Monday, October 16, 2017

Registration
7:45am – 8:30 am
Program Time
8:30 am – 4:30 pm

Sheraton Chapel Hill Hotel
1 Europa Drive
Chapel Hill, NC 27517
919-968-4900

KEYNOTE SPEAKER
RICHARD BEDLACK
MD, PhD

Register Now!

The 10th Annual
North Carolina ALS
Caregivers Conference

JOINT PROVIDED BY THE ALS ASSOCIATION
NORTH CAROLINA CHAPTER, KERI’S CRUSADE
AND SOUTHERN REGIONAL AHEC
Description:
The conference is specifically designed to meet the educational needs of interdisciplinary healthcare teams and caregivers who work with individuals diagnosed with Amyotrophic Lateral Sclerosis (ALS). ALS, also known as “Lou Gehrig’s Disease,” is a progressive neuromuscular disease that affects nerve cells in the brain and the spinal cord. The complex and progressive nature of the disease requires expert intervention from diagnosis and throughout the course of the disease.

Target Audience:
Neuropsychologists, Nurse Practitioners, Nurses, Speech Language Pathologists, Physical Therapists, Occupational Therapists, Respiratory Therapists, Recreational Therapists, Social Workers and Nursing Assistants, persons living with ALS, caregivers and others interested in learning more about this disease.

Objectives:
Upon completion of this educational activity the participant will be able to:
1. Define the progress being made in overcoming barriers to achieving a cure for ALS
2. Recognize early signs of respiratory impairment in ALS and appropriate interventions for providing respiratory support in the patient with ALS
3. Utilize a systematic approach called ALS Untangled to review alternate therapies
4. Discuss the nature of the stress reaction and the opposing relaxation response including relation techniques using guided imagery
5. Describe the multi-faceted approach to address the specific findings related to progressive weakness, risk of contrac-tures/secondary pain syndromes, and declining mobility issues in order to optimize function over the course of ALS
6. Discuss a multi-disciplinary approach to providing the ALS patient and family members with advanced care planning, palliative end of life care, and the ethical issues surrounding the course of the disease
7. Explore the role of the Occupational Therapist regarding quality of life/leisure/community accessibility for the ALS patient in the home health setting
8. Discuss the increased nutritional needs for patients with ALS including dysphagia management and feeding tubes

Conference and Track 1 Speakers
Stacey Asnani, MSW, LCSW, ALS Clinic Coordinator/Social Worker
Duke University Medical Center
Durham, NC

Richard S. Bedlack, MD, PhD, Associate Professor
Duke University ALS Clinic Medical Director
Duke University Health System
Durham, NC

Linda Cates, MS, PT, NCS
Senior Physical Therapist
Duke University Medical Center
Durham, NC

Jeffrey B. Feldman, Ph.D
Associate Professor, Department of Neurology
Wake Forest School of Medicine
Director, Center for Integrative Medicine
Winston-Salem, NC

Lisa Hoskins, MSW, LCSWA
Director of Care Services
The ALS Association North Carolina Chapter
Raleigh, NC

Francesca Monachino, OTR/L, CBIS
Occupational Therapist II
Duke University Medical Center
Durham, NC

Connie C. Paladenech, RRT, RCP, FAARC
Co-Manager Pulmonary Function Laboratories
ALS Clinic Respiratory Therapist
Wake Forest University Baptist Medical Center
Winston-Salem, NC

Susan Steves, RN, LDN, Dietician
Duke University Medical Center
Durham, NC
# North Carolina ALS Caregivers Conference

