

COURSE LEARNING OBJECTIVES

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2021 Southwest Nephrology Conference: Re-energizing Renal & Cardiorenal Care through Research & Technology : Upon completion of this activity, participants should be able to: 1) Identify plant foods that have been studied for treatment of metabolic acidosis. 2) Understand evidence supporting plant-based diets in the treatment of hypertension. 3) Understand plant foods may have certain factors that prevent the rise of serum potassium when consumed by patients with kidney disease. 4) Understand prevalence of metabolic syndrome and overlap with CKD. 5) Understand different types of intermittent fasting (IF). 6) Review of mechanisms underlying the benefits of IF. 7) Review clinical trial data showing the benefit of IF and implications for the CKD population. 8) Examine the scope of phosphorus burden in general population and CKD. 9) Review phosphorus metabolism and biomarkers of phosphorus burden. 10) Discuss the strategies for the nutritional management of phosphorus in CKD. 11) Introduce Phosphatemic Index as a novel evaluation tool for dietary phosphorus load. 12) Describe the causal components of protein-energy wasting in hemodialysis patients. 13) Identify dietary strategies for managing protein-energy wasting in hemodialysis patients. 14) Summarize observational data implicating a role for vitamin D in exercise, erythropoiesis, and proteinuria in chronic kidney disease. 15) Identify the mechanisms by which vitamin D may influence exercise, erythropoiesis, and proteinuria in chronic kidney disease. 16) Discuss the clinical evidence involving vitamin D supplementation to affect exercise, erythropoiesis, and proteinuria in chronic kidney disease. 17) Define basic tenets of hospice vs. palliative medicine. 18) Review issues unique to kidney disease in hospice and palliative medicine. 19) Identify common symptom management challenges in renal disease. 20) Discuss palliative strategies for addressing those symptoms before and after patients enter hospice. 21) Understand relative risks of various dialysis access options. 22) Review history of these options & understand how the updated 2019 KDOQI Guidelines affect these. 23) Understand the technical aspects of new dialysis access options. 24) Assist patients with choices. 25) Understand concept of the "lifelong" dialysis access. 26) Understand the mechanisms for kidney protection with emerging therapies. 27) Describe the clinical impact of novel therapies on kidney protection. 28) Review key trials that are ongoing related to kidney protection. 29) Understand benefits of Home dialysis, health benefits of both peritoneal dialysis and more frequent hemodialysis. 30) Understand the quality-of-life benefits to home dialysis. 31) Best approach the patient to begin the conversation about home dialysis and how to avoid common pitfalls with approach. 32) Address most common objections that patients have to home dialysis. 33) Explain overview of transplant evaluation and listing process at Banner. 34) Troubleshoot barriers to & identify options to get a transplant. 35) Recognize the effects of chronic stress, compassion fatigue, and burnout. 36) Understand health problems caused by compassion fatigue and burnout. 37) Learn practical tips and coping strategies to address burnout. 38) Identify several techniques for incorporating self-care and self-compassion into your work. 39) Distinguish between compassion fatigue, vicarious trauma and burnout. 40) Describe the importance of boundaries for self-care and self-compassion. 41) Identify and implement treatment changes needed to prepare patients with psychiatric issues for kidney transplant. 42) Anticipate and address various psychiatric issues that can develop during the immediate post-transplant period. 43) Anticipate and treat various psychiatric issues that can occur during the extended post-transplant period. 44) Identify interventions and language to deal with dialysis patient anxiety, fear and grief related to COVID19. 45) Describe modifications dialysis units and healthcare providers can make to ease emotional distress for patients. 46) Develop a plan to honor the memory of patients and caregivers that have died. 47) Recognize the impact of depression on clinical outcomes of patients on dialysis. 48) Outline the interventions and referrals available for depression management. 49) Identify strategies for promoting interdisciplinary collaboration when developing a plan of care. 50) Apply lessons learned from COVID19 pandemic to support care transitions and facility processes. 51) Identify factors affecting COVID19 vaccine hesitancy and resources to improve facility vaccination rates. 52) Describe practical applications of moving forward in the "new normal" using tools and education to support staff and patients. 53) Identify barriers and misconceptions that pose obstacles in seeking and receiving health care within multicultural communities. 54) Define implicit bias, systemic racism and cultural humility and how these apply to providing and receiving healthcare for members of multicultural communities experiencing health disparities. 55) Apply knowledge of research-based perspectives on cultural misconceptions to overcome obstacles in daily practices.

2021 Cardio Renal Metabolic Conference: Upon completion, participants should be able to: 1) Update landmark clinical trials of volume management in the critically ill and cardiorenal syndrome. 2) Recognize the significance of volume assessment in patients with COVID-19 and its multi-organ impact. 3) Recognize the options and challenges associated with management of cardiorenal syndrome in the setting of COVID-19. 4) Understand significance of fluctuations in serum creatinine during decongestion in acute heart failure. 5) Understand consequences of withdrawal of guideline based medical therapies, particularly the inhibitors of the renin-angiotensin system in acute heart failure on hospitalizations for heart failure and mortality. 6) Review newer concepts in understanding and framing kidney end points in acute cardiorenal syndrome. 7) Review cardiac manifestations of COVID-19. 8) Understand the hemodynamic implications of COVID-19 ARDS. Discuss a multi-system approach to management of severe COVID-19 infection.

CONTINUING EDUCATION CREDIT

CONTINUING EDUCATION CREDIT FOR THE TWO DAY CONFERENCE:

Physicians and Physicians in Training:

Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint provider ship of SynAptiv, the National Kidney Foundation of Arizona and the Cardio Renal Society of America. SynAptiv is accredited by the ACCME to provide continuing medical education for physicians.

Designation Statement

SynAptiv designates this live activity for a maximum of *8 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This live activity, 21st Annual Southwest Nephrology Conference & 8th Annual Cardio Renal Metabolic Conference, with a beginning date of March 5, 2021, has been reviewed and is acceptable for up to 8.00 prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Advanced Practitioners: A certificate of attendance will be provided to nurse practitioners and physician assistants at the end of the conference for use in documenting their contact hours of continuing education at this conference.

Nurses and Patient Care Technicians: The National Kidney Foundation of Arizona is approved as a Continuing Education Provider by the State of California Board of Registered Nursing, Provider Number CEP 17413. NKF AZ designates this live activity for a maximum of 8 hours. Participants should only claim credit commensurate with the extent of their participation in the activity.

Credit Determination Pending: For social workers, application for approval of continuing education credits is submitted to the Arizona Chapter of the National Association of Social Workers and should be approved by live activity date.

Board of Behavioral Health Examiners: This program is designed to satisfy the requirements of the Arizona Board of Behavioral Health Examiners for ethics and cultural diversity continuing education credits.

Dietitians: A certificate of attendance will be provided to dietitians at the end of the conference. Dietitians can submit up to 8.00 hours of CPE towards their PDP Learning Plans to the Academy of Nutrition and Dietetics. Participants should only claim credit commensurate with the extent of their participation in the activity.

Disclaimer: Attendance at this course does not indicate nor guarantee competence or proficiency in the performance of any procedures, which may be discussed or taught in this course.