



This will be the 26<sup>th</sup> AADE Annual Meeting I will have attended. They still excite me! You will see when you look at my planner, that I go full force from start to finish. I hate to miss anything!

### **Tuesday, August 4th**

5:00 pm—Coordinating Body (CB) and Communities of Interest (COI) Network Reception: This format was started for the first time last year. I thought it was a great way to learn about what the other state's CBs are doing and learn about all the COI opportunities available through AADE. I was glad to see that they continued this format for these groups to get together and highlight their work!

### **Wednesday, August 5<sup>th</sup>**

7:30 am—GS01—I love the excitement that surrounds the opening session. It gives us the adrenalin rush we need to find the extra energy to be able to participate in all the great educational opportunities, networking and fun activities of the week!

9:45—W02 ([Current State of DSMT Reimbursement and Health Care Reform](#)). I can't think of a better topic for me to start my concurrent session line-up. Reimbursement seems to still be the one of the biggest issues for diabetes educators and for sustainability of DSME/T programs. Patty Telgener, AADE's Reimbursement expert, is a wonderful resource. She is so knowledgeable and approachable.

11:00—W07 ([Lipid Guidelines: What is Best for My Patient?](#)) or W09 (National Collaboration to Increase Access to Sustainable DSME in the US, Using the Key Drivers). I am a little torn. I like to stay current on treatment guidelines (and Evan Sisson is very skilled at explaining these in a way I understand), but increasing access is a key part of my current job. I will probably decide at the last minute.

12:00-3:45—I may take in one of the Product Theaters then spend a nice chunk of time in the Exhibit Hall. How can you not love the Exhibit Hall? I learn so much about all the new things available to my patients and get lots of great ideas and tools to use as an educator. Make sure to bring plenty of business cards to drop in to sign up for a door prize or to receive samples when you get back home.

3:45—W21 ([Social Media: Why Should I Bother?](#)). I guess it's time to move into the 21<sup>st</sup> Century and the new era of social media in the diabetes education arena. I attended a session a few years back and was still afraid to jump in. Maybe I will choose signing up for Twitter and starting to "Tweet" as a behavior change goal after attending this session.

5:00—W25 ([Meet me @ 7 Diabetes Education Tool Kit](#)) or W28 ([Diabetic Kidney Disease](#)). Another tough decision! I like learning new things and seeing what other educators have successfully used in their practice. I once again find myself torn as I like to stay current on the standards of care and clinical guidelines for complications of diabetes.

Attend the evening sponsored event. These are always great fun and are a great way to get to network with old friends and colleagues and to meet new ones. I can't wait to see what evening events AADE Annual Meeting Sponsors will have to offer in New Orleans!!

#### **Thursday, August 6**

7:30--GS02 ([Engaging Patients in their Care Using Connected Health](#)). Interesting to have a Professor of Dermatology as a Keynote Speaker at AADE). But, it looks like he has some great research supporting behavior change.

9:15—T02 ([DSME Programs Tips & Take Aways](#)). I'm very interested in learning about what a Medicare Audit looks like. My programs have been audited before by AADE and ADA, but I have never been involved in a Medicare audit. Leslie Kolb and the AADE DEAP staff are so helpful.

10:30—T08 ([CDCs approach to Engaging Community Health Workers in Diabetes Prevention and DSME](#)). This is a very timely topic as lots of work is being done to try to figure out the role of the CHW within the changing health care world. I have so many questions about how to utilize CHWs in DSME delivery and not cross over boundaries set by the scope of practice of licensed health care professionals like RNs, Licensed Dietitians (RDs), RPh and Licensed Diabetes Educators.

11:30—Exhibit Hall and Product Theater—I am trying to carve out adequate time this year for the exhibit hall. Most every year I feel like I don't plan enough time and I am rushing around trying to catch all the exhibits before they close. I find the great exhibits to be one of the most valuable parts of the AADE Annual Meeting!

3:45—T15A ([Can Diabetes Educators Provide Effective Exercise Counseling? Examining Current Challenges for Future Opportunities](#)). Being Active is one of the most difficult of the AADE7 Self-Care Behaviors to support the patient in making an impact. I am always open for new strategies to help.

5:00—T21 ([A Good Night's Sleep and Diabetes](#)) or T25 ([The Social Network: Using Twitter to Understand Health Conversations & Visualize Data](#)). I will decide after I attend my first concurrent session on Twitter if I need more. If so, I may choose this session but, right now, the session on sleep is my first choice.

Attend Evening Sponsored Social Event. I rarely miss one.

#### **Friday, August 7**

7:30--GS03 —Ann Albright is a great speaker and I am always excited to see public health initiatives related to diabetes and diabetes prevention spotlighted at AADE.

9:15—F04 ([Culinary Medicine](#) (Mediterranean Diet)—Evidence seems to be there supporting the Mediterranean Diet so this is something I was very excited to see as a concurrent session. I want and need to learn more.

11:00—F10 ([Providing Persons with Diabetes DSME & Support: A Position Statement](#)). I am hoping I can utilize this one to help develop strategies for my program to increase referrals to DSME.

1:00—AADE Annual Business Meeting—This is an important time to learn the business of AADE. Often there is an opportunity to share your opinion on an issue important to our organization.

2:00—A little more time in the Exhibit Hall

3:15—F17 ([Glycemic Control for Patients with Cardiovascular Disease or at High Risk of CVD: How Low Should We Go?](#)). I look forward to this session. It is very difficult to synthesize all the research that's out there related to this topic. I am hoping I leave with a better understanding of how to best guide my patients.

4:30—F22 ([Weight Loss and Lifestyle Modification: Predictors of Success in the Look AHEAD and DASH Intervention Studies](#)). More help understanding the studies and strategies for putting them into practice.

6:00—Corporate Symposia—It's always so difficult choosing which one to attend. I wish I could go to all of them!

8:00—AADE Foundation: "Celebration of Giving Event"—Make a plan to attend this event. It is not only a good time, but your support of the AADE Foundation is crucial in its ability to continue to fund scholarships to AADE, research studies and other important initiatives.

## **Saturday, August 8**

7:30--GS04—This will be the closing General Session. We learn about next year's venue and get to see lots of great pics from this meeting. I am unsure who the closing speaker will be, though I am usually not disappointed.

11:00-S06 ([Step Up Your Oral Hygiene Care to Drop Down your A1C](#)). I've seen this work in practice. I'm hoping to get the evidence at this important session.

12:30—S11 ([Calling the Shots for Persons with Diabetes](#)). Looking forward to learning more about the recommended immunization guidelines. They've recently added two to the practice recommendations for some people with diabetes. Hope they have tips for helping us get our patients to follow through on getting these!

1:45—S12 ([Ready, Aim, Advocate for Diabetes](#)). As health care professionals we advocate for our patients every day. Why do we find it so difficult to advocate for diabetes educators and the important initiatives that AADE and our partners sponsor. This is one of the most important roles for AADE and I plan to go to learn even more about all of AADE's initiatives and to support two of our advocacy leaders, James and Manny.

Head home filled with all the energy and excitement that is generated by AADE 2015!! Then, Rest!