN MS CDE

Dietitian, US Public Health Service, Indian Health Service

Rapid City Indian Hospital

Tribal Affiliation: Oglala Lakota

BIOGRAPHY:

LCDR Kibbe Conti serves as Dietitian at Rapid City Indian Health Service. Kibbe began her career with Indian Health Service in Pine Ridge where she is an enrolled tribal member. Formerly she led Northern Plains Nutrition Consulting, serving dialysis and other contracts. Nationally known as an expert and speaker on Native American nutrition issues. She approaches nutrition from a historic perspective promoting eating in ways consistent with historic food practices.

“Role of the RD in Hurricane Relief Efforts”

Kathi Murray MS, RDN, CDE

Lieutenant Commander

United States Public Health Service Area Diabetes Consultant

Portland Area Indian Health Service

Portland, OR

BIOGRAPHY:

Kathi Murray MS, RDN, CDE, Lieutenant Commander, United States Public Health Service, is the Area Diabetes Consultant for Portland Area Indian Health Service. She provides technical assistance to 43 Tribes in the Portland Area with diabetes treatment and prevention and assigned as the Project Officer for 40 Special Diabetes Program of Indians (SDPI) grant programs. Kathi has been working as registered dietitian for almost twenty years and her career passion is diabetes. Highlights of her career was becoming a Certified Diabetes Educator and providing outpatient nutrition services for the four clinics of Tohono O'odham Nation, Sells Indian Hospital in Sells, AZ which also included implementation of pediatric control program. She has been fortunate to be renal dietitian for DaVita in Minneapolis, MN by providing nutrition services for hemodialysis, peritoneal dialysis, transplant patients and nutritionist for Pine Ridge Indian Health Service SDPI Diabetes Prevention Program, Pine Ridge, SD and White Earth Diabetes Project, White Earth, MN. She holds a Bachelor of Science in Food and Nutrition from North Dakota State University and Master of Science in Family and Consumer Sciences from Eastern Illinois University. During her graduate studies, Kathi earned the title of Nutrition Education Specialist from the Society of Nutrition Education and Behavior. She has also obtained the

Certificate of Training for Adult Weight Management and Certificate of Training for Adolescent and Childhood Obesity.

“Renal Vegetarian Diet for CKD and Dialysis”

Chhaya Patel, MA, RDN, CSR

Program Manager Nutrition Services

ORCA Divisional Lead Dietitian / Dietitian Council / Nutrition Support Team

DaVita Kidney Care

Walnut Creek, CA

BIOGRAPHY:

Chhaya Patel has been a renal dietitian for more than 35 years and is a certified renal specialist. She has been with DaVita for more than 20 years and currently is a divisional lead dietitian for the ORCA (Oregon and California) division at DaVita and a nutrition services project manager. For many years, Ms. Patel has been a member of and has held numerous positions in the National Kidney Foundation Council on Renal Nutrition (CRN) and the Renal Practice Group of the Academy of Nutrition and Dietetics (AND). She was awarded the Recognized Renal Dietitian award in 2012 by CRN and was recognized as the DaVita Shining Star Dietitian in 2011. Her published work includes Cultural Foods and Renal Diets, a clinical guide for patients and dietitians. She has presented extensively on the vegetarian renal diet.

“Kidney/Pancreas Transplantation”

Okechukwu Ojogho, MD, MMM, FACS

Executive Medical Director

Transplant Services

Providence Health Care

Spokane WA

Program and Surgical Director Abdominal Organ Transplantation Pediatric and Adult Kidney, Pancreas Transplantation Providence Sacred Heart Medical Center and Children’s Hospital Spokane WA

BIOGRAPHY:

Dr. Okechukwu Ojogho, MD, MMM, FACS is the Executive Medical Director of Transplant Service at Providence Health Care in Spokane, WA. He serves as Program and Surgical Director Abdominal Organ Transplantation Pediatric and Adult Kidney, Pancreas Transplantation at Providence Sacred Heart Medical Center and Children’s Hospital. In addition to being a prestigious Transplant Surgeon, he is also highly accomplished with Hepato-Pancreas-Biliary surgical cases. Dr Ojogho is Principal Investigator to prominent research in the field of transplantation. He holds many academic honors, including being listed in “Guide to America’s Top Surgeons” and “Montclair’s Who’s Who.” In addition to authoring book chapters and presenting lectures on transplantation, he’s also an adhoc journal reviewer for *Clinical Transplantation*, and serves on numerous executive and leadership committees.



**“Transplant Nutrition and Immunosuppressant Medications:
The Role for the Dialysis Dietitian”**

Linette Giesa, RDN, CDE

Outpatient Dietitian

*Providence Sacred Heart Medical Center
Spokane, WA*

-AND-

Allison White, PharmD

Clinical Staff Pharmacist

*Providence Sacred Heart Medical Center &
Kidney Transplant Team Children’s Hospital
Kidney & Pancreas Transplant Program
Spokane, WA*

BIOGRAPHY – Linette Giesa, RDN, CDE:

As a nutrition professional you know small changes make a big difference. Linette enjoys working with adults developing individualized nutrition plans that will make a difference in their personal health. As a valued dietitian at Sacred Heart Medical Center she wears many different hats. She is on the kidney-pancreas transplant team and provides outpatient nutrition services at Sacred Heart and Providence Medical Park.

