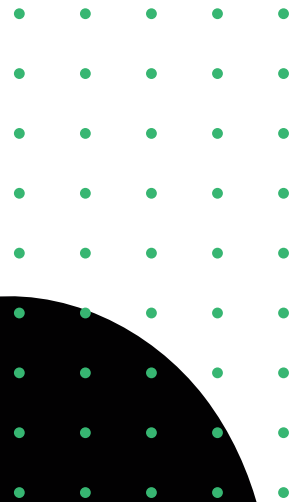




HEALTH CARE PROVIDER

2021 VIRTUAL SLIPSTREAM SEPTEMBER 9, 2021

A day of connection and continuing education for health care providers who work with people with Type 1 diabetes.



WELCOME

Thank you so much for joining us at HCP Virtual Slipstream! We are honoured to have the opportunity to bring the HCP community together to connect, learn, and share experiences. We are grateful to each and every one of you for sharing your time with us on September 9 and for helping make life with Type 1 diabetes just a little bit easier. The Virtual Slipstream program is built by HCPs for HCPs and is created on a foundation of lived T1D experiences. We look forward to “seeing you” at Virtual Slipstream.

Jen Hanson, MEd, RKin, CDE
Executive Director, Connected in Motion



ABOUT CIM

Who We Are

Connected in Motion is a Canadian Registered Charity founded in 2008 with a mission to connect the diabetes community and breathe fresh air into diabetes education. CIM creates a culture of support and engagement in diabetes self-management through experiential diabetes education and outdoor adventure pursuits. By creating a community that is motivating, supporting, and inspiring individuals to take charge of their health today, we are helping to improve the quality of life for people with diabetes now and tomorrow.

Just as a cyclist tucks in and drafts with the peloton or a flock of geese soar in 'Flying V' formation, when people living with diabetes travel together, we move further, faster, and stronger. It was this philosophy from which CIM was born and upon which CIM's Slipstream programs are built: When we travel together, we can take turns breaking trail, forging paths, and providing direction; creating a slipstream for the Type 1 community to ride along in.

By taking turns in the lead, we allow for the community to explore the diverse environment that surrounds us, often pushing our own limits and stepping outside of our comfort zones - always knowing that someone has 'got our back'. We also allow ourselves to take breaks, to come along for the ride, and to realize the ease at which we can cruise when surrounded by a community who has been there, done that, speaks the language, and 'gets it'.

Staff Team



Jen Hanson

Executive Director



Heather Gomez

Slipstream Director



Julie De Vos

Slipstream Coordinator



Kendra Dempsey

Communications
Coordinator



Sarah Gaughan

Adventure Coordinator



Hank Devos

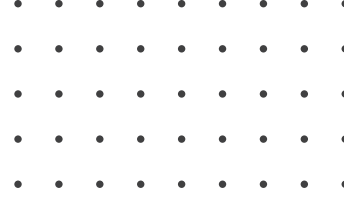
Film & Media



Mike Last

Web & Photo

A GUIDE TO VIRTUAL SLIPSTREAM



Be on time

Consider joining your session 5 minutes early. This gives you time to troubleshoot any technical difficulties. Even though we're going virtual, being on time is still very important, especially for our WORKSHOP and BREAKOUT sessions where you'll be interacting directly with the speaker... and each other!

Mute when not talking

In WORKSHOPS and BREAKOUTS, there will be times when you're talking and sharing with one another. When you're not sharing, please make sure your microphone is muted to make things easier for our speakers and volunteers.

Share the mic

In WORKSHOPS and BREAKOUTS, you'll have the chance to share, question, and discuss. Joining in on the conversation can be extra tricky in a virtual space, so we need to take care to be respectful of our peers and make sure that all voices get heard. Use the 'Raise Hand' or chat box function if you'd like to share to help the Room Captain and Speaker know you have a thought or a question!

Use gallery view

Look in the top right corner of your screen during WORKSHOPS and BREAKOUTS and use Gallery View instead of Speaker View. This will let you see up to 16 people on your screen. Are there more than 16 people in your session? You can scroll between screens too!

Lighting is key

Have you joined a WORKSHOP or BREAKOUT? Think about your lighting! Make sure there isn't light directly behind you. That can make it impossible for your peers to see you. Consider moving a small lamp or light over to the area you'll be using during Virtual Slipstream sessions.

No screenshots, please

Please refrain from taking screenshots or self-recording during sessions. If you are dying for a photo of all of your new friends in that great breakout session, please get the group's permission first and give folks an opportunity to turn off their video if they'd prefer not to be included.

Think about your background

Have you joined a WORKSHOP or BREAKOUT? Don't forget that everyone will be peering into your space! Check out what (and who!) you have on display behind you - try to keep distractions to a minimum. The plainer your background, the better!

