



**Continuing Education, Inc**  
**UNIVERSITY AT SEA™**

*Presents*

**2023 Updates in Hospital Medicine, Nutrition,  
Obesity, and Bariatric Surgery**

*16 AMA PRA Category 1 Credits™*

16 ACPE Credits

Up to 16 (part II) MOC points in medical knowledge in the American Board of Internal  
Medicine's (ABIM) Maintenance of Certification (MOC) program

4 Hours of Pharmacology for Nurse Practitioners

16.0 Contact Hours

**Port Canaveral, Florida**

**July 09 – 16, 2023**

With

**Katherine A. Hochman, MD, FHM,  
Jessica Crandall-Snyder, RDN, CDE.**

And

**Michael Snyder, MD, FACS, FASMBS**

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## Agenda

July 9, 2023	6:30pm – 7:30pm	Informal Meet and Greet – Boleros, 5 <sup>th</sup> Floor
July 10, 2023	5:00pm – 6:00pm	Networking and Case Discussions
<b>July 11, 2023 Emerald Room Conference Center 3<sup>rd</sup> Floor</b>	<b>Time</b>	<b>Topic</b>
	9:00am – 10:00am	Why is obesity everywhere and so hard to manage? Dr. Snyder
	10:00am – 11:00am	Myths vs. Science in Nutritional Trends: Approach for the Medical Professional – Ms. Crandall-Snyder
	11:00am – 12 Noon	Update in <i>C. difficile</i> Colitis – Dr. Hochman
	12 Noon – 1:00pm	Lunch on your own
	1:00pm – 2:00pm	Update in the Assessment and Treatment of COPD Exacerbations – Dr. Hochman
	2:00pm – 3:00pm	Understanding obesity surgery. Understanding the procedures, risks, and benefits – Dr. Snyder
	3:00pm – 4:00pm	Update in the Management of Heart Failure Exacerbations – Dr. Hochman
July 12, 2023	9:30am – 10:30am	Café Promenade – 5 <sup>th</sup> Floor
July 13, 2023	5:30pm – 6:30pm	Networking and Case Discussions
<b>July 14, 2023 Emerald Room Conference Center 3<sup>rd</sup> Floor</b>	<b>Time</b>	<b>Topic</b>
	8:30am – 9:30am	Hospitalists and the Opioid Epidemic – Dr. Hochman
	9:30am – 10:30am	How to manage bariatric surgery patients post and peri-operatively – Dr. Snyder
	10:30am – 11:30am	Update in the Identification and Treatment of Sepsis – Dr. Hochman
	11:30am – 12:30pm	Cutting Edge Nutrition Innovation: A Personalized Approach – Ms. Crandall-Snyder
<b>July 15, 2023 Emerald Room Conference Center 3<sup>rd</sup> Floor</b>	<b>Time</b>	<b>Topic</b>
	9:00am – 10:00am	Medical Nutrition Therapy: A Practical Approach to Diet and Disease – Ms. Crandall-Snyder
	10:00am – 11:00am	How Hospitalists Drive Value in Patient Care – Dr. Hochman
	11:00am – 12 Noon	How to talk to your patients about their weight issues – Dr. Snyder
	12 Noon – 1:00pm	Lunch on your own
	1:00pm - 2:00pm	How Hospitalists Drive Quality in Patient Care – Dr. Hochman
	2:00pm – 3:00pm	Nutrition Through the Ages: Prevention and Potential Pitfalls – Ms. Crandall-Snyder
	3:00pm – 4:00pm	Update in the Management of Acute Liver Failure – Dr. Hochman
July 16, 2023		Have a Safe Trip Home

## **Faculty**

**Katherine A. Hochman, MD, FHM**  
**Associate Professor of Medicine**  
**Associate Chair, Quality**  
**Assistant Chief of Service**  
**NYU Langone Medical Center**  
**New York, NY**

Katherine A. Hochman is currently the Associate Chair for Quality and the Assistant Chief of Medicine at NYU Langone Medical Center in New York City as well as a practicing hospitalist. She is the founder and former Director of the NYU Hospital Medicine program, which grew from 1 to 35 hospitalists under her leadership.

Katherine serves on national and local committees on quality and patient safety. Her most recent research has focused on maximizing hospital operational efficiency. Katherine's interests include creating a culture of safety, enhancing teamwork and leadership.

