



Tuesday, August 4th

[Pre-Conference Program: Building Your Diabetes Education Program: “Everything You Need to Know and More.”](#) For diabetes education program coordinators or for persons in training to be a program coordinator, this is a very helpful program. I wish I attended years ago. I attended this session last year when it was presented in Las Vegas. I found it to be most helpful even though I was not a newbie in program coordination. Had learned a lot by “Baptism by Fire” approach, which created way more stress than if I had attended this program. Helpful tips to insure your program is in compliance of the National Standards for Diabetes Self-Management Education and Support.

Wednesday, August 5th

7:30am – GS01—[The “E” is for Engagement](#). General Session tends to be very motivating. Good launch for the annual meeting.

9:45am – W03 - [From Brochures to Apps: Evolving Strategies for Diabetes Education Resources in the 21st Century](#). Our techno savvy patients are looking for help and support outside of DSMT programs. Ongoing support is key for sustained behavior change.

11:00am – Option A: [W07 Lipid Guidelines: What is the Best for My Patient?](#) – I am interested to hear the latest “party line” on this topic. As the Program Coordinator for my DSMT program, I am interested in this session – Option B: W10 - [Reach More Patients in Less Time the Telehealth Way](#). I am always looking how to reach more patients in a cost effective way.

12:15 – 1:45pm – Off to the Exhibit Hall! It will be very busy. Choose wisely as the time goes very fast and you don’t want to miss anything important. You also get to say Hi to your reps if they are attending too. Many of the reps have educated you on their product before, so you might not have to spend too much time at their booth.

2:00pm – W15 – [The Use of mHealth to Manage and Improve Diabetes](#). So many patients with diabetes and prediabetes, so little time, money and resources. I am always looking for help improving outcomes.

3:45pm – W17 – [Advancing Diabetes Health Through Research: Opportunities with PCORI Funding](#). As a program coordinator, I am always looking for ways to secure funds for our program and to how to better involve patients for improved outcomes.

5:00pm – W25 – [Meet Me @ 7 Diabetes Education Tool Kit](#). Looks like some helpful hints will be presented. At this point in the day, I need to have something that is creative and fun.

6:30pm – Evening Sponsored event - often crowded, but lots of fun and free food. There may be private invitations extended to you to have dinner with company representatives. You usually do not know this till closer to the annual meeting time.

Thursday, August 6th

7:30am – GS02 – [Engaging patients in their care using Connected Health](#). “Use resources wisely and efficiently” is my motto for sure. I find myself pulled in many directions, I am sure I can learn more from this speaker.

9:15am – T02 – [Option A: Diabetes Self-Management Education \(DSME\) Programs](#). Tips and Take Aways. As program coordinator, I am always looking for ways to improve the our program. Option B: T05 - Managing Resistance To Improve DSM - Minimizing barriers optimizes success in outcomes for our pts. Always looking for new ways to help patients break down barriers.

10:30 – T12 – [Group Teaching Strategies for Diabetes Self-Management Education](#). Always looking for ways to ensure I use the most up to date style in group education. I am sure there are some excellent suggestions in this program.

12:00pm – Exhibit Hall here I come! Find booths that have food or grab your meal replacement bar you brought with you.

1:00pm – Option A: T13 [Optimizing CGM: Best Practices for the Diabetes Educator](#). If you don’t use a lot of CGM then choose another option. Option B: Stay at Exhibit Hall. Option C: Sit in a quiet area and network with friends or make new friends.

3:45pm – Option A: T16 - [Education Program Makeover: Renew, Refresh, Revitalize](#). As lead instructor in my program and program coordinator, this session will ensure that I am providing the very best for my patients. Good to review and revise and refresh for sure! Option B: T14 - [Artificial Pancreas](#). For anyone who sees type 1 patient’s, especially children, this provides great hope for the future. Check it out!

4:15pm – T15B – [The CDE-ambassador: a novel approach to control diabetes at the primary care level leads to significant improvement in glycemic control and cardiovascular risk factors](#). If you build it and the patients don’t come, then bring the mountain to the patients. We are considering this in our network and I look forward to hearing about suggestions for success. Good for patients and the office staff as well. Helps us all to” sing the same song” when we give advice to our patients.

5:00pm – T21 – [A Good Night's Rest: Sleep and Diabetes](#). I want to be able to provide more suggestions to my patients regarding sleep. Restorative sleep is critical and I believe many of our patients get very little quality sleep. They know they are not getting it but often don’t have a clue what to do about it.

