



EUROPEAN KETO LIVE® CENTRE

INFORMATION & TRAINING CENTRE ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES

1st Keto Live E-Learning Conference

Ketogenic Metabolic Therapies – Escape Route from the COVID-19 Risk Group

1. Brief description

a) A medical Conference on the importance of our diet and Ketogenic Metabolic Therapies as a powerful tool in the fight against NCD and thus an escape route from the COVID-19 risk group.

CME /CPD certified - in recorded lectures and documentaries, leading International experts, scientists, professors and physicians present the latest scientific knowledge about the relationship between Insulin Resistance, NCD and COVID-19.

Discussing the use of Ketogenic Metabolic Therapies for the prevention and treatment of NCD, for the rapid restoration of our metabolic health and the strengthening of our immune systems.

We can prevent further economic lockdowns and make our society more resilient in a short time.

By tackling the root causes rather than just treating the symptoms, we can (and must) quickly and effectively "Flatten the NCD Curve to Counter Future Virus Attacks!"

b) We offer

- **72 CME Credits in total - certified by the Bavarian State Chamber of Physicians BLÄK**
- divided into **50 CME Credits for Part I** and **22 CME Credits for Part II** of the Conference.
- collectable for physicians from Germany, Austria, Switzerland the USA, and Canada
- from 19th of February 2021 till 19th of February 2022

c) Offer schedule

- Part I - Conference language is English
7 E-Learning Modules (ELM) with 3 to 4 Units /Lectures each
- Part II - Conference language is German
3 E-Learning Modules with 3 Units/ Lectures each.
- the duration for each unit varies between +/- 45 - 90 minutes
- plus additional +/- 15 Minutes to answer 3 CME/ CPD test questions to each unit

d) Procedures

Continuous medical education - individual learning - at your own pace from the comfort of your home.

e) Availability

The E-Learning Conference and the possibility to collect CME/CPD Credits will be available from the date of the certification - for one year by the "Bayerische Landes Ärztekammer"(BLÄK), the different certifying Swiss Medical Societies and two years from the date of the accreditation by the EACCME® for 28 European Countries, the USA & Canada

f) Fees - Early Bird Tickets will be available till Easter Monday, April 5th 2021

- Part I – English: Early Bird 460,- € Regular 545,- €
- Part II - German: Early Bird 140,- € Regular 175,- €



2. Introduction to the E-Learning Conference

The E-Learning Conference works like any regular Conference.

- Each attendance has to buy his/her ticket to attend the Conference no matter if they like to collect CME/CPD Credits or not.
- The Conference comprises lectures with PowerPoint presentations by different speakers, a panel discussion, and several documentaries, to deepen the topics presented.
- The advantage of the E-Learning format, you can not only watch the Conference at your pace, choose which ever topic you like to see first. But you can also interrupt the speaker at any time, even let him/her repeat or just put the lecture on hold to fetch another coffee. Or jump back and forth between the units.

Like in our prior conferences, we carefully designed the schedule into seven E-Learning Modules (ELM) containing three to four units with attached CME/CPD questions.

- ELM 1 - The introduction of our topic the Pandemic on Top of the Pandemic and the Connection between Insulin Resistance (IR), Non-Communicable Diseases (NCD) and COVID-19. The new European Keto Live Centre - Information and Training Centre - Association for Ketogenic Metabolic Therapies (EKLC), and our fight against IR and NCD in a panel discussion and the introduction of some of our Advisory board Members including the Charlie Foundation with founder Jim Abrahams and his film "First do no Harm" celebrating the 100th Birthday of the scientific documented use of Ketogenic Therapies in the Treatment of Epilepsy in 1921
- ELM 2 - Root causes and the urgent need to "Flatten the NCD Curve - to Face Future Viral Attacks."
- ELM 3 - Heart- & Cardiovascular Diseases CVD
- ELM 4 - Cancer
- ELM 5 - Type 1 & Type 2 Diabetes and Kidney Disease
- ELM 6 - Psychiatric and Neurological disorders and in
- ELM 7 - Tools to regain Metabolic Health

3. Target group and required prior knowledge

- physicians and healthcare professionals
- this conference is also intended to serve as the informational part of our appeal to politicians, health authorities and insurance companies.
- This topic is of importance to all of us. We, therefore, welcome and encourage everyone interested to attend this conference.

