NATIONAL KIDNEY FOUNDATION®
of Indiana

PROFESSIONAL EDUCATION SYMPOSIUM

STUART A. KLEIT SYMPOSIUM

RENAL ROADMAPS: TRANSITIONS IN KIDNEY DISEASE

FRIDAY, NOVEMBER 8, 2024

8:30am - 4:15pm ET

502 East Event Center
502 East Carmel Drive
Carmel, IN

PROGRAM

SUPPORTED BY
EDUCATIONAL SPONSORSHIPS FROM

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National Kidney Foundation of Indiana (NKFI)

The National Kidney Foundation of Indiana's mission is to prevent kidney and urinary tract diseases, improve the health and wellbeing of individuals and families affected by these diseases, and increase the availability of all organs for transplantation. To support that mission, NKFI provides and supports many programs in the community. It is the only non-profit organization in the state of Indiana specifically dedicated to kidney and urinary tract disease prevention, education, service, and advocacy. NKFI serves all residents of Indiana, and many of its programs target high-risk, under-served or uninsured populations including low income, minorities, and the elderly. To find out more about our organization and how you can be involved, visit our website at www.kidneyindiana.org or call 317-722-5640.

Activity Overview

The Stuart A. Kleit Symposium is an annual educational offering sponsored by NKFI. The symposium is an opportunity for professionals in the fields of nephrology and transplantation to network, receive education, and share best practices. Presenters include international, national and local subject matter experts who offer the most up-to-date information related to nephrology and transplantation. This year's symposium is a one-day hybrid event with in-person and virtual options for both presenters and attendees. By providing a format for experts to present on topics regarding transitions in kidney disease, NKFI hopes to prepare healthcare providers to better answer questions most asked by kidney patients such as questions about diet, sexuality, and other lifestyle adjustments regarding the treatment of chronic kidney disease and transplantation to advocate for the best treatment options for their patients.

Program Committee

Deepak Jasuja, MD, MBA, FCCP, FASN
Committee Chair

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Mary Kay Hensley, RD

Beth Johnston, RN, MSN, CPNP

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NKFI Program Manager

Noni Hoham
NKFI Development Operations Manager

Target Audience

This activity is designed for physicians, physician assistants, nephrology nurses, technicians, nurse practitioners, nephrology social workers, renal and clinical dietitians, and transplant coordinators.

NKFI's Expectation of Presenters

Through Continuing Education Programs, NKFI promotes excellence in kidney healthcare education. NKFI expects that all presenters affiliated with this activity will provide informative and fully accurate content that reflects the highest level of scientific rigor and integrity.

Learning Objectives

At the conclusion of this activity participants will be better able to:

- Analyze how regulatory policies and recent innovations in kidney disease treatment influence clinical outcomes
- Analyze strategies for enhancing patient care by integrating patient preferences, shared decision-making principles, and personalized treatment plans into home care and clinical practice
- Recognize barriers CKD and dialysis patients encounter in making dietary changes and discuss tools and strategies for supporting patients in making changes achievable
- Describe the workup and treatment of sexual dysfunction in men with renal dysfunction
- Discuss the unique needs of patients transitioning from pediatric to adult kidney patients and how providers support this
- Discuss the relationship between hospitalizations and psychological support for kidney patients
- Identify challenges for transplant recipients and healthcare providers, analyzing effective solutions, and integrating holistic patient support in the transplant process
- Discuss the prevalence of pain in patients living with kidney disease and incorporate safe treatment options into practice.

Criteria for Successful Completion

Participants will attend the symposium and submit an online activity evaluation. A certificate of completion will be available for participants immediately upon completion of the online evaluation. A link and instructions on how to complete the online evaluation and access CME/CE certificates will be emailed to all participants after the symposium. Credits will be awarded based on sessions attended.

Participants have up to four (4) weeks after the symposium to complete the online activity evaluation. Please note that all participants must complete the online activity evaluation by Friday, December 6 in order to receive their credit and certificate.