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** Helpful reminder: Restorative sleep key to retention of this valuable information. GO easy on the drinks and get to bed at a reasonable time - Or if you are having fun (fun is almost a mandatory part of this event), remember the General Sessions are usually on the Virtual Meeting when you return home.

There is a fee, but it is an option if you miss the 7:30am session and want to attend but need more sleep or exercise time.

Friday, August 7th

7:30am – General Session: Diabetes Prevention and All that Jazz. I am sure the speaker will give great ideas and suggestions.

9:15am – Option A: F02 - [Jazz it up: Building the CDE](#). CHWs Connection into Your Practice. As a program coordinator, need to explore all options to do more. Time and staff (or lack thereof) is a challenge for all programs. I do not have CHWs, but would like to know more about how they might help in our program. Option B: F01 - [Building the Next Generation of Diabetes Technology. 3 Patients and Their Stories](#). I am all about technology that helps me help my patients.

11:00am – F06 – [Take This Job and “Love It”! How to Run a Successful Private Practice](#). Learning “how to go it” on your own never hurts. I have seen programs downsize or be eliminated, this might be a full-time or part-time option. Good not have all your eggs in one basket!!! Also, for those of us going out to the retirement pasture in the near future, it offers avenues for additional income.

12:30pm – Last chance at Exhibit Hall – Lunch anyone? Snacks for the plane tomorrow?

1:30pm – Don’t miss the Poster Exhibit. Taking pictures (allowed at AADE) will help you remember the information and share with colleagues.

3:15pm - Option A: F26 - [Diabetes Education for the Real \(but Virtual\) World](#). It’s not what you say but how you say it and convey it. I am sure there will be some good ideas here. Option B: F20 - [Diabetes and Osteoporosis: What the Connection?](#) I need an update on this one. On these tough decisions, the slides sets might be available so keep that in mind.

4:30pm – Option A: F27 - [A Practical Approach to Physical Activity Behavior Change](#). “It’s All About the Bass” according to Meghan Trainor’s song -- well in diabetes it is about the movement too. Ear worm for you all now - I apologize since that song will be reverberating for a while. I need ideas to get my patients moving and to get me moving too. Option B: F26 - [Diabetes Education for the Real \(but Virtual\) World](#). Need to know more about this. Using as many different strategies as possible to help patients reach their goals is key. Not one size fits all!

6:00pm – Corporate Symposia. Not sure of what the topics will be but this is an additional education option.

8:00pm – AADE Foundation “Celebration of Giving Event” Not sure what this all entails. Looks like there is a charge. Last night to party before returning to the “salt mines”.

Saturday, August 8th

7:30am – General Session. Not sure what this will be as it is not listed at this time. Will see what is scheduled or rest up for the trip home, plus pack.

9:15am – S02 – [Diabetes Medical Nutrition Therapy: Current Evidence-Based Nutrition Practice Guidelines for Adults with Type 1 and Type 2 Diabetes](#). I am interested knowing the latest on nutrition guidelines. Did not select a lot on nutrition so now is my chance.

9:45am – Not sure – might need to just relax, regroup, review materials or network with friends. Informal meetings are beneficial too.

11:00am – S05 A - [The Diabetes Online Community: A Social Medi\(c\)a\(l\) Approach to # Diabetes Care](#). I often refer patients to these sites and would like to know more about the benefits.

12:30pm - S10 - [Dairy's Role in Diabetes and Lactose Intolerance](#). I want to know more about this.

1:45pm – S12 - [Ready, Aim: Advocate for Diabetes!](#) Should be a good send off to help me keep making a difference back home.

Off to the airport, or maybe stay one more night in New Orleans with friends and have a relaxing evening.

You will need to complete the event evaluation at some point. Don't wait as valuable suggestions are lost. Prepare your receipts and submit for reimbursement or organize for taxes.

Once back home: share the information with your colleagues and implement the action plan items from the sessions. Weed through the Exhibit Hall items. Share with your colleagues or patients. Be prepared to receive the information that will be shipped to you from the exhibitors. Organize those business cards from the people you met at the event. Reflect on the event and right down thoughts about how to enhance the experience the next time you attend the annual meeting.

I hope all my suggestions help to *JAZZ YOU UP for AADE 15!* It can be a bit overwhelming, especially if it is your first time. Information overload is very easy to experience. The Virtual 15 is your "Ace in the Hole" if you need to have a time out. Enjoy the event! Take time to reconnect with old friends and enjoy meeting new ones.