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**Jessica Crandall-Snyder, RDN, CDE**  
Registered Dietitian Nutritionist, Certified Diabetes Educator  
Founder, Vital RD  
Centennial, Colorado

Jessica Crandall Snyder earned her Bachelor's degree at Colorado State University and completed her postgraduate work in Oneonta, New York, with rotations at Rose Medical Center. She is accredited by the Academy of Nutrition and Dietetics.

Jessica is the owner and founder of VitalRD. She caters to the diverse nutritional needs of the community. Jessica has a virtual practice, contracts with numerous doctors' offices (providing them with nutritional services), and develops and manages hospital-based outpatient programs for nutritional counseling services. She is passionate about helping consumers navigate the nutritional maze towards a healthier life in an atmosphere that is comfortable for them and conducive to learning – no matter what the setting or challenges.

As a Registered Dietitian (RDN), Jessica's passion lies in nutritional counseling in weight management, sports nutrition, bariatric education, diabetes prevention and management, cardiac diet modification, oncology nutrition and family nutrition dynamics. She also works with children with special nutritional needs and feeding disorders. Jessica is also a Certified Diabetes Educator (CDE), NASM Personal Trainer, and AAFA certified Group Fitness Instructor.

Jessica's accolades include being named 2009 Colorado Dietitian of the Year, served as Colorado Dietetic President-Elect in 2009, and President of Colorado Dietetics Association in 2010. She is a strong supporter of public policy for dietitians and their professional development. She also had the honor to be a National Media Spokesperson for the Academy of Nutrition and Dietetics from 2010-2019. She regularly speaks for a variety of media outlets and has been quoted in numerous media outlets including WebMD, Prevention, Shape, Weight Watchers, Men's Fitness, Readers Digest, Martha Stewart Whole Living Magazines, and is frequently engaged as an expert resource regarding nutrition and health for many media outlets.

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**Michael Snyder, MD, FACS, FASMBS**

Bariatric and Advanced Laparoscopic Surgeon Medical Director  
Rose Medical Center Bariatric Surgery Program Denver, Colorado

Dr. Snyder received his medical degree from the University of Miami School of Medicine and completed an internship and residency at Oregon Health Sciences University at Portland, Oregon. He is board certified in General Surgery by the American College of Surgeons. Dr. Snyder is an active member of the American Society for Metabolic & Bariatric Surgery (ASMBS) and is Medical Director of the Bariatric Surgery Center at Rose Medical Center in Denver.

Dr. Snyder is an international leader in the field of bariatric surgery. As of September 2020, he has performed over 10,000 primary and revisional bariatric procedures. His program is the most comprehensive and highest volume program in the region. He regularly treats patients from all over the US and when appropriate, from other countries. He lectures regularly on obesity and bariatric surgery both for non-surgeon medical professionals and to his surgical peers at AMBS and SAGES.

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## **Disclosures**

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Faculty members further affirm (1) that all recommendations involving clinical medicine given during presentations are based upon evidence that is accepted within the profession of medicine for the care of patients, (2) that any scientific research referred to in support or justification for a patient care recommendation conforms to the generally accepted standards of experimental design, data collection and analysis, and (3) that they will not present recommendations, treatments or manners of practicing medicine that are not within the definition of CME, or are known to have risks or dangers that outweigh the benefits, or are known to be ineffective in the treatment of patients.

**Katherine A. Hochman, MD, FHM**

Dr. Hochman has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

**Jessica Crandall-Snyder, RDN, CDE**

Ms. Crandall-Snyder has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

**Michael Snyder, MD, FACS, FASMBS**

Dr. Snyder has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

## Accreditation Statements

### Joint Accreditation

In support of improving patient care, Continuing Education, Inc./University at Sea™ is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physicians

**Designation:** Continuing Education, Inc. designates this live activity for a maximum of 16 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Pharmacists

**Designation:** Continuing Education, Inc. designates this live activity for a maximum of 16 ACPE Credits.

### Nurses

**Designation:** Nurses completing this educational activity will receive a maximum of 16 contact hours.

This activity provides 1 hour of pharmacology for nurse practitioners

### ABIM MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 (part II) MOC points in medical knowledge in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### Disabilities among participants

Continuing Education, Inc., and Royal Caribbean Cruise Lines do not discriminate against persons on the basis of disability and seek to accommodate, to the extent possible, the special needs of persons with disabilities. Travelers need to be aware, however, that certain land and shore facilities may not be fully accessible to disabled persons. Special medical, physical or other requirements must be identified at the time of booking. The CEI Activity Coordinator accompanying this program will provide assistance for participants and liaison with the ship's company.