For questions about accessing the activity evaluation or downloading your CME/CE certificate, please contact CMEinfo@kidney.org.

Disclosure and Conflict of Interest Policy

In accordance with the standards for Commercial Support, education programs sponsored by the National Kidney Foundation of Indiana, Inc. (NKFI) must demonstrate balance, independence, objectivity and scientific rigor. All faculty, authors, editors and planning committee members participating in a NKFI sponsored activity are required to disclose any relevant financial interest or other relationship with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services that are discussed in an educational activity.

Non-endorsement of Products

The presence of any product, company, or corporation at this symposium in no way signifies an endorsement of the product, company or corporation by the National Kidney Foundation of Indiana, Inc.

Note

While offering continuing education hours, this activity is not intended to provide extensive training or certification in any field.

Accreditation

In support of improving patient care, the National Kidney Foundation is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), to program to provide continuing education for the healthcare team.

Physicians

The National Kidney Foundation designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity™

Nurse Practitioners, Nurses, and Dialysis Technicians

Awarded 6.25 contact hours of continuing nursing education.

Physician Assistants

National Kidney Foundation has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Dietitians

As a Jointly Accredited Organization, the National Kidney Foundation is approved to offer dietitian continuing education by the Commission on Dietetic Registration (CDR). Organizations, not individual courses, are approved under this program. Dietitians completing this course receive 6.25 continuing education credits.

- CDR Activity Type: 102
- Activity Number: The National Kidney Foundation does not assign 6-digit Prior Approval Numbers. For this question in MyCDR, click “skip” when prompted for the activity number.

Social Workers

As a Jointly Accredited Organization, the National Kidney Foundation is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 6.25 general continuing education credits. Licensed social workers should contact their individual jurisdiction to review current continuing education requirements for licensure renewal.

Transplant Coordinators

The National Kidney Foundation is accredited as a provider of continuing transplant education by the American Board for Transplant Certification: CEPTC Provider Number #170. This activity has been granted 6.25 contact hours. Program ID 170-106.

Agenda

Friday, November 8

8:00 am - 8:30 am	**Sign in, Continental Breakfast, Exhibit Hall open**
8:30 am	**WELCOME**
8:40 am - 9:25 am	**Keynote Address: Innovations in Kidney Care** *Presenter: Kirk Campbell, MD* *Professor of Medicine, Professor of Pharmacological Sciences Icahn School of Medicine at Mount Sinai, NY* *Chief Diversity and Health Equity Officer Nationwide Children's Hospital, Columbus, OH*
9:25 am - 10:25 am	**Panel: Patient-Driven Kidney Care** *Moderator: Nupur Gupta, MD, Indiana University School of Medicine* *Panelists: Jana Mishler-Vinson, MSW, LSW, DaVita Kidney Care* *Kim & Gary Chmielewski, Patient & Home Caregiver* *Indianapolis, IN*
10:25 am - 10:35 am	**10 MINUTE BREAK**
10:35 am - 11:25 am	**But It's Yummy: Supporting Patients in Diet Changes** *Presenter: Cassandra Erbeck, MS, RDN, LD* *Riley's Children's Health* *Indianapolis, IN*
11:25 am - 12:10 pm	**Sexuality & Kidney Disease** *Presenter: Helen L Bernie, DO* *Indiana University Health* *Indianapolis, IN*
12:10 pm - 1:10 pm	**Buffet Lunch, Exhibit Hall Open**
1:10 pm - 2:10 pm	**Growing Up: Transition from Pediatric to Adult Kidney Patient** *Presenters: S. Jawad Sher, MD, Neha D. Pottanat, MD, and Corina Nailescu, MD* *Indiana University Health* *Indianapolis, IN*

