

## Faculty

Vincent Vanek, MD, FACS, FASPEN  
Professor of Surgery  
Northeastern Ohio College of Medicine (NEOMED)  
Rootstown, OH  
Chairman, Clinical Nutrition Committee  
Mercy Health Youngstown Region  
Youngstown, OH

Jeanette Hasse, PhD, RD, LD, FADA, CNSC  
Manager, Transplant Nutrition  
Baylor Annette C. and Charles C. Simmons Transplant Institute  
Dallas and Ft. Worth, Texas

Lisa Epp, RDN, LD, CNSC  
Assistant Professor of Nutrition  
Mayo Clinic College of Medicine  
Rochester, MN

Dennis Gibson, MD, FACP, CEDS  
Assitant Medical Director  
ACUTE Center for Eating Disorders,  
Assistant Professor  
University of Colorado  
Denver, CO

Meghan Marie Foley, RD  
Nutrition Services Director  
ACUTE Center for Eating Disorders,  
Denver, CO

## Planning committee members

Dr. Vince Vanek MD, FACS, FASPEN  
Megan Meek MS, RD, LD

Maryann Turjanica MSN, RN, CRNP  
Karen Rodgers MSN, RN, CCRN

Nicholas Mihalik PharmD

Ainsley Malone MS, RD, LD, CNSC, FAND, FASPEN

Mara Lee Beebe MS, RD, LD, CNSC

Michelle Tansy RD, LD, CSP

Monica Schaefer MS, RD, LD, CNSC

Jean Campana, BSN, RN

Berri Burns, RD, LD

Sandra I. Austhof, MS, RD, LD, CNSC

Deann Sovak RD, LD

Kaitlyn Daff RD, LD

## Directions

### To St. Elizabeth Health Center

#### FROM CLEVELAND, AKRON/CANTON:

Take I-80 or I-76 to Exit 15. Stay on I-80E to I-680N/Youngstown. Take Exit 4A (New Castle, Route 422), then exit at Belmont Avenue/Fifth Ave./Downtown. Turn left on Belmont, and left again on Park Avenue. Our main parking deck is on the left.

#### FROM COLUMBUS AND SOUTHERN OHIO

Follow I-71 N to Exit 209, I-76 E. Follow I-76 E to I-80 East towards Youngstown/New York City. Merge onto I-680N/Youngstown. Take Exit 4A, then exit at Belmont Ave./Fifth Ave./Downtown. At the traffic light, turn left on Belmont Avenue, and left again on Park Avenue. Our main parking deck is on the left.

#### FROM PITTSBURGH

Follow I-76 W to exit 16A Youngstown (I-680N exit). Take I-680 N to exit 4A (Rt. 422 to 193). Exit at Belmont Ave./Fifth Avenue/Downtown. At the traffic light, turn left on Belmont Avenue, and left again on Park Avenue. Our main parking deck is on the left.

#### FROM WARREN/NILES, OH AND SHARON, PA, AREAS

Follow I-80W to Exit 229, St. Rt. 193/Belmont Avenue. Turn left (south) on Belmont Avenue. Follow Belmont Avenue about three miles to St. Elizabeth's, which is on the right at Belmont and Park Avenues. Turn right on Park Avenue. Our main parking deck is on the left.

### To Finnegan Auditorium inside the hospital

Enter the hospital lobby on the first floor off Park Avenue (across from parking deck). Turn left to the A elevators and ride to the second floor. Proceed down the long hallway past the chapel and cafeteria to the B elevators. Ride to the third floor, turn left off the elevator and take the first hallway on the left to the auditorium.

St. Elizabeth Hospital Mercy  
Health Youngstown

1044 Belmont Avenue  
P.O. Box 1790  
Youngstown, Ohio 44501

Join us October 3!  
Register now.

6993YOUNBRO (Rev. 6-17)



28th Annual Fall Nutrition  
Symposium

Nutrition Support  
Coming into Focus  
for 2020!

