



# KETO UNIVERSITY 2025

MARCH 31 - APRIL 2, 2025 • NASHVILLE TENNESSEE

## PRELIMINARY PROGRAM

### MONDAY, MARCH 31, 2025

	INTERMEDIATE RD	NEUROLOGISTS/NURSE PRACTITIONER	ADVANCED RD
7:00 - 8:00 AM	BREAKFAST		
8:00 AM	Registration and pre-test		
8:30 AM	Welcome and icebreaker		
8:45 AM	History and 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 AM	Overview of Types of Ketogenic Diets & Their Use SPEAKER: ZAHAVA TURNER, RD (Johns Hopkins Children's Center, Baltimore, MD)		
10:00 AM	Screening & Selecting Good Keto Candidates SPEAKER: ROBYN BLACKFORD, RDN (Lurie Children's Hospital of Chicago, Chicago, IL)		
10:30 AM	BREAK		



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11:00 AM	Genetics: KD for Glut1, PDH & Other Genetic Disorders SPEAKER: STACEY BESSONE, RD (Johns Hopkins All Children's Hospital, St. Petersburg, FL)		Malnutrition/NFPE SPEAKER: TBD
11:30 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 PM	Physiology of Ketosis SPEAKER: TBD		
2:00 – 3:30 PM	Pediatric to Adult Transition and Key Considerations in Adult KD Management SPEAKERS: TBD		
3:30 – 5:30 PM	KETO Cooking with CHEF EDUCATOR RACHEL FINN (Kansas City, MO)		
AFTER 6:30 PM	DINNER HOSTED BY NUTRICIA		



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## TUESDAY, APRIL 1, 2025

	INTERMEDIATE RD	NEUROLOGISTS/NURSE PRACTITIONER	ADVANCED RD
7:00 - 8:00 AM	BREAKFAST		
8:00 AM	Mechanism of Actions and How To Explain It To Families SPEAKER: DR. SHILPA REDDY (Monroe Carell Jr. Children's Hospital at Vanderbilt University Medical Center)		
8:30 AM	Monitoring and Managing Side Effects of the KD SPEAKER: TBD		
9:00 AM	Fine-Tuning the KD for Patients SPEAKER: TBD		
9:30 AM	Q&A Panel for the Morning Session		
10:00 AM	BREAK		
10:30 AM	Quality of Life of Drug-Resistant Epilepsy Patients on the KD: A Literature Review and the CORE Initiative SPEAKER: TBD		
11:00 AM	The Art of Weaning Your Ketogenic Diet Patients SPEAKER: DR. LILA WORDEN (University of Connecticut, Connecticut Children's, Farmington, CT)		



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	INTERMEDIATE RD	NEUROLOGISTS/NURSE PRACTITIONER	ADVANCED RD
11:30AM	Formula Usage in Ketogenic Diet Management - What Do We Know? SPEAKER: Nutricia		
12:00 – 1:00 PM	LUNCH		
1:00 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 SPEAKER: TBD MODERATOR: ROBYN BLACKFORD
1:30 PM			Ketogenic Diet Usage in the ICU Setting, Including TPN SPEAKER: VANESSA ALDAZ
2:00 PM			
2:30 – 3:30 PM	Embark on an Epic Quest in Our Open-Ended Case Study Game FACILITATOR: ROBYN BLACKFORD		
3:30 PM	BREAK		
4:00 – 5:30 PM	Networking Reception: Poster presentations/flash talks, best practices and resources		
AFTER 6:30 PM	DINNER		



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## WEDNESDAY, APRIL 2, 2025

	INTERMEDIATE RD	NEUROLOGISTS/NURSE PRACTITIONER	ADVANCED RD
7:00 - 8:00 AM	BREAKFAST		
8:30 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.	Supplements - Bring Your Challenging Case Study MODERATOR: ROBYN BLACKFORD
9:00 AM	Advanced Ketodietcalculator Tips SPEAKER: ZAHAVA TURNER		Ketone Testing - How Reliable Is It? SPEAKER: VANESSA ALDAZ
9:30 AM	Blenderized KD and Accommodating Patients with Allergies SPEAKER: LINDSEY THOMPSON		
10:00 AM	BREAK		
10:30 AM	Global KD - Cultural Adaptations SPEAKER: CHEF EDUCATOR RACHEL FINN		
11:00 AM	Where Is The KD Heading And What Future Research Is Needed? SPEAKER: DR. ERIC KOSSOFF		
11:30 AM - 12:15 PM	Post-Test, Graduation and Goodbyes		