Agenda

2:10 pm - 2:50 pm	**Panel: Mind & Body - Hospitalizations and Psychological Support for Kidney Patients** *Panelists: Islam A. Ghoneim, MD, PhD, MS and* *Kristen East, LSW, MSW* *Ascension St. Vincent Hospital* *Indianapolis, IN*
2:50 pm - 3:00 pm	**10 MINUTE BREAK**
3:45 pm - 3:45 pm	**Panel: Navigating the Transplant Journey - Challenges & Solutions** *Panelists: Muhammad Yahya Jan, MD and* *Shannon Gruber, RN* *Indiana University Health Transplant* *Indianapolis, IN*
3:45 pm - 4:15 pm	**Pain Management for Patients Living with Kidney Disease** *Presenter: Amar Bansal, MD, FASN* *Pittsburgh University* *Pittsburgh, PA*
4:15 pm	**Wrap-up and CME/CEU Information**

Meet our Presenters

Amar Bansal, MD, FASN, UMPC

Amar Bansal, MD, FASN, UMPC attended medical school at NYU School of Medicine and then completed training in internal medicine, nephrology, and palliative medicine at the University of Pennsylvania. He has been a clinician educator at the University of Pittsburgh since 2017 where he is clinically active in both nephrology and palliative care. He is the Associate Program Director for the nephrology fellowship and the Director of Quality and Metrics for the Palliative & Supportive Care Institute.

His clinical interests are in medical management without dialysis, polycystic kidney disease, IgA nephropathy, and ANCA associated vasculitis.

Helen Bernie, DO

Helen Bernie, DO is passionate about men's health, cancer survivorship and fertility preservation. She treats all aspects of men's health to include male sexual dysfunctions and infertility.

From a sexual health standpoint, she treats erectile dysfunction, Peyronie's disease, low testosterone (hypogonadism), anorgasmia and ejaculatory dysfunctions. From a fertility standpoint, she specializes in treating male infertility by performing vasectomy reversals, testis biopsies, varicocele surgery and performing vasectomies.

She also treats patients who need fertility preservation procedures prior to initiation of treatments that may render them infertile such as surgery, chemotherapy or radiation.

Dr. Bernie completed her residency in Urology at the University of Rochester Medical Center, Rochester NY, and went on to complete a two-year fellowship in Sexual and Reproductive Medicine at Memorial Sloan Kettering Cancer Center and New York Presbyterian/Weill Cornell Medical College, New York, NY.

Kirk Campbell, MD

Kirk Campbell, MD is the President-Elect of the National Kidney Foundation Scientific Advisory Board. He is the Irene and Dr. Arthur M. Fishberg Professor of Medicine in the Division of Nephrology and Professor of Pharmacological Sciences at the Icahn School of Medicine at Mount Sinai, New York, where he serves as the founding Director of the Mount Sinai Center for Kidney Disease Innovation. In addition to caring for patients with kidney disease, he leads a multidisciplinary NIH-funded research program focused on understanding mechanisms of kidney disease progression and clinical trials in the rare kidney disease space.

He is a Past-President of the New York Society of Nephrology and a member of the Board of Directors of the Nephcure Foundation. He is an elected member of the American Society for Clinical Investigation and a member of the Editorial Boards of American Journal of Kidney Disease, Kidney360, Kidney International, Frontiers in Medicine and the American Journal of Physiology – Renal Physiology.

Dr. Campbell received his medical degree from the University of Connecticut, completed Internal Medicine residency at Yale University, and clinical nephrology and postdoctoral research training at Mount Sinai.

Meet the Presenters (continued)

Kim and Gary Chmielewski

Gary Chmielewski is a home dialysis patient, and his wife, Kim, is his home caregiver. "We're just ordinary people," says Kim, and they will share their story and answer questions in a panel discussion about Patient-Driven Kidney Care.