## Topics and Objectives

- **Why is obesity everywhere and so hard to manage? Rational management considerations and strategies.**
  - Understand the demographics and penetration of weight issues as you see in your practice, inclusive of co-morbidities seen
  - Explain the impact of obesity in the lives of your patients
- **Understanding obesity surgery. Understanding the procedures, risks, and benefits.**
  - Discuss the historical and current bariatric interventional and surgical options for the non-surgeon
  - Understand the potential use of these interventions for weight control
  - Discuss the risks and benefits of bariatric surgery and treatment
  - Discuss the goals, efficacy, and limitations of bariatric surgery
- **How to manage bariatric surgery patients post and peri-operatively: behavioral changes, supplements, and understanding issues and complications that may arise.**
  - Effectively engage your bariatric surgery patients in their weight loss efforts
  - Develop a patient-driven and empathetic approach to guiding your bariatric surgery patients in their health and weight-loss pursuits
  - Create an interprofessional team to better serve your bariatric surgery patients' weight loss needs
- **How to talk to your patients about their weight issues. How to guide them in their weight loss pursuits.**
  - Effectively engage your patients in their weight loss efforts
  - Develop a patient-driven and empathetic approach to guiding your patients in their health and weight-loss pursuits
  - Create an interprofessional team to better serve your patients' weight loss needs
- **Myths vs. Science in Nutritional Trends: Approach for the Medical Professional**
  - Discussion of how to scientifically navigate the nutritional maze of popular diets and nutritional trends; The potential nutrition benefits and pitfalls of various dietary preferences and related patient concerns; Ways nutrition affects healthy lifestyles
- **Cutting Edge Nutrition Innovation: A Personalized Approach**
  - critically evaluate nutrition tools that patients can use to promote optimal health
  - Review the “latest and greatest” nutrition applications and technologies that can be used to greatly improve patients' nutrition and health pursuits
  - Create personalized health plans based on unique, patient-specific plans, tests, and analyses
- **Medical Nutrition Therapy: A Practical Approach to Diet and Disease**
  - Discuss essential strategies to help guide patients' diet and behaviors in the treatment of diabetes, cardiovascular disease, and GI health
  - Develop awareness of online resources available to patients.
  - Educate patients using science-based strategies and resources that can be implemented to help patients take rational control of their health
- **Nutrition Through the Ages: Prevention and Potential Pitfalls**
  - Utilize a working guide for a nutritional and behavioral rubric to understand what is expected (and what may undermine) optimal health from infancy through the elderly
  - Identify barriers patients face in implementing and sticking with nutritional strategies

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**Update in *C. difficile* Colitis**

- Articulate the growing epidemiological concern of *C. difficile* colitis
- Identify and treat mild, moderate and severe cases of *C. difficile* colitis
- Describe novel treatments in the treatment of recurrent *C. difficile* colitis
- **Update in the Assessment and Treatment of COPD Exacerbations**
  - Articulate the growing epidemiological concern of COPD
  - Classify patients with COPD using the 2023 GOLD (Global Initiative for Chronic Obstructive Lung Disease) guidelines
  - Describe treatments in the management of acute COPD exacerbation
- **Update in the Management of Heart Failure Exacerbations**
  - Explain the impact of heart failure in the US
  - Explain the evidence informing the 2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure
- **Hospitalists and the Opioid Epidemic**
  - State key statistics regarding the opioid epidemic in the US
  - Articulate the drivers that contributed to the opioid epidemic
  - Describe 7 key steps for safe prescribing practices
- **Update in the Identification and Treatment of Sepsis**
  - Explain the impact of sepsis in the US
  - Articulate the main recommendations of the 2021 Surviving Sepsis Campaign Guidelines
- **How Hospitalists Drive Value in Patient Care**
  - Define value in healthcare
  - Articulate the urgency to bend the cost curve
  - Explain several evidence-based practical solutions to improve value in practice today
- **How Hospitalists Drive Quality in Patient Care**
  - Articulate the patient and institutional impact on an early discharge initiative
  - Strategize how to formulate quality improvement projects that impact patient care
  - Recognize challenges to an early discharge initiative and other QI projects and develop adaptive strategies
- **Update in the Management of Acute Liver Failure**
  - Explain the impact of acute liver failure in the US
  - Apply the latest guidelines from the AASLD position paper on acute liver failure
  - Describe when to refer patients for transplantation