**October 16, 2017**  
Sheraton Hotel, Chapel Hill, NC

## Track One Agenda: Healthcare Professionals Only

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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| 7:45 am | Welcome Table & Registration Open  
*Joint Partners with The ALS Association North Carolina Chapter, Keri’s Crusade and Southern Regional AHEC*  
*Pre-Conference Refreshments & Exhibits – Lobby Area* |
| 8:20-8:30 am | Explanation of Track 1, Track 2 & General Information  
*Amsterdam-London Ballroom*  
*Lynn Sanderson, BSW, Care Services Manager, The ALS Association North Carolina Chapter*  
*Continuing Education Units (CEU’s) Explanation/Evaluation Process*  
*Andrea Novak, PhD, RN-BC, FAEN, Southern Regional Area Health Education Center* |
| 8:30-8:45 am | Welcome/Introductions  
*Jerry Dawson, President & CEO, The ALS Association North Carolina Chapter*  
*Harold Brown, Jennifer Lassiter and Gwen Farmer, Keri’s Crusade for ALS*  
*Denise Kirkland, Board Member, The ALS Association North Carolina Chapter* |
| 8:45-9:30 am | Step up to the Plate: Respiratory Therapists as Members of the ALS Multidisciplinary Team  
*Connie C. Paladenech, RRT, RCP, FAARC, Co-Manager Pulmonary Function Laboratories, ALS Clinic Respiratory Therapist, Wake Forest University Baptist Medical Center* |
| 9:30-10:30 am | Keynote: ALS Update: Signs of Progress, Reasons for Hope  
*Richard Bedlack, MD, PhD, Associate Professor, Duke University Health System* |
| 10:30-10:45 am | Morning Beverage Break – Lobby Area |
| 10:45-11:45 am | Keynote: Untangling the ALS X-Files  
*Richard Bedlack, MD, PhD, Associate Professor, Duke University Health System* |
| 11:45 am-12:20 pm | A Practical Relaxation Technique for Stress Management  
*Jeffrey B. Feldman, PhD, Associate Professor, Department of Neurology, Wake Forest School of Medicine, Director, Center for Integrative Medicine* |
| 12:20 pm | Plated Lunch Served – Amsterdam-London Ballroom |
| 12:20-12:30 pm | Plenary—Sue Humphries Award Presentation — Non-Credit Bearing Activity  
*Lisa Hoskins, MSW, LCSWA, Director of Care Services, The ALS Association North Carolina Chapter* |
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<tr>
<td>12:30-12:40 pm</td>
<td>Plenary – Our Personal Journey with ALS – Non-Credit Bearing Activity</td>
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<td>pALS and cALS</td>
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<tr>
<td>12:40-1:15 pm</td>
<td>Lunch Break Continues/Visit Exhibitors</td>
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<tr>
<td>1:15-1:55 pm</td>
<td>Physical Therapy for Individuals with ALS</td>
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<td>Linda Cates, MS, PT, NCS, Senior Physical Therapist, Duke University Medical Center</td>
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<tr>
<td>1:55-2:35 pm</td>
<td>Caring for the Patient with ALS</td>
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<td>Stacey Asnani, MSW, LCSW, ALS Clinic Coordinator/Social Worker, Duke University Medical Center</td>
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<td>2:35-2:50 pm</td>
<td>Afternoon Refreshment Break — Lobby Area</td>
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<td>2:50-3:30 pm</td>
<td>Practical Advice and Tips From the ALS Clinic OT for Your Clients and Their Caregivers</td>
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<td>Francesca Monachino, OTR/L, CBIS, Occupational Therapist II, Duke University Medical Center</td>
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<td>3:30-4:10 pm</td>
<td>Nutrition Care for pALS</td>
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<td>Susan Steves, RD, LDN, Dietitian, Duke University Medical Center</td>
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<td>4:10-4:30 pm</td>
<td>Time for Questions &amp; Answers and Wrap-Up...</td>
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<td>Lisa Hoskins, MSW, LCSWA, Director of Care Services, The ALS Association North Carolina</td>
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October 16, 2017
Sheraton Hotel, Chapel Hill, NC
Track Two Agenda – People Living with ALS and Caregivers Only
Non-Credit Bearing

7:45 am   Welcome Table & Registration Open
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Amsterdam-London Ballroom

Lisa Hoskins, MSW, LCSWA, Director of Care Services, The ALS Association North Carolina Chapter

12:30-12:40pm  
Plenary – Our Personal Journey with ALS –Non-Credit Bearing Activity
Amsterdam-London Ballroom

Pals and Cals

1:30—4:30pm  
Track 2 Facilitator—Vienna and Brussels Ballroom

Kate Spanier, MS, Senior Care Services Coordinator, The ALS Association North Carolina Chapter

Track Two Agenda – Please note that these times are very flexible
They are provided to give you a general time frame

1:30-2:10pm  
Enjoy basic chair yoga

Pam Callaway, Yoga Instructor

2:10-2:50pm  
Safe Moves for Pals

Beth Silberman, MS, PT, Duke University Health System
Melissa Werz, OTR/L Duke University Health System

2:50-3:30PM  
Afternoon Refreshment Break and Visit Exhibitors — Lobby Area

3:30-4:10pm  
Strategies to Manage Communication and Swallowing Changes in ALS

Kevin Caves, ME, ATP, RET, Rehab Engineer, Duke University Health System
Laurie Edwards, MS, CCC-SLP, Duke University Health System
Meredith Nye, MS, CCC-SLP, Duke University Health System

Participating in ALS Clinical Research Studies
Karen Grace, RN, Clinical Research Coordinator and ALS Clinic RN

4:10—4:30pm  
Time for Questions & Answers and Wrap UP....

