THE
CHARLES H. BEST
DIABETES CENTRE

The 9th Annual Charles H. Best Continuing Health Education Day

State of the Art Management of Type 1 Diabetes in Adults

FRIDAY, MARCH 5TH, 2021

Virtual Conference

UNIVERSITY OF TORONTO
FACULTY OF MEDICINE
Continuing Professional Development

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About Us

Founded in 1989, The Charles H. Best Diabetes Centre, fondly known as The Best Centre, is a one-of-a-kind healthcare centre and registered charity specializing in type 1 diabetes education, management and support for people of all ages. The Best Centre care model is truly interdisciplinary and highly responsive to the individual needs of our patients through all stages of their lives. Our clinical and administrative teams work collaboratively to deliver many comprehensive programs including: pediatric, youth, adult and senior programs, insulin pump therapy programs, after-hours urgent care program, mental health program and a community outreach program. Our clinical team is comprised of nurses, dietitians and social workers who partner with our affiliated physicians. Please visit www.charleshbest.com to learn more and follow us on social media!

Our Vision

As an esteemed leader in type 1 diabetes expertise, we will provide exceptional community based services driven by our patients and their need for lifelong care, education and support.

Our Mission

To keep our children, youth and adults living with type 1 diabetes healthy until a cure is found.

Our Values

Respect, Integrity, Communication, Person-Centredness, Quality

THE
CHARLES H. BEST
DIABETES CENTRE

Charitable Number 13662-3295-RR0001

Welcome message from The Charles H. Best Diabetes Centre

As we enter our 32nd year of providing specialized care for people living with type 1 diabetes, we are proud to share our passion for type 1 expertise during our 9th Annual Health Professionals' Education Day. We missed you last year, but we are pleased to offer State of the Art Management of T1D in a new, safe and interactive format.

THE CHARLES H. BEST DIABETES CENTRE

The Best Centre has continued to grow and respond to the needs of our community with unprecedented numbers of new and returning patients. The staff has been steadfast in their commitment to care throughout the pandemic, offering programs virtually whenever possible. The advances in insulin pump technology and glucose monitoring have driven the expertise to new heights, and we continue to be committed to our mission: to keep our children, youth and adults living with type 1 diabetes healthy until a cure is found.

There are 2 major initiatives in progress that we'd like to share with you.

Type 1 Diabetes Educator Certificate course. We are thrilled that this dream is becoming a reality with the help of our partners at Ontario Tech University.

Click here to view: Type 1 Diabetes Educator Certificate Program

The expected launch date is July 2021.

Building on the Best Campaign. Our team has grown significantly, and we expect patient demand will increase exponentially. To that end, we have embarked on the Building on the Best expansion campaign. Please visit www.buildingonthebest.ca to learn more.

Thank you for your support and for the work you do in your own communities for patients living with type 1 diabetes.

Best in health,

Lorrie Hagen, RD,MHSc,CHE
Executive Director, The Charles H. Best Diabetes Centre

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*The Pod has a waterproof IP28 rating for up to 7.6 metres for up to 60 minutes. The PDM is not waterproof.
**Up to 72 hours of continuous insulin delivery.
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From the Conference Planning Committee

It is our pleasure to welcome you to our first-ever virtual conference. We are pleased to be offering a full-day accredited program through Continuing Professional Development, Faculty of Medicine, University of Toronto. We look forward to hearing from our outstanding faculty members who are internationally renowned in the field of type 1 diabetes. We want to thank them for remaining committed to this day and for taking the time to be with us. We also must recognize our sponsors for their generous support, without which this day would not be possible.

We hope that you will find today's program to be engaging, informative and beneficial to your practice.

The conference objectives are:

1) To bring together faculty with expertise in type 1 diabetes in order to explore state-of-the-art methodologies and technology designed to improve the quality of care provided to T1D patients.

2) To provide an opportunity for multidisciplinary professional development for all healthcare providers engaged in the research, care and management of T1D.

As always, we welcome your feedback. Please be sure to complete the online evaluation.

