



NPUAP ONE-HOUR LIVE WEBINAR



Jointly sponsored with Creighton University School of Medicine

Thursday, January 12, 2012

2:00PM – 3:00PM EST ■ Includes a Q&A period

One size does *NOT* fit all!

Nutrition solutions for pressure ulcers: from frail older adults to obese individuals

Presenters: **Becky Dorner, RD, LD & Mary Ellen Posthauer, RD, LD**



People come in all shapes and sizes

Sometimes it's hard to know how to provide nutrition care for pressure ulcers, especially when individuals vary from the older adult with unintended weight loss to the person who is obese. The NPUAP webinar presenters will cover the topic of **sarcopenia** (loss of lean body mass), a serious nutritional problem for both the frail older adult and the obese person, which can lead to risk of pressure ulcer development. Do you understand the role of nutrition in the prevention and treatment of pressure ulcers? The NPUAP-EPUAP Pressure Ulcer Prevention and Treatment guidelines are the most current evidence based research available related to **medical nutrition therapy** (MNT).

This one-hour live webinar will show you how to screen and assess nutritional needs and implement practical suggestions for the most effective nutrition interventions for reversal of **chronic undernutrition** (inadequate protein, energy and micronutrient) intake for this population.

About the presenters

Becky Dorner, RD, LD – Becky is a registered dietitian and serves on the NPUAP Board. She was a member of the NPUAP workgroup responsible for the development of nutrition pressure ulcer treatment guideline and was one of the authors of the NPUAP white paper on the role of nutrition for prevention and treatment of pressure ulcers

Becky is widely known as one of the nation's leading experts on nutrition and long-term care issues, with almost 30 years experience as a consultant, author and speaker. She is president of Becky Dorner & Associates, Inc., which publishes and presents CEU programs on nutrition care for older adults; and Nutrition Consulting Services, Inc. which provides dietetic services to health care facilities in Ohio (since 1983).

Mary Ellen Posthauer, RD, LD – Mary Ellen is a registered dietitian on the NPUAP Board. She is Past President of NPUAP, chairman of the 2009 NPUAP/EPUAP nutrition treatment guidelines task force, and was one of the authors of the NPUAP white paper on the role of nutrition for prevention and treatment of pressure ulcers

Mary Ellen is president of MEP Healthcare Dietary Services, Inc., a provider of dietetic consultation to healthcare facilities. She has authored numerous articles/chapters on nutrition including: *Nutritional Care for the Older Adult*, *Wound Care and Wound Care Essentials*.

CEU credit available: 1.0 hour; Multidisciplinary

Webinar fee: \$75 per line

Join us and learn how to
maximize nutrition
to prevent and/or heal
serious pressure ulcers!

Webinar objectives

After this webinar participants will be able to:

1. Apply validated nutrition screening tools to determine nutrition risk and need for referral to the Registered Dietitian;
2. Evaluate current evidence based science for nutrition's role, as part of the interdisciplinary wound care team, in the prevention and treatment of pressure ulcers;
3. Determine appropriate nutrition interventions for the prevention and treatment of pressure ulcers for people of different sizes and conditions.

In this information-packed webinar you will learn:

- The importance of nutrition screening and assessment and how to use it in practice
- Evidence supporting MNT in the prevention and treatment of pressure ulcers
- How to interpret and apply current evidence based research for nutrition treatment of pressure ulcers: calories, protein, amino acids, fluids, vitamins and minerals
- A review of the current recommendations for practice using the NPUAP-EPUAP nutrition guidelines for pressure ulcer prevention and treatment
- How to determine individualized solutions for effective nutrition and hydration interventions to people of all sizes and conditions

Accreditation Statement: This activity has been planned and implemented by Creighton University Health Sciences Continuing Education and the National Pressure Ulcer Advisory Panel (NPUAP) for the advancement of patient care. Creighton University Health Sciences Continuing Education is accredited by American Nurses Credentialing Center (ANCC), Accreditation Council for Pharmacy Education (ACPE), and Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

Category 1 Designation Statement: Creighton University School of Medicine designates this live activity for a maximum of 1 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

HSCE Nursing Statement – Nurses CE: Creighton University Health Sciences Continuing Education designates this activity for 1 contact hours for nurses.

PLANNING COMMITTEE

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