Guest appearances

We know that for some of you, life is WILD right now. We realize that there may be guest appearances (specifically of the child/pet cat/partner-cooking-you-lunch type) throughout Virtual Slipstream. Do what you can to stay focused, but otherwise, we'll just go with the flow.

Use the video function

We know that many of our HCP community members will be joining us from their work environment at HCP Slipstream. Thank you for making the time! If it's feasible, we highly encourage you to turn on your video during the discussion periods following presentations. It is much easier for our speakers and other community members to share with smiling faces than empty zoom squares!

Ask questions

Use the chat function throughout the presentations to ask questions of the speakers. They have each planned their presentations to have plenty of time left for discussion and Q&A. Take advantage of the experts you'll have at your fingertips.

THE FUTURE OF DIABETES MANAGEMENT IS HERE

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§ For a list of compatible devices, visit dexcom.com/compatibility.

|| Dexcom Data on file, 2021. Individual benefits may vary by policy and plan.

¹ Beck, RW, et al. JAMA. 2017;317(4):371-378.

² Welsh, JB et al. Diabetes Technol Ther. 2019;21(3).

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SCHEDULE

THURSDAY SEP 9, 2021

10:00am-10:45am ET

Community Circle Discussion: Education Gaps & Solutions

Moderated by Lorraine Anderson, RD, CDE

Yoga of Self: Gentle Yoga & Reflection

Taught by Sydney Fletcher, Yoga Instructor

11:00am-12:15pm ET

The Influence of Social and Cultural Variables on Health & T1D care

Presented by Dr Ananya Banerjee, R.Kin, PhD

Uncomfortable Conversations: How to address sensitive topics with care

Presented by Michelle Sorensen, Psychologist

12:30pm-1:45pm ET

Important Considerations for Trending Diets

Presented by Bridget Wood, RDN, LD, CDCES

Strategies for Supporting a Successful Transition from Peds to Adult

Presented by Anna Floreen Sabino, MSW, CDCES

2:00pm-3:15pm ET

Advanced Exercise: Troubleshooting with athletes

Presented by Dr Jane Yardley, PhD

Diabetes Tech 2021: An overview & comparison with real-world learnings

Presented by Jen Hanson, MEd, RKin, CDE

3:30pm-4:45pm ET

New and Non-Conventional Diabetes Management Techniques

Presented by Dr Akshay Jain, MD, FRCPC, FACE, ECNU, DABIM, DABOM Endocrinologist

An introduction to Open-Source Automated Insulin Dosing (OS-AID)

Presented by Dr Rayhan Lal, PhD, MD, MPH, Stanford University

5:00pm-6:15pm ET

Self-Management Success: PWD Perspectives

Moderated by Katie Doyle, Multimedia Artist, PWD.

Ways to Identify the Top Mental Health Concerns in a T1D Clinical Setting

Presented by Jess Forster, MSW, RSW

TOPIC STREAMS

EXERCISE & ADVENTURE

FOOD & NUTRITION


TECH & INNOVATION

MENTAL HEALTH


SPECIAL TOPICS

ACTIVITIES

SESSION TYPES

 **PRESENTATIONS**

More traditional-style educational sessions. A speaker will share their screen and present to the group, followed by a conversation in which participants can choose to share their video, speak with one another, and ask the presenter questions.

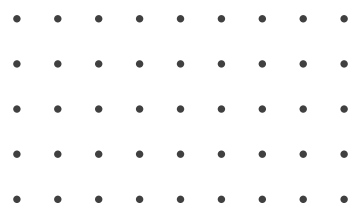
 **BREAKOUTS**

Sessions are facilitated discussions with your peers. You'll have the chance to connect via video with one another in small groups, share your experiences, and tackle themed topics with the help of a facilitator.

 **ACTIVITIES**

We love hands-on learning! In these sessions, you'll likely be up, moving and putting lessons into practice. Consider taking part in a group yoga class, participating in a cooking class, or getting creative with an art lesson.

NOTES



SPEAKERS & FACILITATORS



Dr Akshay Jain
MD, FRCPC, FACE,
ECNU, Endocrinologist

Dr. Jain is the first Canadian physician to be triple board-certified by the American Boards in Endocrinology, Internal Medicine and Obesity Medicine. In 2020, he became the only non-American physician to feature on Medscape's list of 25 Top Rising Stars of Medicine. He is fluent in 6 languages including English, Hindi, Gujarati, Marathi, Marwari and Urdu.



Dr Ananya Banerjee
R.Kin, PhD

Dr Banerjee is an Assistant Professor at the Dalla Lana School of Public Health, Division of Social and Behavioural Health Sciences. Her program of research develops and evaluates community-based prevention programming for South Asian adults and adolescents living in Canada at risk for diabetes using mixed-methods designs from a socio-ecological perspective.