Regards,

Marlene Grass, Lorrie Hagen, Jacqueline James, Valerie Lewis and Sharm Simon
Conference Planning Committee (2019-2021)

Accreditation: Royal College of Physicians and Surgeons of Canada – Section 1

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim a maximum of 5.0 hours.

THE CHARLES H. BEST DIABETES CENTRE

State of the Art Management of Type 1 Diabetes in Adults

The 9th Annual Charles H. Best Diabetes Centre Health Professionals' Education Day

MARCH 5, 2021 PROGRAM FOR THE VIRTUAL CONFERENCE

9:00 am (EST)	Opening Remarks	Lorrie Hagen, Executive Director The Charles H. Best Diabetes Centre
9:05 am – 9:50 am (EST)	Session 1. Glucose responsive insulin: Progress towards promise	John Buse MD PhD
9:55 am – 10:40 am (EST)	Session 2. Heavenly Sweet Talk: The impact of life purpose method on diabetes distress	Barry Simon MD FRCP
AM Break 10:45 am – 11:00 am	**Energy Break** Sponsored by Eli-Lilly – Guided live stretch break	
11:05 am – 11:50 am (EST)	Session 3. Shame and Diabetes: Nutritional counselling strategies for fostering resilience in a culture of body obsession	Nikki Estep MPH RDN LD CDCES
11:55 – 12:40 pm (EST)	Session 4. Understanding patient perspective in the world of diabetes social media	Cherise Shockley BA
12:45 pm – 1:15 pm (EST)	**Lunch Break** Sponsors Virtual Booths Network on platform	
OPTIONAL 12:50 pm – 1:05pm	**Hot Lunch Topic** COVID-19 Immunization and Type 1	Jacqueline James MD MEd FRCPC Valerie Lewis MD FRCPC
1:20 pm – 2:05 pm (EST)	Session 5. New technology and older patients: Can they adapt? Is it worth it?	Richard E. Pratley MD
PM Break 2:10 pm – 2:25 pm (EST)	**Energy Break** Sponsored by Abbot - Make a smoothie with us!	
2:30 pm – 3:15 pm (EST)	Session 6. Progress on the path to the prevention of type 1 diabetes.	Diane Wherrett MD FRCPC
3:20 pm (EST)	Closing Remarks	Lorrie Hagen, Executive Director The Charles H. Best Diabetes Centre
3:25 pm – 4:00 pm (EST)	Evaluations Virtual Booths/Network	Online link will be available
4:00 pm	End of Day	

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* Scanning the sensor does not require lancets.

† A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial glucose levels may not accurately reflect blood glucose levels or when hypoglycemia or impending hypoglycemia is reported by the system or when symptoms do not match the system readings.

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BAQSIMI is indicated in children 4 years and above, and has not been studied in patients less than 4 years old.
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- Pheochromocytoma
- Insulinoma

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Lack of response: BAQSIMI should be given only in patients where impaired consciousness precludes oral carbohydrates. After intranasal administration of BAQSIMI, the patient will normally respond within 15 minutes. If the patient does not respond within 15 minutes, intravenous glucose must be administered as soon as possible.

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Other relevant warnings and precautions:[1]
- Cardiovascular effects
- Driving and operating machinery
- Pheochromocytoma
- Insulinoma
- Sensitivity and resistance to glucagon
- Pregnant women
- Breast-feeding
- Pediatrics (<4 years of age)
- Geriatrics (>65 years of age)
- Use in patients with Type 2 diabetes taking sulfonylureas
- Use with alcohol
- Monitoring and laboratory tests

For more information:
Consult the product monograph at http://pi.lilly.com/ca/baqsimi-ca-pm.pdf for additional important information relating to warnings and precautions, adverse reactions, drug interactions, dosing information and clinical use which have not been discussed in this piece. The product monograph is also available by calling 1-888-545-5972.

References: 1. BAQSIMI Product Monograph. Eli Lilly Canada Inc. September 25, 2019. **2.** Yale J-F, Dulude H, Egeth M, *et al.* Faster use and fewer failures with needle-free nasal glucagon versus injectable glucagon in severe hypoglycemia rescue: a simulation study. *Diabetes Technology & Therapeutics* 2017;19(7):1-10.

