Title of Activity: **\_** Plant based diets & diabetes

Synopsis of the gap analysis described previously: On several occasions RADE members have requested (verbally and in writing/survey data) education and updated recommendations on nutrition recommendations and medical obesity management for their patients with obesity, diabetes and other metabolic comorbid conditions.

Describe the gap: As above, we have been asked by members and past meeting attendees for an update/lecture on this topic on several occasions over the last year.

Category of gap to be addressed by this activity: [x]  Knowledge [ ]  Skills [ ]  Practice [ ]  Other: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Describe Identified learning outcome: Post lecture evaluation survey will be utilized for immediate feedback and outcome measurement.

| **CONTENT**(Topics) | **TIME FRAME**(if live) | PRESENTER/AUTHOR | TEACHING METHODS/LEARNER ENGAGEMENT STRATEGIES |
| --- | --- | --- | --- |
| Provide an outline of the content.***(add extra rows to table as needed)*** | Approximate time required for content. |  |  |
| **Understand the historical context of dietary patterns and diabetes prevalence.** | 20 | Thomas M. Campbell II, MD | Lecture/PowerPoint |
| **Describe a mechanism by which plant-based diets improve insulin resistance** | 20 | Lecture/PowerPoint/Case Discussions |
| **Identify the need to anticipate insulin adjustments with dietary changes.** | 20 | Lecture/PowerPoint/Case Discussions/ Q&A |
| List the evidence-based references used for developing this educational activity:A few examples:1. Himsworth HP, Marshall EM. The Diet of Diabetics Prior to the onset of the Disease. Clinical Science. 1935(2):95-115.
2. Xu Y, Wang L, He J, Bi Y, Li M, Wang T, et al. Prevalence and control of diabetes in Chinese adults. JAMA : the journal of the American Medical Association. 2013;310(9):948-59.
3. Bachmann OP, Dahl DB, Brechtel K, Machann J, Haap M, Maier T, et al. Effects of intravenous and dietary lipid challenge on intramyocellular lipid content and the relation with insulin sensitivity in humans. Diabetes. 2001;50(11):2579-84.
 |

Learning Outcome will impact: [x]  Nursing Professional Development [x]  Patient Outcome [ ]  Other: describe **\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact Hour Calculation:**

*Contact hours may be calculated to the hundredths (i.e. 1.25, 0.9, etc.). Contact hours may not be rounded up (i.e. 100 minutes = 1.66 contact hours, not 1.7). Welcome, introductions, breaks and viewing of exhibits are not included in the calculation of contact hours.*

**If Live:**

Note: Time spent evaluating the learning activity may be included in the total time when calculating contact hours.

Total Minutes **\_60\_\_\_**divided by 60 **=\_\_1\_\_**contact hour(s) to be awarded

**If Enduring, blended may include pre-work? N/A**

Method of calculating contact hours:

[ ]  Pilot Study [ ]  Historical Data [ ]  Complexity of Content [ ]  Other (describe): **\_**

Estimated Number of Contact Hours to be awarded: **\_\_\_\_**contact hour(s)

**\_\_**Carole McClary, ANP, CDE**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_8/13/19\_\_\_**

**Completed By: (Name and Credentials) Date**

Nurse Planner Name and credentials:\_\_\_\_\_Carole McClary, ANP, CDE\_\_\_\_\_\_\_\_\_\_\_\_

An “X” in the box below serves as the electronic signature of the Nurse Planner and attests that s/he was actively involved in planning, implementing, and evaluating this continuing education activity and to the accuracy of the information within this document.

[x]  **Electronic Signature (Required) Date 8/13/19**