Get informed, start thinking & act accordingly!

4. Overview of learning and support materials

- Videos with lectures /PowerPoint presentations, by leading international Experts, Scientists, Professors and Physicians.
- Panel with members of the EKLC Medical Advisory Board
- Documentations & Film
- 3 Step CME/ CPD Questionnaire after each unit
- Reference lists - PDF with activated links that lead to studies, articles and books for each unit.

5. Learning success monitoring

The 3 step CME/ CPD Questionnaire after each unit - containing one Questions per step, each wit 3 to 4 possible answers. Each of the questions offering two attempts to rethink or watching the lecture again or reading the references before answering for the second time.



6. Information on the technical requirements

Thanks to responsive design, the Coursepath-E-learning-Platform, with our conference, is accessible on all internet-enabled devices, like your

- Computer, laptop, tablet or smartphone
- You also need an internet connection
- a modern browser such as Chrome, Edge, Firefox or Safari
- and your password for access

7. How to earn CME /CPD Credits

After each of our Units - the Panel, the Lectures, the Film & Documentaries you find three questions.

- Each Question offers 3 sometimes 4 possible answers.
- **To earn the CME/ CPD Credits/Points of that unit all the 3 questions have to be answered correct.**
- We offer two attempts to pick the right answer - so you still get time to rethink, go back to the lecture or the references
- if one of the 3 Questions is wrong you only lose the Credits for this particular unit - so don't give up still a lot of Credits to earn...
- On request your CME/CPD Certificate (PDF) will be sent to you via E-Mail. Once you finished all the required questions, your personal scores will be proven and signed by our medical supervisor for this Conference Dr Suzan Oruc MD and her assistant Dr Ernst Spindler PhD.
- Each unit is certified with credits by the different societies or medical chambers, relevant for different countries. The Credits to earn will be shown next to the unit. We will keep you on track once we received all certifications or any news on that matter.
- We try to get certifications for as many Countries as possible at present Keto Live Project offers Continuous Medical Education Credits for Physicians and Continuous Professional Development Credits for Dietitians, Nutritionists and Medical Professionals in: Germany, Switzerland, Austria, Armenia, Belgium, Bulgaria, Croatia, Cyprus, Finland, Georgia, Greece, Hungary, Ireland, Regione Lombardia, Luxembourg, Malta, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Tunisia, Turkey, United Kingdom, USA & Canada
- **It is the responsibility of the attendee to adhere to the CME /CPD requirements of his/her licensing board and to ensure these credits will be approved before registering for the conference. Keto Live Project cannot provide this information to attendees.**

You will have time to earn your Credits/Points for

- one year after the Conference was certified from the BLÄK -19th of February 2021 till 2022 for Germany, Austria and Switzerland, the USA and Canada (PDF attached below)
- for two years after accreditation by the EACCME® - still pending

8. Content support / Contact

Keto Live Project - Josephine Barbarino E-Mail: ketoliveproject@gmail.com

9. Technical Support / Contact

Matthias Hochwimmer E-Mail: m.hochwimmer@ccet-gmbh.de

10. Availability of the Conference

- 1 year from certification of the conference by the Bavarian Medical Association BLÄK and the Swiss Medical Societies.
- 2 years from certification by the European Accreditation Council for Continuing Medical Education EACCME@-UEMS.
- The Coursepath-E platform should be available 24 hours a day throughout the year. Exceptions are technical malfunctions or maintenance work - should we be aware of these, all participants will be informed immediately. Please note our attached General Terms and Conditions (AGB) also available at <https://www.keto-live.com/>



11. Learning objectives

a) Is there an escape route from the COVID-19 risk group?