Lilly

Opening Remarks

Lorrie Hagen, Executive Director

Bio

Lorrie Hagen, RD, MHSc, CHE. Executive Director of The Charles H Best. Diabetes Centre since 2017. She has over 22 years of experience in both the acute and community healthcare sectors. Before joining the Best Centre, Lorrie practiced as a Clinical Dietitian at The Hospital for Sick Children (Cancer Centre) for many years. In 2012, she transitioned into clinical leadership with the Blood and Marrow Transplant Program and then as Senior Manager for the Organ Transplant & Medical Specialties units for 3 years. Throughout her career, Lorrie has demonstrated an inter-professional and collaborative approach to promoting clinical excellence in patient services, staff engagement and an unrelenting commitment to patient and family centred care. Lorrie has her Master's in Health Administration (MHSc) from the University of Toronto (Institute of Health Policy, Management and Evaluation). She has completed leadership studies at the Rotman School of Management, Western Continuing Education and undergraduate studies from Ryerson University (BASc Honours, Food and Nutrition) and the University of Guelph (BSc, Animal and Biological Sciences). She is an active member of the Canadian College of Health Leaders and is a Certified Health Executive (CHE). Lorrie enjoys her varied "hats"; leading and learning from her clinical, administrative and development teams. She continues to work closely with patients, families, volunteers, community members, partners and sponsors. The future of the Best Centre's success will continue to build on innovative care and programming; growing to meet the demands of type 1 diabetes patients of all ages.

SESSION 1

Glucose responsive insulin: Progress towards promise

John Buse MD PhD

Bio

John Buse, MD, PhD is the Verne S. Caviness Distinguished Professor, Chief of the Division of Endocrinology, Director of the Diabetes Center, Director of the NC Translational and Clinical Sciences Institute and Executive Senior Associate Dean for Clinical Research at the University of North Carolina (UNC) School of Medicine in Chapel Hill, North Carolina, USA. Dr. Buse completed service as President for Medicine & Science at the American Diabetes Association in 2008 and as Chair of the National Diabetes Education Program in 2014. He has received numerous awards and honors, including the 2010 Castle Connolly National Physician of the Year Award and the 2019 American Diabetes Association Outstanding Achievement in Clinical Diabetes Research Award. He has authored more than 400 publications.

Learning Objectives

Participants will be able to

1) Define conceptually what glucose-responsive insulin (GRI) is.
2) Recognize the strengths of reported GRI technologies.
3) Recognize the weaknesses of reported GRI technologies.

SESSION 2

Heavenly Sweet Talk: The impact of life purpose method on diabetes distress

Barry Simon MD FRCP

Bio

Dr. Barry Simon MD FRCP is a psychiatrist and psychoanalyst. He is an Assistant Professor of Psychiatry at the University of Toronto and a Consultant with the Leadership Centre for Diabetes at Mount Sinai Hospital where he improves diabetes adherence in patients with Type 1 and Type 2 Diabetes.

He presents workshops across Canada and annually at the Canadian Diabetes Association meetings and has presented in the US and Europe. Recently, he has been using spiritually based methods in his care of patients who struggle with diabetes distress and diabetes adherence.

Learning Objectives

Participants will be able to

1) Recognize the distress of living with a chronic illness through a discussion of diabetes distress.

2) Learn how life purpose can improve chronic illness self care through a case example.

3) Discover how to use life purpose strategies to ease diabetes distress and/or improve self-care adherence.

Shame and Diabetes:
Nutritional counselling strategies for fostering resilience in a culture of body obsession

Nikki Estep MPH RDN LD CDCES

SESSION 3

Bio

Nikki received her Master's in Public Health in Health Promotion and Behavorial Sciences the University of Texas Health Science Center in Houston, TX where she also completed her clinical training as a Registered Dietitian Nutritionist. Nikki's passion for working in diabetes care began during her specialized training and work at Texas Children's Hospital. Nikki is the owner of Mindful Eats Nutrition Counseling and has been working in private practice for the last six years where her focus has been on the intersection of diabetes, weight stigma, and eating disorders. Nikki also serves as a consultant for Baylor College of Medicine's Diabetes Prevention Program. Nikki is also a co-founder of EFFT Texas, an organization committed to providing training, resources and support for the family members of loved ones with mental illness or health conditions requiring significant emotional support (like diabetes!).