Cassandra Erbeck, MS, RDN, LD

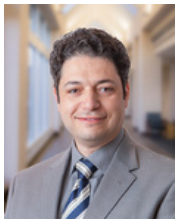
Cassandra Erbeck. MS, RDN, LD is a registered dietitian specializing in pediatric renal nutrition for Riley Hospital for Children in Indianapolis, IN. Cassandra completed her undergraduate studies in nutrition and dietetics at Indiana University Bloomington and her Master of Science in clinical nutrition at Illinois State University. In her work at Riley Hospital, Cassandra focuses on optimizing nutrition outcomes for pediatric patients with chronic kidney disease and those receiving dialysis. Cassandra is passionate about the role of the healthcare system in addressing nutrition access and food security. In collaboration with the multidisciplinary team, Cassandra works to assess and address barriers to adequate nutrition to assure patients receive compassionate and equitable care. Cassandra is a member of the Indiana Academy of Nutrition and Dietetics and the Pediatric Renal Dietitians of North America. She is married to Jacob, her husband of two years, and enjoys hiking, rock climbing, cooking, and traveling.

Kristen East, LSW, MSW

Kirsten East, LSW, MSW is a licensed social worker for Ascension St. Vincent Abdominal Transplant Services. She received her Masters of Social Work from Widener University in Chester, Pennsylvania.

With a social work background working with children and families, she transitioned to medical social work and found herself in abdominal transplant where she has been since November 2020. She works with pediatric and adult transplant patients who are seeking a kidney transplant in helping to prepare them for transplant as well as those who are post kidney transplant in helping them to adjust to life after transplant.

Islam Ghoneim, MD, PhD, MHI



Islam Ghoneim, MD, PhD, MHI is the Program Director for St. Vincent Abdominal Transplant Services, specializing in renal and pancreas transplantation and urology.

He completed his clinical research fellowship and was named a clinical fellow in kidney and pancreas transplantation at Cleveland Clinic Glickman Urological and Kidney Institute, Cleveland, Ohio. He served as a lecturer in the Department of Urology at Cairo University and received his medical, Master of Science, and doctorate degrees in Urology from Cairo University, Cairo, Egypt. He recently earned a master's degree in health informatics from Indiana University. Dr. Ghoneim is also a member of the American Society of Transplant Surgeons. He earned an Educational Commission for Foreign Medical Graduate (ECFMG) certificate and a Medical Informatics certificate. He is an author in Campbell's Urology and has published several scientific articles.

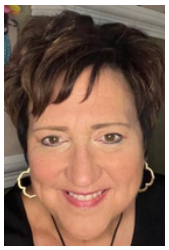
Meet the Presenters (continued)

Shannon Gruber, RN

Shannon Gruber RN has worked for IU Health for 30 years. During her time at IU Health, she spent 14 years in the Pediatric Rehabilitation Program and 4 years in Adult Medical Surgery. In 2012 she joined the transplant program as a liver transplant coordinator where she was a member of the liver transplant team for 6 years as a post-transplant coordinator, pre-transplant coordinator and an evaluation coordinator.

In 2018 Shannon transitioned to the kidney transplant team as a pre-transplant coordinator. In 2020 she co-created the new position of Annual Waitlist Coordinator within the program. She remains in that position at today.

Jana Mishler-Vinson, LSW, MSW



Jana Mishler-Vinson, LSW, MSW has worked in the field of dialysis for the past 17 years and is currently with DaVita Dialysis in Terre Haute, IN. She serves as Regional Point Social Worker for Northwest Indiana where she enjoys educating and training new social workers and the dynamics of renal social work.

Jana takes pleasure in providing evidenced-based practices to assist in identifying patient's current stressors or symptoms to both home dialysis and in-center patients. Jana has been recognized, on two separate occasions, for the Core Value Award ~ Service Excellence ~ for understanding the needs of her patients and seeking out resources to assist them in managing their kidney disease treatment regimen and improving their quality of life.

Nupur Gupta, MD

Nupur Gupta, MD is an Associate Professor with the Division of Nephrology at Indiana University. She serves as the program director of Home Dialysis Fellowship and Medical Director of the Home Dialysis Program. Her interests are improving quality of care delivered amongst home dialysis patients while adopting innovative and new technology in the field. She is aspiring to improve the home dialysis training during nephrology fellowship.

Muhammad Yahya Jan, MD

Muhammad Yahaya Jan, MD is Assistant Professor of Medicine Indiana University School of Medicine. He received his medical degree from The Aga Khan University, Pakistan.