Kate Spanier, MS, Senior Care Services Coordinator, The ALS Association North Carolina Chapter
Registration:
Healthcare Professional Registration (credit/CEU): $100; after October 2, 2017 $125
Full-time Students: $50
Person Living with ALS: $0 (No credit/No CEU) and One (1) Caregiver of Person Living with ALS: (No credit/No CEU): $0
Each Additional Caregiver of Person Living with ALS (No credit/No CEU): $50

Continuing Education Credit: Participants must attend 100% of this activity to receive credit.

CNE: 6.5 Contact Hours
Southern Regional AHEC is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

CEU: 0.7

Contact hours: 6.5 for Social Workers and Licensed Professional Counselors or Behavioral Health Specialists.

NCBPTE Credit: 6.0 hours
As part of the NC AHEC system, SR-AHEC is an NCBPTE approved provider of continuing competence with regards to activities directly related to physical therapy.

Respiratory Credit: 6.50 hours
Program Approval number: 173334

Speech-Language Pathologists: Southern Regional AHEC will issue Certificates of Completion only; the participant must self-track and record the certificate for ASHA Certification documentation.

Location:
Sheraton Chapel Hill Hotel
1 Europa Drive
Chapel Hill, NC 27517
919-968-4900
Blocked Rooms are available on a first come, first served basis at a reduced rate of $105 plus taxes at the Sheraton for October 15th through October 16th. Email booking link for Conference: https://www.starwoodmeeting.com/Book/ALSAssociationNCChapter or call 1-919-968-4900 and advise that you wish to reserve a room for the Conference.

Contact Lynn Sanderson, BSW at 336-757-2000 or lynn@alsnc.org for any issues with hotel.

Directions: The Sheraton Chapel Hill hotel is centrally located between University of North Carolina and Duke University off of US 501 at above address.

A private area will be available for nursing mothers.

ADA Statement:
The ALS Association North Carolina Chapter is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to participate in this program, please call us at 336-757-2000 no later than ten business days before the program.

Inclement Weather:
Call 919-755-9001 regarding the inclement weather schedule.

Questions:
For Healthcare Professionals contact: Andrea Novak, Andrea Novak, PhD, RN-BC, FAEN, Southern Regional Area Health Education Center at 910-678-7226 or email to Andrea.Novak@sr.ahec.org.
For People Living with ALS and their Caregivers contact: Lynn Sanderson, BSW, at 336-757-2000 or email lynn@alsnc.org.
REGISTRATION FORM: Event # 52457
HEALTHCARE PROFESSIONALS ONLY — Track 1

Deadline for Registration October 2, 2017: $100
After October 2, 2017: $125
Student Registration fee: $50

Telephone Registration: Call 910-678-7226 with a Visa or MasterCard. Fax 910-323-0674

Please Circle One: Dr. Ms. Mrs. Mr.

Name __________________________________________ Credentials: ___________________________

Last 4 of Social Security # XXX-XX-___ - ___ - ___ - ___

Home Address ____________________________________________________________________________

City __________________________ State _______ Zip ______________

Home County ________________________________________________________________

Home Phone ____________________________________________________________________________

E-mail __________________________________________________________

Employer ____________________________________________________________________________

Job Title __________________________ Specialty Area ____________________________

Work Address __________________________________________________________________________

City __________________________ State _______ Zip ______________

Work Phone ____________________________________________________________________________

Please circle one: Vegetarian Meal Non-restricted Meal

Food Allergies: ______________________________________________________________________

Please circle one T-Shirt Size

Small    Medium    Large    Extra Large    2X    3X

Mail with Payment to: ATTN: Registrar, SR-AHEC, 1601 Owen Drive, Fayetteville, NC 28304
Payment Information: Amount enclosed: $ __________

_____ Check Make Payable to “SR-AHEC”

_____ MasterCard or Visa # ___________________________ , Expiration Date __________________

Name on Card __________________________ Signature __________________________

Office use only: Check Auth#_______ Date _______ From _______ Amount $______