

08/25/16 - 08/27/16

Greensboro, NC

08/27/2016 201609 Caffeine and its Effect on the Bowel and Bladder: An Update for the WOC Nurse

Objective	# Resp	Avg.
1. Describe the effects of caffeine on the bowel and bladder	152	4.875

Mikel Gray	Seaker Overall Avg:	4.882
Presentation was fair, balanced and free from commercial bias		4.89
Teaching Methods/Ability		4.88
Demonstrated Expertise and effectively communicated the topic		4.88

Great presentation--I think it was as much for me as my patients! Was a great discussion at the family dinner--always a great speaker

presenter always GREAT! Information was unexpected and very useful daily !

informative

As always, learned something from Mikel.

excellent

such great information! New knowledge for me, great presentation!!!

great speaker, makes topic interesting

Excellent presenter...clear, concise, easily understood, and well documented EBP on PPT

Great session! Great topic. Great presentation.

I was surprised to learn that Mountain Dew is not as high in caffeine as I thought.

awesome presentation

This was a great session. When I read the title I thought what can they talk for an hour about with caffeine, but this was very informative

Really interesting and useful information on an ingredient we all "think" we know about, but we can now provide much better information to our patients.

Great presentation as one would expect from Michael. Learned a lot about coffee!

Dr Gray is always a phenomenal speaker-did not disappoint!

Great review and presentation of new information for me. Great speaker

This was an eye-opening presentation on the effects and contents of caffeine in drinks. It makes you think if a cup of coffee is worth it.

Wonderful presentation

Very eye-opening and well-presented.

Loved this presentation- very engaging, great way to start the morning!

Mikel - always informative with well organized, helpful information

Awesome presentation. I will never look at caffeine the same way again! Such good information to put into use.

Mikel is always a good speaker.

Very informative.

Great information

I learned a lot about caffeine

always like to hear Dr. Grey!

appreciate evidence based update on caffeine

Mikel is quite the dynamic speaker, with lots of energy! He can really get the audience engaged in the lecture. He really know his material well. Very empowering.

I will stop drinking so much coffee now

Mikel Gray is so knowledgeable; but approachable. He is able to relay so much information in an interesting way. Learned that caffeine is not a diuretic.

Very useful information. Mikel Gray is always an engaging speaker.

interesting new info

Excellent speaker with wonderful information

Well done

Energetic and professional, well organized, excellent material presented.

Interesting information

Speaker was full of energy(or was it just the caffeine!!)

What Dorothy does for poop, Mikel does for pee. The information was enlightening and eye opening, the presentation dynamic and interesting, hard topic to keep attention but MG does it every time.

I learned a lot about natural and synthetic caffeine, and how it is difficult to dose caffeine intake when consuming natural caffeine. Very interesting!

Very interesting session. Especially appreciated the toxicity information

Very interesting information presented in enjoyable manner

I learned about the effects of caffeine that I was not previously aware of. Some of the slides were busy and difficult to see from a distance. Dr. Gray is an engaging teacher

strong speaker as always, really knows the topic well and communicates well.

dynamic speaker

Great speaker - really enjoyed.

ALTHOUGH SOME MAY PERCEIVE DR GRAY AS DRY. I REALLY REALLY LOVED THIS SESSION. VERY INFORMATIVE AND NOT YOUR USUAL OR RUN OF THE MILL PRESENTATIONS. VERY HELPFUL FOR ME PERSONALLY AND PROFESSIONALLY.

lots of detailed information

This was a really interesting topic and I did not have any idea that caffeine affected the body in so many different ways. I enjoyed this lecture and I learned a lot from the information provided.

Really enjoyed this session. Great information and definitely something that comes up in my instruction to clinicians, caregivers and patient's regarding continence issues and ostomies. Thank you!

Good lecture!

Very informative.

Great refresher from what was presented by Dr. Gray at the 2013 SER

learned a lot and very interesting topic. his energy is infectious

I wasn't really looking forward to this session...but it turned out to be one of my favorite ones!

Mikel Gray can do no wrong. Interesting and humorous.

Lots of interesting information about caffeine

Dr. Gray is always a delightful presenter. He provided wonderful information related to caffeine consumption. I find it interesting that the amount of caffeine in coffee, tea and chocolate is variable and can't be predicted. Energy drinks are dangerous!!!

I was drinking coffee the entire time. A very safe dose! Seriously, Dr Gray did a great job. He's a wonderful speaker and the information was very valuable.

Mikel always gives a great presentation

great presentation