



KETO UNIVERSITY 2023

SEPTEMBER 15-16, 2023 • SAN DIEGO, CALIFORNIA

FRIDAY 9/15/2023

PROGRAM

Agenda subject to change

TIME	FUNDAMENTAL TRACK	ADVANCED TRACK
11:00 AM	CHECK IN, PRE-TEST, LIGHT LUNCH	
11:45 AM	Kick off and ice breaker	
12:00 PM	Overview and History of the medical ketogenic diet (KD)	Hot topics in and latest research on the medical ketogenic diet (KD)
12:30 PM	- <i>Lindsey Thompson</i>	- <i>Robyn Blackford</i>
1:00 PM	KD Calculations – Hands-on! - <i>Lindsey Thompson</i>	What Would You Do? Advanced Networking – bring your challenging topics to this session and discuss with your peers. - <i>Vanessa Aldaz</i>
1:30 PM		Formula usage in the KD – what do we know? - <i>Ulrike Reichert</i>
2:00 PM	BREAK	
2:30 PM	KetoDietCalculator Part 1 - <i>Robyn Blackford</i>	Use of the KD in select relevant genetic disorders (incl Glut-1 & PDH)
3:00 PM		- <i>Stacey Bessone</i>
3:30 PM	Open Forum/Ask the Experts - <i>Robyn Blackford</i>	
4:00 PM	BREAK	
4:30 - 6:00 PM	Hands-on KD cooking fun with <i>Chef Rachel Finn</i>	
6:00 PM	END OF DAY 1	





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TIME	FUNDAMENTAL TRACK	ADVANCED TRACK
7:00 AM	BREAKFAST	
8:00 AM	KetoDietCalculator Part 2 - <i>Robyn Blackford</i>	Next Generation Mentoring - <i>Vanessa Aldaz</i>
8:30 AM	Which supplements do I need for my KD patients and how do I interpret these labs? - <i>Stacey Bessone</i>	KD for Adults: What do we know about adult management and best practices for your adult patients. - <i>Vanessa Aldaz</i>
9:00 AM		
9:30 AM	Case Studies: How to choose the best KD option for your patients - <i>Lindsey Thompson</i>	Complicated cases of patients on the KD — share and discuss your case reports - <i>Stacey Bessone</i> Participants: Please bring your difficult cases.
10:00 AM		
10:30 AM	BREAK	
11:00 AM	Side Effects of the KD and Sick Day Management - <i>Vanessa Aldaz</i>	KD in Status Epilepticus and PICU - <i>Robyn Blackford</i>
11:30 AM		
12:00 PM	Meal Planning & Practical Applications of the KD - <i>Lindsey Thompson</i>	TPN usage in the KD - <i>Vanessa Aldaz</i>
12:30 PM		
1:00 PM	LUNCH	





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2:00 PM	Basics of Adult KD Management - <i>Stacey Bessone</i>	Your patient's specific dietary requirements: Allergy and blenderized diet management
2:30 PM		- <i>Lindsey Thompson</i>
3:00 PM	Guidelines for KDT in Children: 2008, 2018...and 2028? What are the open questions?	
3:30 PM	- <i>Eric Kossoff</i>	
4:00 PM	WRAP UP AND POST TEST	
4:30 PM	BREAK	
5:00 PM	Reception: Poster and Best Practice	
5:30 PM		
6:00 PM		
6:30 PM	END OF TRAINING COURSE	

