



# KETO UNIVERSITY 2025

MARCH 31 - APRIL 2, 2025 • NASHVILLE TENNESSEE

## PROGRAM

### MONDAY, MARCH 31, 2025

	INTERMEDIATE RD	NEUROLOGISTS/NURSE PRACTITIONER	ADVANCED RD
7:00 - 8:00 AM	BREAKFAST		
8:00 - 8:30 AM	Registration   Pre-test		
8:30 - 8:45 AM	Welcome   Icebreaker		
8:45 - 9:30 AM	History & Efficacy of Ketogenic Diets (KD): Why healthcare professionals should consider a KD for drug-resistant epilepsy patients SPEAKER: DR. ERIC KOSSOFF (Johns Hopkins University, Baltimore, MD)		
9:30 - 10:00 AM	Overview of Types of Ketogenic Diets & Their Use SPEAKER: ZAHAVA TURNER, RD (Johns Hopkins Children's Center, Baltimore, MD)		
10:00 - 10:30 AM	Screening & Selecting Good Keto Candidates SPEAKER: ROBYN BLACKFORD, RDN (Lurie Children's Hospital, Chicago, IL)		
10:30 - 11:00 AM	BREAK		



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11:00 – 11:30 AM	Genetics: KD for Glut1, PDH & Other Genetic Disorders SPEAKER: STACEY BESSONE, RD (Johns Hopkins All Children’s Hospital, St. Petersburg, FL)		Keto Competencies: Training your fellow Keto RDs SPEAKER: MEREDITH JOHNSON, MS, RD (Children’s Healthcare of Atlanta, Atlanta, GA)
11:30 – 12:30 AM	Case Studies: What Diet to Choose for Which Patient SPEAKER: LINDSEY THOMPSON, PhD, RD (Univ. of Kansas Medical Center, Kansas City, KS)		Keto Hot Topics SPEAKER: VANESSA ALDAZ, MPH, RD (in private practice)
12:30 – 1:30 PM	LUNCH		
1:30 – 2:00 PM	One Center’s Experience: Outpatient Initiation and how to make it work SPEAKER: LISA VANATTA, MS, RDN, CSP (Phoenix Children’s Hospital, Phoenix, AZ)		
2:00 – 3:30 PM	Pediatric to Adult Transition and Key Considerations in Adult KD Management SPEAKERS: DR. ELIZABETH FELTON & KELLY FALTERSACK, RD (both University of Wisconsin Health)		
3:30 – 3:45 PM	BREAK		
3:45 – 5:30 PM	KETO Cooking with CHEF EDUCATOR RACHEL FINN (Kansas City, MO)		
6:30 PM	DINNER HOSTED BY NUTRICIA (outside the hotel)		



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## TUESDAY, APRIL 1, 2025

	INTERMEDIATE RD	NEUROLOGISTS/NURSE PRACTITIONER	ADVANCED RD
7:00 - 8:00 AM	BREAKFAST		
8:00 - 8:30 AM	Mechanism of Actions & How to Explain it to Families SPEAKER: DR. SHILPA REDDY (Monroe Carell Jr. Children's Hospital at Vanderbilt University Medical Center)		
8:30 - 9:00 AM	Monitoring and managing side effects of the KD SPEAKER: DR. ELIZABETH FELTON		
9:00 - 9:30 AM	Fine-tuning the KD for patients SPEAKER: KRISTIN MATTHEWS (Monroe Carell Jr. Children's Hospital at Vanderbilt University Medical Center)		
9:30 - 10:00 AM	Q&A Panel for the Morning Session		
10:00 - 10:30 AM	BREAK		
10:30 - 11:00 AM	Quality of Life of Drug-Resistant Epilepsy Patients on the KD: A Literature Review and the CORE Initiative SPEAKER: MEREDITH JOHNSON		
11:00 - 11:30 AM	The Art of Weaning Your Ketogenic Diet Patients SPEAKER: DR. LILA WORDEN (University of Connecticut, Connecticut Children's, Farmington, CT)		
11:30 AM - 12:00 PM	Formula Usage in Ketogenic Diet Management - What Do We Know? SPEAKER: ROBYN BLACKFORD		



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12:00 – 1:00 PM	LUNCH		
1:00 – 1:30 PM	CONCURRENT: Ask the Experts: Managing <b>Adults</b> on the Ketogenic Diet (incl. ICU management) MODERATORS: DR. ELIZABETH FELTON & KELLY FALTERSACK, RD		
1:00 – 1:30 PM	Ask the Experts: Topics such as: Initiation, ICU, protocols/guidelines, myth busting will be covered  SPEAKERS/MODERATORS: STACEY BESSONE, ZAHAVA TURNER, LINDSEY THOMPSON	Bring Your Own Case Study MODERATORS: DRS. REDDY, WORDEN, KOSSOFF	Difficult KD Patient Case Report Reviews MODERATOR: ROBYN BLACKFORD
1:30 – 2:00 PM			Ketogenic Diet Usage in the <b>Pediatric</b> ICU Setting, Including TPN SPEAKER: VANESSA ALDAZ
2:00 – 2:30 PM			
2:30 – 3:30 PM	Embark On an Epic Quest in Our Open-Ended Case Study Game FACILITATOR: ROBYN BLACKFORD		
3:30 – 4:00 PM	BREAK		
4:00 – 5:30 PM	Networking Reception: Poster Presentations   Flash Talks   Best Practices   Resources		
AFTER 5:30 PM	DINNER ON YOUR OWN		



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## WEDNESDAY, APRIL 2, 2025

	INTERMEDIATE RD	NEUROLOGISTS/NURSE PRACTITIONER	ADVANCED RD
7:30 - 8:30 AM	BREAKFAST		
8:30 - 9:00 AM	Making It Work: Supplements in the KD SPEAKER: STACEY BESSONE	This group may join one of the diet management groups if interested. Otherwise, may depart after the networking session on Tuesday evening.	Ketogenic Dietitian Research Network (KDRN) - Updates & Opportunities MODERATOR: ROBYN BLACKFORD
9:00 - 9:30 AM	Advanced Ketodietcalculator Tips SPEAKER: ZAHAVA TURNER		
9:30 - 10:00 AM	Blenderized KD & Accommodating Patients with Allergies SPEAKER: LINDSEY THOMPSON		Ketone Testing - How Reliable is it? SPEAKER: VANESSA ALDAZ
10:00 - 10:30 AM	BREAK		
10:30 - 11:00 AM	Global KD - Cultural Adaptations SPEAKER: CHEF EDUCATOR RACHEL FINN		
11:00 - 11:30 AM	Where is the KD Heading & What Future Research is Needed? SPEAKER: DR. ERIC KOSSOFF		
11:30 AM - 12:15 PM	Post-Test   Graduation   Goodbyes		