Anna Floreen Sabi
MSW, CDCES

Anna Floreen Sabino, MSW, CDCES, has lived with T1D for over 30 years and currently serves as the Director of Young Adult Programs for the College Diabetes Network. As a CDCES she also serves on the local board of the ADCES chapter in New England as well as serves on the JDRF National Psychosocial speakers bureau. She lives in the Boston area with her husband and two young children.



Bridget Wood
RDN, LD, CDCES

Bridget Wood, RD, LD is a registered dietitian nutritionist and T1D for 11 years. She currently works in outpatient diabetes education and helps clients virtually to manage their diabetes and relationship with food.



Eleanor Medley
Panelist, PWD

Eleanor attended the University of Toronto for her Bachelor's degree in Biochemistry. She is currently pursuing her Master of Public Health degree in Environmental Health Sciences. Eleanor has had Type 1 diabetes since she was four years old, and her younger sister also has T1D! Eleanor loves being outside and in her free time, you can find her dog walking, swimming, or listening to music and podcasts.



Harshita Seal
Panelist, PWD

Harshita will be starting a combined Master's and PhD program in Psychology at the University of Ottawa, in September 2021. She has had diabetes since she was 8 years old and aspires to be a Professor in Psychology where she can make a difference in students' lives. Harshita enjoys learning new things and meeting new people.



Dr Jane Yardley
PhD

Jane Yardley, PhD, is an Associate Professor of Physical Education at the University of Alberta's Augustana Faculty in Camrose, Alberta. In completing her doctoral degree at the University of Ottawa, Jane was the first person to study the effects of resistance exercise (weight lifting) on blood glucose in patients with Type 1 diabetes. She now has almost 15 years' experience in the field.



Jen Hanson
MEd, RKin, OCT,
CDE

Jen is the Executive Director of Connected in Motion, where she works to bridge the gap between clinical care and 'real life' for adults with Type 1 diabetes. She has volunteered around the world with the Young Leaders in Diabetes. Jen is a Registered Kinesiologist, Certified Diabetes Educator, and Teacher. She has a Masters Degree in Education, focused on Experiential Diabetes Education.



Jess Forster
MSW, RSW

Jess Forster, MSW, RSW, is a social worker who is passionate about connecting with children and families living and thriving with Type 1 diabetes. For the past 11 years, Jess has worked at the Markham Stouffville Hospital Pediatric Diabetes Clinic in Markham Ontario Canada, and volunteers her time at a variety of Children with Diabetes conferences.



Katie Doyle
Multimedia Artist

Katie Doyle is a Multimedia Artist who loves sharing her travels and diabetes (mis)adventures from wherever she happens to be. Her projects and collaborations about everything from dropping her meter off of a chairlift in the Alps to celebrating the diabetes community through storytelling have appeared in a wide variety of publications.

SPEAKERS & FACILITATORS



Lorraine Anderson
RD, CDE

Lorraine Anderson is a Registered Dietitian and Certified Diabetes Educator. She recently joined Tandem Diabetes Care as their Regional Clinical Manager for Canada. When not at work, Lorraine is a busy mom and stepmom to six young adults and two golden retrievers. She has lived with Type 1 for over 30 years and understands firsthand the ups and downs of daily life with diabetes.



Michelle Sorensen
Psychologist

Michelle Sorensen, founder of the Ottawa South Resiliency Clinic, is a registered clinical psychologist with 20 years of experience providing counselling and psychological services for a wide range of personal problems. These include anxiety and depression, interpersonal issues (both personal and professional), life transitions, and coping with chronic illness.



Dr Rayhan Lal
PhD, MD, MPH

Dr Rayhan Lal is pediatric and adult endocrine faculty at Stanford. Rayhan grew up in the California bay area and always wanted to be an engineer. He has had Type 1 diabetes for over 30 years. As an engineer and physician-scientist with diabetes, his primary research interest is the design, development, and testing of new diabetes technology and therapies.



Sydney Fletcher
Coach, Yoga Instructor

Sydney Fletcher is a Certified Life Coach and Yoga Instructor dedicated to supporting others in knowing, loving and trusting themselves. Her yoga instruction brings together yoga philosophy, the traditions of astanga and iyengar yoga and the more modern approach of functional movement. She aims to create a safe space for others to explore and gain ownership of their bodies, thoughts, feelings and aspirations.

NOTES

SESSION DESCRIPTIONS

SEPTEMBER 9, 2021

10:00am-10:45am ET

Community Circle Discussion: Education Gaps & Solutions

 Breakout, Special Topics Stream

Hosted by Lorraine Anderson, RD, CDE

Meet up with other clinicians to brainstorm on the biggest gaps you notice within Type 1 diabetes education and services and connect on the solutions that do or could exist to fill these gaps.

