



# KETO UNIVERSITY 2025

MARCH 31 - APRIL 2, 2025 • NASHVILLE, TENNESSEE

## PROGRAM

**Monday, March 31, 2025**

Agenda subject to change

TIME	INTERMEDIATE TRACK	NEURO TRACK	ADVANCED TRACK
7:00 am	<b>BREAKFAST</b> (Patterson B & C)		
8:00 am	<b>Registration   Pre-test</b> (Patterson A)		
8:30 am	<b>Welcome   Icebreaker</b> (Patterson A)		
8:45 am	<b>History &amp; Efficacy of Ketogenic Diets (KD): Why healthcare professionals should consider a KD for drug-resistant epilepsy patients</b> <i>Speaker: Dr. Eric Kossoff</i> (Patterson A)		
9:30 am	<b>Overview of Types of Ketogenic Diets &amp; Their Use</b> <i>Speaker: Zahava Turner, RD, CSP, LDN</i> (Patterson A)		
10:00 am	<b>Screening &amp; Selecting Good Keto Candidates</b> <i>Speaker: Robyn Blackford, RDN, LDN</i> (Patterson A)		
10:30 am	<b>BREAK</b>		
11:00 am	<b>Genetics: KD for Glut1, PDH &amp; Other Genetic Disorders</b> <i>Speaker: Stacey Bessone, RD, LDN</i> (Patterson A)		<b>Keto Competencies: Training Your Fellow Keto RDs</b> <i>Speaker: Meredith Johnson, MS, RDN, CSP, LD</i> (Adams)
11:30 am	<b>Case Studies: What Diet to Choose for Which Patient</b> <i>Speaker: Lindsey Thompson, PhD, RD, LD</i> (Patterson A)		<b>Keto Hot Topics</b> <i>Speaker: Vanessa Aldaz, MPH, RDN</i> (Adams)
12:30 pm	<b>LUNCH</b>		
1:30 pm	<b>One Center's Experience: Outpatient Initiation &amp; How to Make it Work</b> <i>Speaker: Lisa Vanatta, MS, RDN, CSP</i> (Patterson A)		
2:00 pm	<b>Pediatric to Adult Transition &amp; Key Considerations in Adult KD Management</b> <i>Speakers: Dr. Elizabeth Felton &amp; Kelly Faltersack, MS, RDN, LDN, CD</i> (Patterson A)		
3:30 pm	<b>BREAK</b>		
3:45 pm	<b>KETO Cooking with Chef Educator Rachel Finn</b> (Patterson B & C)		
6:30 pm	<b>DINNER HOSTED BY NUTRICIA</b> (outside the hotel)		



# KETO UNIVERSITY 2025

MARCH 31 - APRIL 2, 2025 • NASHVILLE, TENNESSEE

**Tuesday, April 1, 2025**

Agenda subject to change

TIME	INTERMEDIATE TRACK	NEURO TRACK	ADVANCED TRACK
7:00 am	BREAKFAST (Patterson B & C)		
8:00 am	Mechanisms of Actions & How to Explain it to Families Speaker: Dr. Shilpa Reddy (Patterson A)		
8:30 am	Monitoring and Managing Side Effects of the KD Speaker: Dr. Elizabeth Felton (Patterson A)		
9:00 am	Fine-Tuning the KD for Patients Speaker: Lindsey Thompson (Patterson A)		
9:30 am	Q&A Panel for the Morning Session (Patterson A)		
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: Meredith Johnson (Patterson A)		
11:00 am	The Art of Weaning Your Ketogenic Diet Patients Speaker: Dr. Lila Worden (Patterson A)		
11:30 am	Formula Usage in Ketogenic Diet Management - What Do We Know? Speaker: Robyn Blackford (Patterson A)		
12:00 pm	LUNCH (Patterson B & C)		
1:00 pm	CONCURRENT: Ask the Experts: Managing Adults on the Ketogenic Diet (incl. ICU management) Moderators: Dr. Elizabeth Felton & Kelly Faltersack (Gallery)		
1:00 pm	Ask the Experts: Topics such as: Initiation, ICU, protocols/guidelines, myth busting will be covered Moderators: Stacey Bessone, Zahava Turner, Lindsey Thompson (Patterson A)	Bring Your Own Case Study Moderators: Drs. Reddy, Worden, Kossoff (Robgins)	Difficult KD Patient Case Report Reviews Moderator: Robyn Blackford (Adams)
1:30 pm			Ketogenic Diet Usage in the Pediatric ICU Setting, Including TPN Speaker: Vanessa Aldaz (Adams)
2:00 pm			
2:30 pm	Embark On an Epic Quest in Our Open-Ended Case Study Game Facilitator: Robyn Blackford (Patterson A)		
3:30 pm	BREAK		
4:00 pm	Networking Reception: Poster Presentations   Flash Talks   Best Practices   Resources (Patterson B & C)		
	DINNER ON YOUR OWN		



# KETO UNIVERSITY 2025

MARCH 31 - APRIL 2, 2025 • NASHVILLE, TENNESSEE

## Wednesday, April 2, 2025

Agenda subject to change

TIME	INTERMEDIATE TRACK	NEURO TRACK	ADVANCED TRACK
7:30 am	BREAKFAST (Patterson B & C)		
8:30 am	<b>Making It Work: Supplements in the KD</b> <i>Speaker: Stacey Bessone</i> (Patterson A)	<i>This group may join one of the diet management groups if interested. Otherwise, may depart after the networking session on Tuesday evening.</i>	<b>Ketogenic Dietitian Research Network (KDRN) – Updates &amp; Opportunities</b> <i>Moderator: Robyn Blackford</i> (Adams)
9:00 am	<b>Advanced Ketodietcalculator Tips</b> <i>Speaker: Zahava Turner</i> (Patterson A)		
9:30 am	<b>Blenderized KD &amp; Accommodating Patients with Allergies</b> <i>Speaker: Lindsey Thompson</i> (Patterson A)		<b>Ketone Testing - How Reliable is it?</b> <i>Speaker: Vanessa Aldaz</i> (Adams)
10:00 am	BREAK		
10:30 am	<b>Global KD - Cultural Adaptations</b> <i>Speaker: Chef Educator Rachel Finn</i> (Patterson A)		
11:00 am	<b>Where is the KD Heading &amp; What Future Research is Needed?</b> <i>Speaker: Dr. Eric Kossoff</i> (Patterson A)		
11:30 am	Post-Test   Graduation   Goodbyes		