Content Outline (single presenter)

Introduction to Building a Healthy Relationship with Food (8 min)

- Emotional Depth of Diabetes
- Brief overview of the patient-centered care model
- The relationship between nutrition, emotions, and language
- Words most commonly used to describe living with diabetes
- The Diabetes Dilemma: consequences of pessimism & hypercriticism
- Limiting beliefs and confidence in self-care
- Language impacts perception & self-efficacy
- Disconnects in communication between patients and HCPs
- Patient interview-self-criticism and TIR
- Research: The Neural Basis of Fear Promotes Anger and Sadness Counteracts Anger

Proof of the problem (10 min)

- MNT and The Patient Experience
- Brief history of Medical Nutrition Therapy in diabetes care
- Trends in diet culture: how social media influences food fear and self-worth
- Upon Diagnosis: food is both the problem and solution
- The illusion of balance & perfectionism (diagram)
- Review glucose control targets
- Patient interview-fear, worry, and loss of control
- Research: Factors That Affect Quality of Life in Young Adults With Type 1 Diabetes

Nutrition and Mindset (12 min)

- Adjusting nutrition language to patient-specific goals
- The person-centered approach to nutrition using uplifting language
- Eat Your Way Healthy: food vocabulary, reframing carbohydrates
- How words enhance the lived experience for positive outcomes
- Case Study
- Beyond Food: Empathy and Communication
- Patient interview: T1D during pregnancy- guilt inspires rage, inspires action
- Modernizing Nutrition Education
- How We Talk About Carbohydrates Matters
- Consequences of restrictive dieting
- The concept of nutrient value as the anti-diet solution to holistic health

Communication Strategies to Inspire Self-Improvement (10 min)

- Supporting Emotional Health
- Shifting towards language that enhances the lived experience
- Reframing self-blame: the role of self-talk, confidence and self-worth
- Using optimistic coaching to inspire positive self-talk
- Applying patient-centered care language to the chronic care model
- The role of the DCES in inspiring resilience and long-term healthy actions

Q&A (5 minutes)
Content Outline (multiple presenters)

I. Session overview and introduction (Schumacher – 2 minutes)

II. Overview of heart failure (Schumacher – 10 minutes)
   Etiology of heart failure
   Types of heart failure (HFrEF, HFpEF, HFmrEF, HFimpEF)
   Diagnosis and classification of heart failure
   Case scenario

III. Overview of guidelines for heart failure management (ACC/AHA) (Landup – 20 minutes (15 minutes of pharmacology content)
   Thresholds for treatment
   Goals of therapy
   Preferred medications
   Medications that may exacerbate heart failure
   Nonpharmacologic interventions
   Case scenario

IV. The role of the Diabetes Care and Education Specialist in the Management of Heart Failure in People with Diabetes (6 minutes)

V. Session take-away points and wrap-up (Schumacher – 2 minutes)

V. Question and answer (Schumacher and Landup – 5 minutes)