Linette earned her bachelor-of-science degree from Eastern Washington University and is a certified diabetes educator. She was awarded “Recognized Young Dietitian of the Year” and is past-president of the Greater Spokane Dietetic Association. In her free time she enjoys traveling with her husband and spending with her grandchildren.

BIOGRAPHY – Allison White, PharmD:

Allison has a unique role working as a clinical pharmacist with the Sacred Heart kidney & pancreas transplant team. This role combines both inpatient and ambulatory care. Allison truly enjoys providing education to newly transplanted patients and their caregivers in a manner to empower them with the skills and knowledge they need to successfully manage the complicated post-transplant medication regimen. Additionally within this role, Allison serves as the pharmaceutical resource to the multi-disciplinary team, transplant patients, and living kidney donors.

Allison received a bachelor-of-science and Doctor of Pharmacy degree from Washington State University. Following this, she completed a PGY1 Pharmacy Practice Residency at Sacred Heart, where she has been working as a pharmacist since. Allison has worked in both the inpatient pharmacy and the ambulatory care clinics for Providence until her current role solely with the Kidney & Pancreas Transplant Program. Allison serves as an adjunct faculty member with the Washington State University College of Pharmacy and enjoys serving as a preceptor for the Sacred Heart Inpatient and Ambulatory Care Clinic’s Pharmacy Residency Programs. Outside of work, Allison loves being a mom to her two young kids.



**Networking Event –
“Cultivate Your CKD Cooking Skills”
Cooking Class & Renal Diet Workshop
Chef Duane Sunwold**

*Hotel and Restaurant Management Instructor
Inland Northwest Culinary Academy
Spokane Community College (SCC)
Spokane, WA*

BIOGRAPHY:

Chef Duane Sunwold graduated from SCC's culinary arts program and the Southern Alberta Institute of Technology. He is a chef instructor for the National Kidney Foundation, specializing in renal care cooking techniques and recipe development. Not only is Chef Sunwold an experienced chef and culinary arts instructor, he was also a kidney patient. He was able to put his kidney disease in remission, in part, by changing his lifestyle and dietary practices. Now Chef Sunwold is active in the renal community in promoting therapeutic yet palatable renal diet.

FRIDAY, MARCH 9th

“Renew, Refocus, and Refresh: Best Practices ‘3K Walk & Talk’ along the Centennial Trail”

Renin Oliver, MEd, RD

*Registered Dietitian - Renal Dietitian
Nutrition & Fitness Services
Northwest Kidney Centers
Seattle, WA*

--AND--

Katie Huff, BS *(assistance with session)*

*Nutrition & Fitness Services
Northwest Kidney Centers
Seattle, WA*

BIOGRAPHY – Renin Oliver, MEd, RD:

Renin Oliver loves to learn, and pass that knowledge on. During her undergraduate degree she fell in love with food while living in Manhattan, she went on to graduate with a nutrition and food studies degree. While working as a dietitian at a large teaching hospital in the Bronx, she went back to school for culinary arts. After taking a break from hospitals, she worked as a catering chef and personal chef and ultimately a sous chef in Antarctica.

In an effort to warm up and combine all of her schooling, she returned to the US and began her current journey as a renal dietitian. In this role she happily applies working with different cultures while explaining complex nutrition labs and what it means for when it matters most – what to eat. She enjoys working with patients and staff to understand complex nutrition issues and assess readiness to change. She enjoys organizing cooking classes, coordinating regional conferences, and doing anything that lets her speak and work in the community.

Working with adult learners motivated her to return to school (for the third time!) and complete her Masters of Education with a focus on Human Resource Development to help round out her ability to help those around

her learn and be set up for success. In addition to still loving food, she also loves helping people develop and have the tools they need to maximize their potential.

“Nutrition, Diabetes and Kidney Disease”

Brad P. Dieter, PhD, MS

Faculty Research Scientist

Providence Sacred Heart Medical

Research Center

Spokane, WA

BIOGRAPHY:

As Faculty Research Scientist at Providence Sacred Heart Medical Research Center in Spokane, Dr. Brad Dieter is passionate about nutrition and diabetes and kidney disease. His work spans topics of serum amyloid A in diabetic kidney disease, immunity and inflammation in diabetic kidney disease, and micro and macro-nutrition in athletes. His current research project is studying Cellular and Molecular Mechanisms of Diabetic Kidney Disease. He is also developing Models of Kidney Function Trajectories and Disease Outcomes in Clinical Trial and Registry Datasets. Dr. Dieter is a peer reviewer of numerous prestigious journals, including *Diabetes Care*, *Clinical Journal of the American Society of Nephrology*, *Kidney International*, *Advances in Chronic Kidney Disease*, and *Journal of the International Society of Sports Nutrition*. He presented his research at several national conferences, including ASN Annual Conferences and American Transplant Conference. His work is well published in *American Journal of Nephrology*, *Journal of Aging Health*, and *Applied Physiology of Nutrition and Metabolism*. Both his Masters and Doctorate level research was in Movement Sciences and Exercise Physiology at the University of Idaho.

