The 8th Annual Family Health Team Registered Dietitian Conference

September 12th & 13th 2013
Guelph Delta Hotel and Conference Centre
Thursday, September 12, 2013

8:00 - 8:30 am  Registration, Breakfast and Market Place
8:30 - 9:15 am  Opening Remarks - The GOOD, BAD and the UGLY of “popular nutrition” for dietetic practice! - Dr. Paula Brauer
9:15 - 10:30 am  Parents and Tots Together: Integrating a Family-Based Obesity Prevention Intervention into a Family Health Team Setting - Dr. Jess Haines
10:30 - 10:45 am  Break and Market Place
10:45 - 12:00 pm  Stand Up for Healthy Active Living: New Perspectives on the Perils of Sedentary Behaviours - Dr. Mark Tremblay
12:00 - 12:30 pm  Exercise Training & the Dietetic Scope of Practice - Deborah Cohen MHSc, RD
12:30 - 12:40 pm  Presentation of the Barb Manilla Award
12:40 - 1:30 pm  Lunch and Market Place
1:30 - 2:30 pm  Enhancing Client-Centred Care Through Authority Mechanisms - Deborah Cohen MHSc, RD
2:30 - 4:15 pm  Program Sharing and Interdisciplinary Projects - Volunteer FHT Registered Dietitians
4:15 - 4:30 pm  Wrap Up

Friday, September 13, 2013

7:00 – 8:00 am  Morning Exercise: University of Guelph Arboretum
8:15 – 8:45 am  Registration, Breakfast and Market Place
8:45 – 10:45 am  Coaching Health Self Management - Dr. Durhane Wong-Rieger
10:45 – 11:00 am  Activity Break and Market Place
11:00 – 12:00 pm  Canadian Diabetes Association Clinical Practice Guidelines - Dr. Catherine Yu
12:00 – 1:30 pm  AGM Lunch Meeting (FHT RDs only) - ON FHT RD Network Executive & Market Place
1:30 – 2:45 pm  Pediatric Autism & ADD/ADHD - Joan Jory MSc, PhD, RD
2:45 – 3:30 pm  Local Health Integration Networks and Family Health Teams - Bruce Lauckner
3:30 – 4:00 pm  Wrap Up /Evaluations
**Opening Remarks - The GOOD, BAD and the UGLY of “popular nutrition” for dietetic practice!**

FHT RDs are at the forefront of inter-professional primary care in Canada and are living the dreams of an older generation who advocated to have RDs working in such practices. Paula will reflect on how broader societal changes and primary care reform have already changed dietetics, opening the conversation for deciding on what needs to be done next!

**Parents and Tots Together: Integrating a Family-Based Obesity Prevention Intervention into a Family Health Team Setting**

Formative research shows that parents of young children are enthusiastic about learning general parenting skills, but less interested in nutrition and physical activity. To capitalize on this enthusiasm, we developed Parents and Tots Together (PTT), an intervention that embeds strategies to improve child weight-related behaviors within a general parenting program. Within community based settings, PTT has shown to be feasible and acceptable to parents. A next step in our research program is to adapt and test the PTT program within a primary care setting. Given the increasing emphasis on the provision of effective, evidence-based group programming to patients within the primary care setting, this research may help provide a framework for family-based obesity prevention in FHTs. In this presentation, we will describe the PTT program, present results of trials within the community setting, and describe current research to adapt the program within one FHT.

**Stand Up for Healthy Active Living: New Perspectives on the Perils of Sedentary Behaviours**

This session will highlight the importance of reducing sedentary behaviours for health, separate and distinct from efforts to increase physical activity. Current levels of sedentary behaviour will be described and strategies to prevent and reduce sedentariness will be proposed. New Canadian Sedentary Behaviour Guidelines for the Early Years (aged 0-4 years), Children (aged 5-11 years) and Youth (aged 12-17 years) will be presented and the Sedentary Behaviour Research Network will be introduced to assist practitioners with integrating anti-sedentarism approaches in their practice. Intervention strategies at the individual, group, organizational and policy level require approaches that are different, and perhaps more appealing, than those required to increase physical activity or exercise. Increased efforts to reduce sedentary behaviours while also promoting increased physical activity should continue to be aggressively pursued and will likely yield important public health benefits.

**Exercise Training & the Dietetic Scope of Practice**

Is exercise training within the RD scope of practice? Recommending general exercise as part of a healthy lifestyle regimen has always been within the dietetic scope of practice. However, RDs are recently being asked to teach clients how to do specific exercises. Using an RD Task Framework, the presentation will examine whether exercise training is within the dietetic scope of practice and how RDs may provide exercise instruction/classes to facilitate client-centred care.
Enhancing Client-Centred Care Through Authority Mechanisms - Deborah Cohen, MHSc, RD

Discover how Authority Mechanisms can facilitate collaborative and efficient client-centred care. An overview of orders, medical directives, delegations of controlled acts and the required steps for developing Authority Mechanisms in FHTs will be presented. The session will consider the tasks RDs are being asked to perform in FHTs, present an RD Task Framework and address accountability and liability for RDs when working under Authority Mechanisms. Resources will be provided to assist RDs and others to facilitate interprofessional collaboration in examining the need for, and the development of, Authority Mechanisms in FHT settings.

Dr. Durhane Wong-Rieger, PhD, President and CEO of the Institute for Optimizing Health Outcomes

Coaching Health Self Management

To achieve better health outcomes patients need to adhere to treatment recommendations and make positive lifestyle changes, however traditional provider-based acute care models are not appropriate in managing chronic conditions. Patients who actively self-manage their own health feel better and have better health outcomes and although research indicates that self-management is important, it does not have lasting benefits without support from the healthcare professional, that is, health coaching. Healthcare providers can “coach” patients to self-manage by providing information, motivation, and problem-solving. In this interactive presentation Dr. Wong-Reiger will show us how.