After his Internal Medicine residency at Indiana University School of Medicine, Indianapolis, IN, he completed his fellowship in Nephropalliative Care and Hospice at the University of Wisconsin Medical School, Madison, WI and his Nephrology and Transplant Nephrology fellowship at Indiana University School of Medicine, Indianapolis, IN.

Dr. Jan is an advocate for improving the quality of life for his patients both pre and post-transplant. He takes care of complex patients with advanced kidney and liver disease and their evaluation pre-transplant. He is involved in multiple research projects that pertains to pre-transplant evaluation, post-transplant hemodynamics as well as overall quality of life in patients with kidney transplant.

Dr. Jan is Board Certified in Internal medicine, Palliative Medicine and Nephrology/Transplant Nephrology.

Meet the Presenters (continued)

Corina Nailescu, MD

Corina Nailescu, MD has been the Medical Director of Pediatric Kidney Transplantation since she started the Pediatric Kidney Transplant program at Riley Hospital for Children at Indiana University Health 17 years ago, and is currently a Professor of Clinical Pediatrics.

Before joining the faculty at Indiana University School of Medicine, Dr. Nailescu completed a pediatric nephrology fellowship training at Albert Einstein College of Medicine in New York. For the past 20 years, her clinical focus has been pediatric kidney transplantation, with an academic focus on vaccinations, reproductive health, transition of care and quality of life.

In the area of vaccinations, she has studied immune responses to influenza, Human Papilloma Virus (HPV) and Hepatitis B vaccines in pediatric kidney transplant recipients. Dr. Nailescu's HPV vaccination multicenter study in kidney transplant recipients led her to recognized that adolescent and young adult patients are at risk for certain unique comorbidities such as HPV-related disease later in life and that prevention efforts should start early.

This work became the inspiration to develop a complex and innovative transition system for adolescent and young adult kidney transplant recipients involving experts from pediatric nephrology, adolescent medicine and psychology.

Dr. Nailescu has been a member of the American Society of Transplantation (AST) Pediatric Community of Practice (PCOP) since 2010 and of the Infectious Disease COP since 2017. Since 2018 she has been a member of the PCOP Educational Committee, and this year was elected to be a member of the AST PCOP Executive Committee.

Neha D. Pottanat, MD

Neha Pottanat, MD is an Assistant Professor of Pediatrics at Indiana University School of Medicine. Dr. Pottanat received her undergraduate degree in Chemistry and medical degree in an accelerated, dual-degree program at the University of Missouri in Kansas City. She then moved to Phoenix, Arizona to continue her training at Banner University Hospital and Phoenix Children's Hospital for combined internal medicine and pediatrics residency. Lastly, she completed pediatric nephrology fellow at Nationwide Children's Hospital/Ohio State University in Columbus, Ohio.

Dr. Pottanat has a clinical interest in the care and management of pediatric chronic kidney disease and chronic dialysis, pediatric mineral bone disease, and young adult transition care. Her current research interests are in disparities in renal disease; specifically, she studies how food and nutrition insecurity effect health outcomes in pediatric end-stage kidney disease.

As she is originally from Newburgh, Indiana, Dr. Pottanat is happy to work as a physician at Riley Hospital for Children.

S. Jerwad Sher, MDS

S. Jawad Sher, MD specializes in Nephrology & Kidney Diseases for IU Health Physicians Kidney Health. Dr. Sher earned his medical degree at Aga Khan University Hospital. He then completed an internship at McKeesport Hospital and a residency and fellowship at West Virginia School of Medicine, Morgantown WV.

Stay connected with us to find out about future educational opportunities in 2025!

STUART A. KLEIT SYMPOSIUM

DIETITIANS MEETING

THE BIG ASK

THE BIG GIVE

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Help Shape
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PROGRAMS SURVEY

The National Kidney Foundation of Indiana needs your input with the programs and services offered to those with and at risk of developing kidney disease. We hope that you will take a few moments to complete this brief survey so we can better understand how to best serve you.

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of Indiana

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