Participants will gain insight and medically sound information on:

- The power of our diet in both positive and negative ways
- The link between Insulin Resistance, Non-Communicable Diseases and COVID-19
- The use of Ketogenic Metabolic Therapies as a powerful medical tool in the fight against NCD and
- The restoration of our metabolic health and thus our immune system.
- The role of vitamin D in our immune system/ COVID-19.
- How can we minimize the COVID-19 risk group to better withstand future viral attacks and avoid lockdowns?
- The role of insulin & IR in the development of NCD
- Prevention, early detection & monitoring - test, test, test - for IR, the CAC Score, the GKI and more
- detecting and treating the root causes instead of managing the symptoms
- Heart- and CVD
- Cancer
- Type 1 & Type 2 Diabetes , Kidney Disease
- Psychiatric and Neurological & Neurodegenerative Diseases
- What exactly is Ketogenic Metabolic Therapy and what are the forms of application?

b) Coordination of the learning objectives with any face-to-face events

- As soon as the COVID-19 meeting & travel restrictions are relaxed or lifted, further conferences and seminars on the topics covered are planned as training, development and supplementary courses.

c) Ensure the accessibility of content to the formulated learning objectives

- The reference lists of literature and studies suggested by the respective lecturers offer a comprehensive source of further information and in-depth learning content, attached to each unit as PDF files (by downloading the links get activated)

12. Information on the didactic implementation of the learning objectives

a) Alignment of the contents with the learning objectives

- All e-learning modules (ELM) are coordinated with the respective headings/topics in the sequence according to the learning objectives and the resulting questions.
- As with our Face to Face Conferences, the welcoming overview and introduction to the overarching theme is followed by the ELMs focused on the 4 main NCD themes
- Heart & CVD
- Cancer
- Diabetes
- Psychiatric and Neurological Diseases

structured according to the occurrence of NCD with increasing Insulin Resistance

<https://academic.oup.com/jcem/article/86/8/3574/2848584>

b) Measurability of the achievement of learning objectives

- immediate control by the participant with the CME/ CPD Test Questionnaire

c) Coordination of learning objectives and methods

- With the selection of highly qualified international experts, scientists and physicians as lecturers, the recording of the lectures, the reference lists and the possibility to contact the lecturers by e-mail. Let's try to come as close as possible to the classic conference as a proven means of continuing medical education with the e-learning version.



d) Achieving the learning objectives in the envisaged timeline.

The workload/time required to seven ELM with 3-4 contributions each plus questions corresponds to

- a four-day classical face-to-face conference.
- In the case of the e-learning conference, the participant can organise his or her own time to cope with the learning workload. Depending on the time of booking and the CME /CPD certification, one can thus take up to one or two years to learn and earn all offered CME/CPD Credits.
- We will keep you update with the accreditation news - please check dates carefully.
- **It is the responsibility of the attendee to adhere to the CME /CPD requirements of his/her licensing board and to ensure these credits will be approved before registering for the conference. Keto Live Project cannot provide this information to attendees.**

13. appropriate text (content quantity, style)

All speakers are professionally highly qualified with many years of experience in the creation and presentation of didactically relevant, scientific content.

14. appropriate media-technical quality

- Since the recording of COVID-19 had to take place partly at the lecturers' home offices, the quality of the videos can vary.
- Through post-processing, we have tried to ensure the best available quality of each contribution.
- We have embedded all videos of the lectures in the highest possible resolution - depending on your internet connection, this may lead to waiting times when uploading.
- For watching the film and the documentaries you will be redirected automatically to Vimeo in order to provide better quality.

15. accessibility of the content

- After successfully completing the payment process, you will receive your personal link for immediate access to the conference you booked
- **Attention! You waive your legally guaranteed 14-day right of withdrawal as soon as you have logged into the conference with your personal link.**
- **Please note our terms and conditions in the appendix and on <https://www.keto-live.com/>.**
- If you waive your right of withdrawal, you can start immediately.
- Otherwise, you have to wait for the 14 days period.
- Table of Contents Sitemap and Learning Path Proposal are Identical and easy to use.
- You can change your navigation language by clicking on the language-icon right in the middle at the bottom end of the page
- Reference list and CV of the respective lecturer can be found as an attachment to each unit. Also attached to each unit you will find the three-step CME/CPD Test-Questionnaire.

Further details on availability can be found under point 10.

16. communication and interaction possibilities

a) Learning goal-oriented use of communication & interaction opportunities:

- we offer PowerPoint-supported lectures followed by a detailed test questionnaire.
- Supporting films/ documentaries as well as
- detailed reference lists with activated links to each learning unit in PDF format.

b) Use of asynchronous tools:

- FAQ - will be set up as required.
- Discussion forums - opportunities for written discussion are provided at each unit/lecture - hence interaction between participants.
- The reference lists of studies and books attached to each unit/lecture serve as a library.
- All participants will of course be informed about new developments, e.g. CME /CPD certification, etc.