Learning Objectives

Participants will be able to

1) List the ways shame impacts health and the management of type 1 diabetes.
2) Identify communication strategies to reduce shame in patient interactions.
3) Describe the techniques used to help patients develop shame resilience.

SESSION 4

Understanding patient perspective in the world of diabetes social media

Cherise Shockley BA

Bio

Cherise Shockley joined The diaTribe Foundation in 2019 as the organization's first Community Manager. Cherise was diagnosed with Latent Autoimmune Diabetes in Adults in June 2004. She is the founder of Diabetes Social Media Advocacy (#dsma), creator of the Blue Fridays initiative and Women of Color (WOC) Diabetes. Cherise is a subject matter expert in diabetes social media, online communities, and peer support. She is a wife, mother, and veteran. She received her degree in Mass Communications and Media Studies with a minor in Digital Audience from Arizona State University.

Learning Objectives

Participants will be able to

1) Describe why people with diabetes use social media platforms to share their journey.

2) Discuss how people with diabetes use social media to connect with peers, access diabetes news, education, and resources.

3) Identify ways healthcare professionals can recommend peer support communities or online resources to patients.

COVID-19 Immunization and Type 1

HOT LUNCH TOPIC

Jacqueline James BSc MD MEd FRCPC

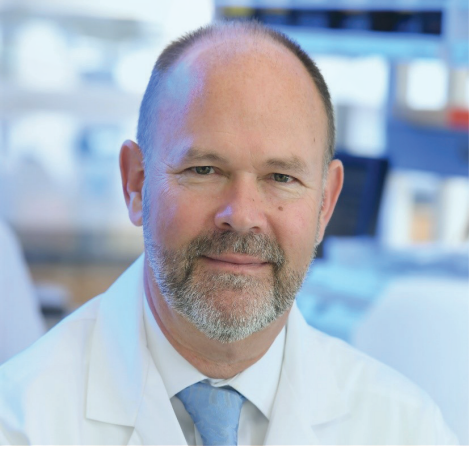
Bio

Dr. Jackie James is a University of Toronto graduate. She is a Clinician Educator and Professor of Medicine at the University. She is currently Vice-President Education, Sinai Health System and Departmental Division Director for the U of T Division of Endocrinology and Metabolism, Co-chair of the Toronto Academic Health Sciences Network Education Committee, past Chair of the Banting and Best Diabetes Centre, Care and Education Committee, and past Director of the Wightman-Berris Academy. She has a general endocrinology practice with an interest in caring for people with type 1 diabetes, especially those transitioning to adult care, and those with complex type 2 diabetes.

Valerie Lewis MD FRCPC

Bio

Dr. Valerie Lewis has been actively involved with The Charles H. Best Diabetes Centre since 1996. She initiated multidisciplinary paediatric clinics at the centre and helped expand its mandate beyond paediatrics to include people of all ages living with type 1 diabetes. She is proud to serve on the Best Centre's Board of Directors as their paediatric and clinical programs' medical advisor. She has been part of the centre's Conference Planning Committee since its inception in 2012. Dr. Lewis also has a busy paediatric consultation practice in Ajax and is a member of the Lakeridge Health Network medical staff. She earned her BSc. in Life Sciences from Queen's University, her medical degree from the University of Toronto and completed her paediatric fellowship training at the Hospital for Sick Children in Toronto.



New technology and older patients: Can they adapt? Is it worth it?