Dr. Catherine Yu, MD, MHSc, FRCPC

Canadian Diabetes Association Clinical Practice Guidelines

The Canadian Diabetes Association's Dissemination and Implementation (D&I) strategy has been designed to ensure relevant components contained within the key messages of the 2013 Clinical Practice Guidelines are proactively communicated outwards to reach the appropriate healthcare providers (HCPs) and people with diabetes. Through proven research and based on experience with previous iterations of the Association's Guidelines and evidence regarding effective knowledge translation methods, the dissemination and implementation process has been refined and, consisting of more innovative and relevant tools, resources and methods for education will be developed. During the presentation, an overview of the Canadian Diabetes Association's Dissemination and Implementation Strategy and Key messages will be provided along with case vignettes, decision aids and tools for each step.

Joan Jory, Registered Clinical Dietitian & PhD Nutrition Consultant, MSc, PhD

Pediatric Autism & ADD/ADHD

Joan Jory, PhD RD, will present peer-reviewed evidence for the role of micronutrient support in the co-management of pediatric autism and ADD/ADHD, providing dietitians and allied health professionals with some clinical pearls to improve outcomes in their own collaborative practices. The main body of this presentation has been previously accredited through the Canadian College of Family Physicians.

Bruce Laukner, CEO - Waterloo Wellington LHIN

Local Health Integration Networks and Family Health Teams

LHINs are the only organizations in Ontario that bring together health care partners from the following sectors - hospitals, community care, community support services, community mental health and addictions, community health centres and long-term care - to develop innovative, collaborative solutions leading to more timely access to high quality services for the residents of Waterloo Wellington and Ontario. By supporting these important partnerships, LHINs are ensuring that Ontarians have access to an effective and efficient health care system that delivers improved health care results and a better patient experience.
8TH Annual FHT RD Conference
~ Social Events ~

Ice Cream Social
Come visit the University of Guelph’s ice cream laboratory and sample their world-famous ice cream! Food Science Professor Douglas Goff will tell us about the University’s 100-year involvement with the cream industry in Canada and abroad and will show us how ice cream is made commercially. This will be followed by a sampling of several flavours of their premium ice cream.

Date/Time: Wednesday Sept 11, 7:30pm
Cost: Free. Space is limited! Sign-up during conference registration.

Murder Mystery Dinner Theatre
The Murder Mystery Dinner Theatre, is a marriage of the Mill’s fine cuisine and the entertainment of The Mysterious Players. Throughout the three course meal, the entertainers with the help of the diners, act out a play, during which there is a murder. The audience is then challenged to determine the method, the motivation and the perpetrator of the crime.

Date/Time: Thursday Sept 12, 6:00pm
Cost: $45.00/person (Alcohol not included). Space is limited! Sign-up during conference registration.

Morning Exercise
Meet at the nearby University of Guelph Arboretum for a beautiful walk or guided run. Rain or shine.

Date/Time: Friday Sept 13, 7:00am
Register: Sign-up on day of the conference.
8TH Annual FHT RD Conference
~ Accommodations & Travel ~

Delta Hotel and Conference Centre
50 Stone Road West
Guelph, Ontario, N1G 0A9
Canada
Reduced Rate: $109.00+HST
To Make Reservations: www.deltahotels.com
1-519-780-3700 or 1-866-520-4552

Call Reservations Department at 519 780 3700 or Global Reservations centre at 1 800 268 1133 with the following group code: 8TH091113 before August 21st to get special rate.
Option of 2 Queen Beds or 1 King Bed.

Travel Options:

Travel by Car: From 401 take exit 299 (Brock Rd) North towards Guelph. Continue on Brock Rd./ Gordon St. to Stone Road and the destination is on your Left.
Travel by Train: Guelph Train Station (Go and Via Service): 79 Carden Street
Travel by Bus: Greyhound or Go Bus: Recommended Stop : University of Guelph

Other Hotel Options in Guelph:

Best Western Plus - 0.41km from conference, 716 Gordon Street, 1-800-780-7234
Days Inn Guelph - 0.81km from conference, 785 Gordon Street, 519-822-9112
Holiday Inn - 1.6km from conference, 601 Scottsdale Dr. 519-836-0231
Norfolk Guest House - 4.3km from conference, 102 Eramosa Road, 519-767-1095
Fairfield Inn and Suites - 5.83km from conference, 35 Cowan Place, 519-763-2339
Comfort Inn Guelph - 8.24km from conference, 480 Silvercreek Pkwy N, 1-800-424-6423
Holiday Inn Express - 8.4km from conference, 540 Silvercreek Parkway North, 519-824-2400
Hampton Inn and Suites - 9.1km from conference, 725 Imperial Road North, 519-821-2144
To Register Please Visit:
https://secure.effreg.com/register/fht2013

Registration Rates

Early Bird Discount Before July 15th:
Both Days - $175

Regular Pricing:
Both Days - $195
One Day - $115

Students:
Both Days - $100
One Day - $50

Travel Bursary
Travel bursaries will once again be awarded this year to help reduce the cost of travel as a barrier for attending this conference. Bursaries will be awarded between $200 – $500 depending on distance away from conference. To apply for a travel bursary please email Suzanne Dietrich at suzanne.dietrich@guelphfht.com
Please provide your name, FHT name and address.
Deadline: July 3, 2013
You will be notified by July 10, 2013 to provide enough time to register for the early bird rate.