Yoga of Self: Gentle Yoga & Reflection

 Activity, Activity Stream

Taught by Sydney Fletcher

Take a break from sitting and give your whole body a well-deserved stretch. Join us for a gentle yoga flow and self-discovery through discussion and journaling. This class combines movement and self-discovery. Suitable for all levels.

11:00am-12:15pm ET

The Influence of Social and Cultural Variables on Health & T1D care

 Presentation, Special Topics Stream

Presented by Dr Ananya Banerjee, R.Kin, PhD

The influence of social and cultural variables on health is vast and can greatly impact how people view and manage their Type 1 diabetes. Learn about how variables such as the perception of health, beliefs about causes of disease, how people seek and accept treatment, types of treatment preferences, education, housing, income, and food security can impact diabetes care.

Uncomfortable Conversations: How to address sensitive topics with care

 Presentation, Mental Health Stream

Presented by Michelle Sorensen, Psychologist

Type 1 diabetes is a full-time job and management intersects with every aspect of a person's life. During this session, we'll discuss sensitive topics that impact diabetes care and develop solutions for navigating conversations in your clinic. Topics may include mental illness, sexual dysfunction, cost and affordability of diabetes care, ethnic and cultural differences, weight management, navigating relationships in the clinic, and more.

12:30pm-1:45pm ET

Strategies for Supporting a Successful Transition from Peds to Adult Diabetes Care

 Presentation, Special Topics Stream

Presented by Anna Floreen Sabino, MSW, CDCES

Are you working in the Pediatric or Adult diabetes space? Join us for a discussion about the major challenges associated with young adulthood and diabetes and what we, as practitioners can do to help set the people with diabetes in our care up for success.

Important Considerations for Trending Diets

 Presentation, Food & Nutrition Stream

Presented by Bridget Wood, RDN, LD, CDCES

As new diets trend and become popular within the Type 1 diabetes community, management strategies change. Understand how different dietary choices including Keto, Paleo, High Fat/High Carb, Carb-conscious, vegan, vegetarian, etc. impact diabetes management and learn about some of the tools we can engage to help those we work with find success.

2:00pm - 3:15pm ET

Advanced Exercise: Troubleshooting with athletes

 Presentation, Exercise & Adventure Stream

Presented by Jane Yardley, PhD

Looking to advance your diabetes and exercise toolkit and better help the athletes in your care? This session will look more deeply at niche advanced exercise topics including diabetes management during long-duration activity, strategies for managing situations where people need to be disconnected from their pumps for varying durations of time, and ways to manage athletic recovery with Type 1 diabetes.

Diabetes Tech 2021: An overview & comparison with real-world learnings

 Presentation, Tech & Innovation Stream

Presented by Jen Hanson, MEd, RKin, CDE, OCT

Join us for a look at the top tech being used in the Type 1 diabetes community in 2021. We'll dive in with an overview of the most widely used pumps, glucose monitors, and apps, along with insights, tips, and real-world applications from the Type 1 diabetes community. We'll also take a peek at tech that is available in other countries that we may expect to hit the market in Canada.

SEPTEMBER 9, 2021

3:30pm - 4:45pm ET

An introduction to Open-Source Automated Insulin Dosing (OS-AID)

 Presentation, Tech & Innovation Stream

Presented by Dr Rayhan Lal, PhD, MD, MPH

Join us for an introduction to OS-AID technology including Nightscout, OpenAPS, Loop, and AndroidAPS used by thousands worldwide. This session will introduce the technology, data for efficacy and safety, function, set-up, and viewing/reading reports. Q & A with community members or submit your questions ahead of time.

New and Non-Conventional Diabetes Management Techniques

 Presentation, Special Topics Stream

Presented by Dr Akshay Jain, Endocrinologist

This session will take a look at the non-conventional and sometimes “off-label” options for Type 1 diabetes management including the use of non-U-100 insulins, SGLT-2i and GLP-1 receptor agonists.

5:00pm - 6:15pm ET

Self-Management Success: PWD Perspectives

 Presentation, Special Topics Stream

Moderated by Katie Doyle, Multimedia Artist

Listen to a panel of people living with Type 1 diabetes share stories and insights on how their health care providers have positively impacted their life and have helped them thrive with T1D. You'll have the opportunity to ask questions and will walk away with tips/tools you can immediately implement into your appointments to empower PWD.

Ways to Identify the Top Mental Health Concerns in a T1D Clinical Setting

 Presentation, Mental Health Stream

Presented by Jess Forster, MSW, RSW

People with diabetes face a number of challenges when it comes to maintaining mental health. The first step in addressing concerns is identifying them in the first place. Join us to learn ways to identify the major mental health concerns faced by people living with Type 1 diabetes today as well as the basics for addressing these concerns in your clinic.

NOTES



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