Thursday, October 3rd, 2019  
8:15am - Noon

Sponsored by the Mercy Health Clinical  
Nutrition Committee and the Ohio Society of  
Enteral and Parenteral Nutrition (OSPEN)  
Chapter of the American Society for  
Parenteral and Enteral Nutrition (A.S.P.E.N)

# Nutrition Support Coming into Focus for 2020!

Moderator: Vincent Vanek, MD, FACS, FASPEN

7:30- 8:15 am

Registration, continental breakfast and exhibits  
(Exhibits open 7:30-10:30a.m.)

8:15-8:30 am

Welcome and Opening Remarks

Vincent Vanek MD, FACS, FASPEN

8:30-9:30 am

From Liver Failure to Transplantation:  
Explaining the Role of Nutrition

Jeanette Hasse, PhD, RD, LD, FADA, CNSC

*Learning objectives:*

1. Analyze the effect of malnutrition and fraility on patient outcomes.
2. Evaluate barriers to providing nutrition support to patients with liver failure.
3. Discuss strategies to improving nutrition status in the peri-transplant phase.

9:30-10:00am

Break and Exhibits

10:00-11:00am

Whole Food Tube Feeding- A Review of the Options

Lisa Epp, RDN, LD, CNSC

*Learning Objectives:*

1. Construct recipes for blenderized tube feeding, both homemade and a combination of commercial formulas.
2. Discuss the expected use of blenderized tube feeding (BTF).
3. List tools needed to make and administer BTF.
4. Discuss differences between premade, whole food formulas.

11:00- 12 Noon

Evaluating and Treating Eating Disorders

Dennis Gibson MD, FACP, CEDS

and Meghan Marie Foley, RD

*Learning Objectives:*

1. Identify varying types of eating disorders and how they present in a clinical setting.
2. Learn different medical complications commonly associated with severe malnutrition.
3. Understand how to treat these medical complications using nutrition therapy.
4. Discuss the pros and cons of using enteral or parenteral nutrition in patients with eating disorders.

## Accreditation

### DIETITIANS/DIETETIC TECHNICIANS

This program is eligible for 4.0 Category 2 continuing education hours from the Commission on Dietetic Registration of the Academy of Nutrition and Dietetics.

### NURSES

This program is eligible for continuing education hours for nursing. The Ohio Nurses association allows nurses to use the contact hours from a continuing education activity that has been approved or provided by a nationally recognized accreditation system of continuing education.

## General information

For questions about this program, contact Megan Meek, MS, RD, LD, Youngstown Region Clinical Nutrition Manager, at 330-480-3700, or via e-mail at [MMeek@Mercy.com](mailto:MMeek@Mercy.com).

Watch your e-mail! All registrants will be sent a copy of presentation slides for note-taking three days prior to the program. Be sure to print and bring along.

## Registration

Thursday, October 3rd, 2019 | 8:15a.m.—Noon

Registration Deadline is Monday, September 23, 2019

Name \_\_\_\_\_

Address \_\_\_\_\_

Best Contact Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Discipline: ☐ Dietitian ☐ Student Dietitian  
☐ Nurse ☐ Pharmacist  
☐ Physician/Resident/Medical Student  
☐ Other \_\_\_\_\_

### FEES (check 1)

Includes refreshments and materials; Copies of slides will be e-mailed to all registrants 3 days prior to the program.

- ☐ Member, \$30 (check all that apply below)  
☐ Mercy Health Employee  
☐ OSPEN Member\*  
☐ Non-Member, \$40  
☐ Student, \$10

\*Ohio Society for Parenteral and Enteral Nutrition

Make checks payable to:  
**Ohio Society for Parenteral and Enteral Nutrition (OSPEN)**

Mail free and registration form to:

**Petrea Cober, PharmD, BCNSP, BCPPS**

**6623 Bexley Court Independence, OH 44131**

On-site registration will be available. Cash or check payments accepted. No credit cards please.

### REFUNDS

Registration is limited and on a first-come, first-served basis. We understand that schedules sometimes change. However, we cannot refund a registration fee when we receive a cancellation fewer than 7 days before the symposium.