



University of Colorado Anschutz Medical Campus

Perinatal Diabetes: Prevention and Care Take a Team

SSEP Associate Training Conference

April 19-20, 2018

University of Colorado
Fulginiti Pavilion for
Bioethics & Humanities
Anschutz Medical Campus
13080 E. 19th Ave.
Aurora, CO 80045

Joint Providership



SweetSuccessExtensionProgram



Professional Education Center

Supporting Partner:
University of Colorado | Anschutz Medical Campus
Department of Medicine
Division of Endocrinology, Metabolism & Diabetes

Conference Information and Registration
Sweet Success Express - Professional Education Center
800-732-2387 - www.sweetsuccessexpress.org OR www.proedcenter.com

COURSE OBJECTIVES

At the conclusion of this program the participant will be able to:

Overall Objectives:

- Examine clinical care practice standards for use with women with diabetes during preconception, pregnancy, and postpartum.
- State the benefits of providing a multidisciplinary team approach to perinatal diabetes care.
- Discuss currently released evidence-based management strategies that can improve clinical outcomes.
- Improve patient management by updating existing policies and procedures based on evidence-based research presented.

Specific Objectives:

- Identify opportunities for improved pregnancy outcomes utilizing risk assessment preconception.
- Describe the differences in the two step versus one step methods of diagnosing gestational diabetes during pregnancy.
- Discuss the recent changes (2017) in ACOG guidelines and ADA guidelines for diagnosing gestational diabetes that resemble consensus.
- Describe the link between sleep disordered breathing and gestational diabetes.
- Discuss an understanding of the pathophysiology of diabetes and pregnancy and identify medical management strategies that improve outcomes for mother and fetus.
- Describe a healthy meal plan for women with diabetes during pregnancy and correlate with diet and exercise interventions for glucose control.
- Identify metabolic and nutrient deficiencies and verbalize nutrition needs and weight gain goals for post bariatric surgery patients.
- Identify when diet and exercise are not enough to control blood glucose.
- Gain an appreciation of the data regarding placental transfer of metformin and glyburide and summarize the data to date regarding the maternal and perinatal outcomes associated with metformin and glyburide use.
- List at least 3 key points to emphasize when teaching women to administer insulin.
- Examine how the “omics” technologies may be applied to gain insight into maternal metabolism during pregnancy.
- Apply the “spirit of motivational interviewing” to engage patients in their own care and avoid unproductive interactions.
- Use basic motivational interviewing techniques like reflection, open-ended questions, and the elicit-provide-elicited method for patient education.
- Identify the preventative value of glycemic control in pregnancies complicated by diabetes.
- Understand considerations in delivery timing and glucose management in the process of birth.
- Describe the iterative development of technology screening for GDM.
- To understand the role of 2nd trimester ultrasound in the diagnosis of fetal anomalies in diabetic pregnancies and the role of 3rd trimester ultrasound surveillance in management.

FACULTY

Cook, Paul F., PhD: Licensed Psychologist, Associate Professor College of Nursing, University of Colorado Anschutz Medical Campus

Farabi, Sarah, PhD, RN: Postdoctoral Fellow, University of Colorado Denver School of Medicine; Division of Endocrinology, Metabolism and Diabetes

Friedman, Jacob E. (Jed), PhD: Professor of Pediatrics, Biochemistry & Molecular Genetics, Professor of Medicine, Division of Endocrinology, Diabetes & Metabolism Professor of Basic Reproductive Sciences, Director, Colorado Program in Nutrition and Healthy Development, University of Colorado Anschutz Medical Center

Gance-Cleveland, Bonnie, PhD, RNC, PNP, FAAN: Loretta C. Ford Endowed Professor, University of Colorado Anschutz Medical Campus

Ghaffari, Neda, MD: Assistant Clinical Professor ObGyn & RS Maternal-Fetal Medicine, University of California, San Francisco, CA

Hernandez, Teri, PhD, RN: Division of Endocrinology, Metabolism, & Diabetes, University of Colorado Denver, Member SSEP Advisory Council

Inturrisi, Maribeth, RN, MSN, CNS, CDE: Perinatal Diabetes Educator, Sutter Pacific Medical Foundation, Maternal Fetal Medicine, San Francisco, CA, Member SSEP Advisory Council

Parke, Cindy, RNC, C-EFM, CNM, MSN: Director, Professional Education Center, President SSEP Board of Directors.