“Current Topics in Nephrology”

Henry Mroch, MD, FACP, FASN

Nephrology

Providence Kidney Care

Providence Health & Services

Spokane, WA

BIOGRAPHY:

Dr. Henry Mroch is a Board Certified Nephrologist at the Providence Kidney Care clinic in the Providence Health & Services system in Spokane, WA. His expertise is in Nephrology, Critical Care Nephrology, and Immune Systems of the Kidney. Dr Mroch attended medical school in at University of California in Irvine, CA – completed his Residency at Internal Medicine Spokane Residency Program – and fulfilled his Fellowship at University of Washington School of Medicine in Seattle, WA. In addition to authoring numerous publications and presentations, he is the recipient of The Golden Apple Award by the American College of Physicians, and the WWAMI Excellence in Teaching Award at University of Washington School of Medicine. We are very honored to have Dr Mroch as a speaker at NWRD!



“New Medications in CKD/ESRD”

Tom Montemayor, RPh

Pharmacy Manager

Northwest Kidney Center Pharmacy

Northwest Kidney Centers

Seattle, WA

BIOGRAPHY:

Helping patients get better is pharmacist Tom Montemayor’s goal in life. As one of the very few renal pharmacists in the Pacific Northwest, Tom serves a population of over 2,000 dialysis and transplant patients through the patient pharmacy at the Northwest Kidney Centers. His specialized knowledge of the myriad of drugs that are unique to CKD, ESRD and Kidney Transplant makes him a valuable member of the Interdisciplinary Team. Recently Tom spearheaded a program to have a pharmacist do medication reconciliation on all new patients admitted to his facilities. An admitted science geek, Tom loves how understanding a compounds chemical structure can help you understand how medications actually work. Tom has been a renal pharmacist since 2002 and was a student intern at NKC while he worked on his RPh at the University of Washington, later completing his MBA.



“Nutrition in End of Life” (*Ethics CPEU*)

Beth Shanaman, RD

Registered Dietitian - Renal Dietitian

Nutrition & Fitness Services

Northwest Kidney Centers

Seattle, WA

BIOGRAPHY:

Ms. Shanaman worked in long-term care and Alzheimer’s memory care for several years before becoming a renal RD at Northwest Kidney Centers. She has been a renal RD for past 18 years and is currently the lead RD for a group of 20 renal dietitians as well as managing her load of over 140 special care patients. Beth works with clinically compromised patients in one of the only outpatient bedded units in the state. She cares for the most medically ill patients at the Northwest Kidney Centers, working with medical ethicists, chaplain, as well as social workers, nurses, and patients and their families to help sustain them as they reach end of life decisions.

Her focus on patient’s wishes, and helping them to verbalize those wishes, is a skill she helps teach others through interventions, team building, and open dialog. Beth is involved in community outreach, speaking at community health events and professional nutrition and renal conferences.

Ms. Shanaman is a co-editor of the renal chapter for the Nutrition textbook, “Food, Nutrition and Diet Therapy” by Kraus and Mahan which is used by many dietetic programs as the source of clinical information for students. She is the program chairperson for the NKF Council on Renal Nutrition and a recipient of the 2018 CRN Outstanding Service Award.



“Mentoring the Generations: How to Teach Old Dogs New Tricks and New Dogs Old Tricks”

Katy Wilkens, MS, RD

Nutrition & Fitness Manager

Nutrition & Fitness Services

Northwest Kidney Centers

Seattle, WA

BIOGRAPHY:

For Katy Wilkens, the primary role of the renal dietitian is to teach. Whether it is writing, speaking at events, educating peers and students, demonstrating healthy cooking techniques on television, developing patient education materials or sitting down with one of her hemodialysis patients, Katy finds it rewarding to offer information that can lead others to a healthier future.

The Nutrition and Fitness Services manager of Northwest Kidney Centers, Katy has worked in renal nutrition for over 35 years. In addition to helping her patients navigate their dialysis diet, she mentors dietetic students in rotations at Northwest Kidney Centers each year and educates fellow health care professionals such as physicians, renal fellows, nurses and social workers.

Katy is heavily involved in community outreach, speaking at numerous community health events and nutrition and renal conferences, and discussing healthy nutrition on the radio and TV. Katy is the author of the renal chapter in the internationally recognized “Food, Nutrition and Diet Therapy” textbook and the original American Dietetic Associations Suggested Guidelines for the Care of Renal Patients. Ms. Wilkens is the long time editor and author of a nutrition workbook for patients, “Nutrition, the Art of Good Eating for People on Dialysis”. She writes regular nutrition columns for the Ballard News-Tribune, AgeWise King County, King County’s Senior Services newsletter and the National Kidney Foundation.



*NWRD Annual Conference
March 8-9, 2018*