Dr. Richard E. Pratley MD

SESSION 5

Bio

Richard E. Pratley, MD serves as the Samuel E. Crockett Chair in Diabetes Research, as well as Senior Investigator and Diabetes Program Lead at the AdventHealth Translational Research Institute and Medical Director at the AdventHealth Diabetes Institute, both in Orlando, Florida. Dr. Pratley is an internationally recognized expert in diabetes and is board certified in internal medicine. He received his medical degree from Wayne State University in Detroit and completed fellowships in geriatric medicine and gerontology at the University of Michigan, John Hopkins University, and the National Institute on Aging. As a member of the American Diabetes Association, the European Association for the Study of Diabetes and The Obesity Society, Dr. Pratley continues his active involvement in the professional community. He has served as a member of the editorial boards of Diabetes Care, The Lancet: Diabetes and Endocrinology, The Journal of Diabetes and its Complications, The Journal of Clinical Endocrinology and Metabolism, and acts as an ad hoc reviewer for many other journals. Dr. Pratley regularly presents at national and international meetings, has conducted numerous research studies on the pathogenesis, prevention and treatment of diabetes, and has published over 250 peer-reviewed articles on diabetes. His current research interests include the prevention of diabetes, improving the care for older persons with diabetes, developing new drugs to treat and prevent diabetes and its complications, and understanding the role of the fat cell in increasing the risk of diabetes and heart disease.

Learning Objectives

Participants will be able to

1) Discuss the magnitude of the problem of T1D and its complications in older adults.
2) Describe examples of the use of technology and older adults with T1D.
3) Identify challenges to technology adaptation in older adults with T1D and strategies for success.

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* Comparative clinical significance unknown.

References: 1. TOUJEO® SoloSTAR® and TOUJEO® DoubleSTAR® Product Monograph, sanofi-aventis Canada Inc., October 28, 2019. **2.** LANTUS® Product Monograph, sanofi-aventis Canada Inc., October 19, 2017. **3.** Levemir® Product Monograph, Novo Nordisk Canada Inc., November 9, 2017. **4.** BASAGLAR® Product Monograph, Eli Lilly Canada Inc., February 17, 2017. **5.** TRESIBA® Product Monograph, Novo Nordisk Canada Inc., April 17, 2019. **6.** Data on file, sanofi-aventis Canada Inc., 2019.

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Progress on the path to the prevention of type 1 diabetes.

Diane Wherrett MD FRCPC

SESSION 6

Bio

Dr. Wherrett is a pediatric endocrinologist at the Hospital for Sick Children and Professor, Department of Pediatrics, University of Toronto. She completed medical school at Queen's University in Kingston, Ontario and paediatrics and pediatric endocrinology training at the Hospital for Sick Children. She completed a research fellowship in the immunology of type 1 diabetes at Stanford University. She has been a faculty member at Sick Kids since 1995.

Her major research focus is in interventions to prevent beta cell loss in type 1 diabetes. She is a member of the Steering Committee of the NIH-sponsored multi-centre clinical trials group, Type 1 Diabetes TrialNet, chairs its largest study and is the director for the Canadian Clinical Centre for this study group. She was a member of the Expert Panel for the 2008, 2013 and 2018 Diabetes Canada Clinical Practice Guidelines and was lead author of the chapter on Type 1 Diabetes in Children and Adolescents for the 2013 and 2018 guidelines. She is the medical lead of the Hospital for Sick Children's clinic for children with disorders of sex development.

Learning Objectives

Participants will be able to

1) To understand current concepts in the pathogenesis of type 1 diabetes.

2) To review prediction of type 1 diabetes.

3) To review the results of the Teplizumab Trial in Relatives at High Risk of Type 1 Diabetes and discuss ongoing trials.

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BUILDING ON THE BEST

THE CHARLES H. BEST DIABETES CENTRE EXPANSION CAMPAIGN

The Charles H. Best Diabetes Centre has launched the Building on the Best expansion campaign to raise $5 million to grow the current facility to support the next generation of type 1 diabetes patients. Without the life-saving care delivered by The Best Centre, type 1 diabetes patients would unnecessarily present with complications to overburdened health system partners.

The Best Centre sees about 2,000 patients and conducts more than 17,000 healthcare interactions per year to support patients and their caregivers. The challenge continues.

The opportunity is NOW to invest in this transformation in community healthcare.

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