

NUTRITION RELATED TO GOOD HEALTH AND DISEASE

(5 contact/clock hours)

CE Approval Codes: NHA(PC), RN, LPN, AD, CCM, DM, RD/DTR

PURPOSE: To discuss how nutrition plays an important role in developing chronic diseases. Physical and psychological aspects for the patient with chronic diseases will also be discussed.

OBJECTIVES:

1. Explore human nutrition in terms of the major systems of the body.
2. Discuss the nutritional connection with common chronic illnesses in the elderly.
3. Discuss nutrition in terms of elders' aging process.
4. Review current diet therapies in practice.
5. Explain when it is appropriate to use comfort measures.

PROGRAM: *Registration 8:30 a.m., Program 9 a.m. - 3:30 p.m., Lunch 12 - 1 p.m.*

Nutrition Intake and Energy

How the Major Body Systems are Fueled

Major Diseases

Obesity, Diabetes, Hypertension, Congestive Heart Disease, Cancer, COPD, Asthma, Arthritis, Parkinson's Disease, Kidney Failure, Incontinence

Improving Health With Nutritional Intake

The Power of Positive Thinking

What is Acceptable for Each Disease

Diet Therapies

Is Nutritional Support Necessary

Making Nutrition Interesting for the Patient/Resident

Comfort Measures

PROGRAM FEES:

Requesting CE Credit
 Member: \$125
 Nonmember: \$160

Not Requesting CE Credit
 Member: \$75

SPEAKER: **Pamela Nagel, MA, RD, LD**, WIC Nutritionist, Human Development Corporation; Dietitian Consultant, Missouri First Steps Program, St. Louis, Missouri. Pamela has worked as a dietitian in a diabetic center and dialysis unit, and was part of a team that established a transitional care unit for two different hospitals. She has consulted for home health agencies, adult care centers, childrens homes, behavioral care hospitals, and group homes. Pamela also teaches for the University of Phoenix.

DATES & SITES:

- May 24** St. Louis, Cardinal Ritter Senior Services on the Cardinal Carberry Campus, Mother of Perpetual Help Building, Lally Room, 7601 Watson Rd.
- June 1** Park Hills, Mineral Area College, North College Center, Room A, 5270 Flat River Rd. (Park in student lots F or G.)
- June 13** Kansas City, Truman Medical Center Lakewood, Truman 2, 7900 Lee's Summit Rd. (Park in the visitors lot and enter through the South entrance.)
- June 14** Macon, Loch Haven Nursing Home, Activity Room, 701 Sunset Hills Dr.
- June 21** Springfield, Select Specialty Hospital, Cafeteria, 1630 E. Primrose St.

The Missouri League for Nursing, Inc., is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

MONA Provider Approval #113-VI

Approved by the Missouri Board of Nursing Home Administrators through TA #044-712.

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