



Diabetes and Heart Disease

Agenda

Friday December 7, 2018

10:00AM to 3:15 PM

CNM Workforce Training Center, Albuquerque

- 9:00 - 9:30 AM Registration and Networking**
- 9:30 - 9:45 AM Welcome and NMDAC Update**
Susan Dade RD, LD, CDE
NMDAC Chair
- 9:45 - 10:00 AM New Mexico Department of Health Update**
Chris Lucero BCH, CHES
Chronic Disease Prevention and Control Bureau

CONTINUING EDUCATION SESSION (3.0 CEUs)

- 10:00 - 11:00 PM Heart Disease and Diabetes**
Julia Fisk, BA
Program Manager for Heart Disease and Stroke Prevention Program
New Mexico Department of Health
- Ryan Sanchez, MPH
Health Educator for the Heart Disease and Stroke Prevention Program
New Mexico Department of Health
- 12:00 - 1:00 PM Lunch and Networking**
- 1:00 - 3:00 PM Prevention of Cardiovascular Disease in the Patient with Diabetes**
Jim Nawarskas, Pharm.D.
Associate Professor of Pharmacy
Associate Professor of Medicine
University of New Mexico
- Proper Blood Pressure Measurements in the Clinic and the Home**
Joe R. Anderson Pharm D
Assistant Dean for Curricular Affairs
Associate Professor of Pharmacy Practice & Associate Professor of Medicine
University of New Mexico

Announcements

**Watch the NMDAC newsletter
for the dates of the 2019
workshops!**

The NMDAC Board meets quarterly before each workshop. You are invited to join us.
Talk to one of our Board Members to learn more.

CEU Information

3.0 CME credits will be provided for the following:
CME: Continuing Medical Education*
CHES: Certified Health Education
CDR: Commission on Dietetic Registration
NASW: National Association of Social Workers
CCHW: Community Health Workers

** Nurses and Pharmacists can apply for CMEs if they complete additional documentation.*

Make sure you have signed-in and received the required paperwork.

**NMDAC also provides
Certificates of Attendance
upon request.**

Educational Objectives

At the conclusion of the session participants will be able to:

- Describe the role of hypertension management in patients with Diabetes for the prevention of cardiovascular disease.
- Describe the role of cholesterol management in patients with diabetes for the prevention of cardiovascular disease.
- Discuss the controversies surrounding the use of aspirin for the prevention of cardiovascular disease in the patient with diabetes.
- Summarize the results of recent clinical trials investigating the effects of glucose-lowering agents on cardiovascular disease.
- Explain the American Heart Association methods for proper blood pressure measurement;
- Review situations and/or actions that would result in inaccurate assessment of blood pressure;
- Demonstrate the proper technique for assessing blood pressure
- Counsel a patient in the proper technique for self-monitoring blood pressure (SMBP).
- Have the audience, who specializes in diabetes prevention and management, learn more about heart disease in general, including its risk factors, prevention/management strategies, and what the New Mexico Department of Health is currently working on to address this chronic disease.
- Identify and discuss the intersect between heart disease and diabetes, including shared risk factors and common prevention/management strategies.
- Discuss the importance of self-measured blood pressure monitoring and its benefits for those with high blood pressure.

ACCREDITATION



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the New Mexico Medical Society (NMMS) through the joint providership of Rehoboth McKinley Christian Health Care Services (RMCHCS) and the New Mexico Diabetes Advisory Council. RMCHCS is accredited by NMMS to provide continuing medical education for physicians.

RMCHCS designates this live activity for a maximum of 3 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



National Association of Social Workers – a professional organization committed to advancing professional social work practice and the profession; and to promoting human rights, social and economic justice, and unimpeded access to services for everyone.

DISCLOSURES

The following program planners disclose that they have no relevant financial relationships with any commercial interest.

Committee Chair: Susan Perry PhD,
CDE, LPCC Board Chair: Susan Dade RD,
LD, CDE
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Susan Simons MNM, CFRE Coordinator

None of the CEU Speakers have disclosed relevant financial relationship with commercial interest

ACKNOWLEDGMENTS

We would like to acknowledge and thank the following organizations for their support:
New Mexico Department of Health Diabetes Prevention & Control Program