- c) Continuous support for forums and chats is guaranteed.
- d) Activation of a message function for the purpose of exchange between author/tutor & learners:
- The lecturers either offer direct contact - otherwise, we are happy to transmit questions by e-mail: ketoliveproject@gmail.com

17. Evaluation

- a) Ensure that evaluation data is incorporated into quality assurance.
- Please find the Participant's Evaluation Form (PDF) for the whole conference attached at the End of each ELM
- b) Ensuring feedback opportunities
- We kindly ask all participants to fill in this form and send it to us
 - by e-mail: ketoliveproject@gmail.com
 - or send a letter to:

Josephine Barbarino
Keto Live Project e.V.
Stadtplatz116
D - 84489 Burghausen

18. Author and tutor details

- the lecturer introduces him/herself at the beginning of each lecture.
- at the end of most presentations, the lecturer displays his/her contact details and may also offer direct contact for queries.
- a CV (PDF) provided by the speaker is attached to each lecture.

19. details of the organiser (Imprint according to § 5 Telemediengesetz/TMG):

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VAT ID No.: DE 311 90 69 91
Josephine Barbarino

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for the
European Keto Live Centre
Represented by: Keto Live Project e.V.

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Medical advice and supervision of the conference:

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Dr. med. Suzan Oruc, registrd at the Bavarian Medical Association
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**20. information on topicality** (Year of publication/ date version)

- The presentations planned for the European Keto Live Conference, in November 2020.
- Recorded after the COVID-19 related cancellation and converted into the 1st Keto Live E-learning Conference Part I - English & Part II - German,
- completed with contributions from the 1st International Keto Live Conference in Switzerland 2019, the Charlie Foundation and the Irish Heart Disease Awareness (IHDA).
- Publication date as E-Learning Conference February 2021/ depending on CME7CPD recertification

21. on Contract and Terms of Use (T&Cs)

- Please note the GTCs (AGB) attached as a PDF document and at: <https://www.keto-live.com/>

22. clear and understandable navigation

- The Coursepath e-learning platform has already earned several awards.
- Thanks to the clearly structured layout and intuitive operation, participants are quickly familiar with the navigation and can organise their workload individually and learn effectively
- independent of time, location and device.

23. adequate user support

- easy to understand clear navigation
- detailed source information with activated links
- personal content support on request via E-Mail ketoliveproject@gmail.com
- and technical support via E-Mail m.hochwimmer@ccet-gmbh.de
- and

24. easy and quick access to the content

- through a clear structuring of the conference program and clear navigation
- personalized link

25. consistency of learning media

- all e-learning modules are structured in the same way and consist of
- a visually supported lecture,
- a film or a documentary
- every unit is followed by a three-stage learning success check to earn CME/CPD credits after each unit

26. Disclaimer for medical advice

a) The information provided by seinodernichtsein GmbH, the Keto Live Project e.V. and the European Keto Live Centre - Information & Training Centre - Association for Ketogenic Metabolic Therapies in books, articles, interviews, seminars or conferences are not a substitute for professional medical advice, but are for information and training purposes only.

b) As a reader, listener or participant in our conferences, seminars and other informational media, you personally assume full responsibility for how you use the information we provide, for yourself and others. Always be aware that "Ketogenic Metabolic Therapies" are a powerful, fast-acting, medical tool. Do not start such a therapy on your own - especially if you already have a medical condition or are taking medication. Always seek the advice of your physician or other qualified healthcare provider before starting a new treatment or stopping an existing one. Talk to your healthcare provider about any questions you have regarding a medical condition.

c) All medical information regarding the diagnosis and treatment of metabolic disorders, NCDs or other conditions, on our website, in our conferences, interviews, handouts or books is intended solely for medical diagnosis or treatment by physicians, dietitians, nutritionists and healthcare professionals. Patients should use this content as important information to begin an informed conversation with their doctors and healthcare providers and to be able to make clear and conscientious decisions about their health and treatments.