Rao, Geetha, MS, RD, CDE, CDTC, CPT, CLE: Clinical Dietitian, Palo Alto Medical Foundation, Fremont, CA, Member SSEP Board of Directors

Sperling, Jeffrey, MD: Clinical Fellow, Maternal-Fetal Medicine, University of California, San Francisco, CA

PROGRAM PLANNERS; MODERATORS

Joann Henry, RNC, MSHS: SSEP CFO; Co-Chair Planning Committee

Teri Hernandez, PhD, RN: SSEP Advisory Council Member; Co-Chair Planning Committee; Conference Co-Director

Cindy Parke, RNC, CNM, MSN: SSEP President; PEC Director; Co-Chair Planning Committee; Conference Co-Director/Organizer

Maribeth Inturrisi, RN, MSN, CNS, CDE: SSEP Advisory Council; Conference Moderator

Kimberly Maurer, LPN, BASc., PCM, CPI: PEC Assistant Director; Conference Organizer; Stretch Break Leader

Joan Perez, MBA, BSN, CDE: SSEP Consultant; Conference Organizer

COURSE DESCRIPTION

This conference is designed to provide a comprehensive update and review of current practice standards and contemporary topics related to diabetes and reproductive health. This is especially challenging today, as a national consensus on the approach to both diagnosis of diabetes in pregnancy, and optimal treatment regimens does not exist. The program will utilize a creative and practical application of evidence-based management strategies with the recognition of alternative approaches. The focus will be to assist clinicians to provide quality patient care to meet today's needs for change. Both clinical guidelines as well as specialty topics based on current research will be presented to assist in demystifying the controversies surrounding management strategies. National and international speakers will provide practical and relevant therapies and management strategies as well evidence-based preventive interventions across the life stages. Concepts of prevention, intervention, self-management education, team management and treatment modalities for current clinical applications will be integrated into the program. The goal is to provide the highest quality diabetes and reproductive health management. The content is based on the CDAPP Sweet Success model of care and is consistent with the current American Diabetes Association recommendations. The seminar is brought to you by the work of Sweet Success Extension Program, a not for profit devoted to the dissemination of high quality education in this essential topic.

Additionally, opportunities will be provided to network and collaborate with experts and peers. This event is not only a chance to get together and challenge each other on what works and what doesn't in prevention and care, but it is a fantastic opportunity to recognize shared priorities in diabetes and reproductive health management.

Who will Attend?:

The Perinatal Diabetes: Prevention and Care Take a Team Conference will benefit those who provide team care based on proven research. The demographic of the attendees will be broad and extend to all specialty areas of the diabetes and reproductive health. Attracting over 100 attendees, the conference is recognized by diabetes and pregnancy leaders nationwide. We appreciate the candor and care in which sponsors, speakers, presenters, exhibitors and attendees participate in the Q/A discussions to exchange ideas and lessons learned. Our hope is that everyone will be heading back to their workplace and community with a renewed sense of energy, direction and inspiration.

CONTINUING EDUCATION CREDITS

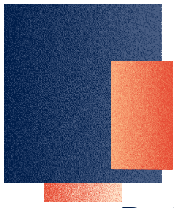
Nurses: Up to 13.5 CE Hrs Nursing BRN: 6.75 Hrs each day.
Co-sponsors: Professional Education Center (Provider #9890) and SSEP, a non-profit organization (Provider #13813). Both are accredited providers by the California Board of Registered Nursing.
Physicians: Category II CME can be self submitted for 13.5 Hours
RD/DTR: Activity #139286 CPE Approval Verification from The Commission on Dietetic Registration. 13.5 Hrs.

THURSDAY APRIL 19

- 7:30 Breakfast, Exhibits and Registration
7:50 Welcome - Introductions
8:00 Opportunities in the Preconception Period
Cindy Parke
8:45 Diagnosing Hyperglycemia during Pregnancy: Are We Close to Consensus? Maribeth Inturissi
9:30 Specialty Topic (ST) – Disrupted Sleep in Pregnancy: Is there a link to Diabetes? Sarah Farabi
10:30 Morning Break and Exhibits
10:45 Medical Management and Co-Morbidities in Pregnancy Complicated by Diabetes
Jeffrey Sperling
11:30 Medical Nutrition Therapy/Exercise/Movement & Glucose Control: Part I (cont. after lunch)
Geetha Rao
12:15 Lunch and Exhibits then a gentle stretch
1:15 MNT/Exercise/Movement & Glucose Control: Part II in Special Circumstances; Post Bariatric Surgery
Geetha Rao
2:15 Oral Agents for the Treatment of Gestational Diabetes Mellitus
Jeffrey Sperling
3:00 Afternoon Break/Exhibits Another stretch
3:15 Insulin: The Gold Standard for Treating Hyperglycemia during Pregnancy
Maribeth inturrisi
4:30 Q/A Wrap-up
4:45 Adjourn

FRIDAY- APRIL 20

- 7:30 Breakfast and Exhibits
8:00 Welcome and Introductions - Wake up stretch
8:15 Breast Feeding After Pregnancy with Diabetes: Good for the Geese and Good for the Gander
Maribeth Inturrisi
9:00 Specialty Topic: Power of the Primate: Lessons for Pregnancy, Diabetes and Our Next Generation?
Jacob Friedman
10:00 Morning Break and Exhibits
10:15 Motivational Interviewing: Engaging the Patient as a Full Member of the Care Team
Paul Cook
11:15 Specialty Topic: Update: Targeted Glycemic Control as Prevention—Thinking Beyond Glucose
Teri Hernandez
12:15 Lunch and Exhibits - After meal stretch
1:15 Intrapartum Management: Decisions and Counseling
Neda Ghaffari
2:15 Specialty Topic: Technology for Prenatal Screening to Identify Women at Risk for Gestational Diabetes
Bonnie Gance-Cleveland
3:00 Refreshments Break and stretch
3:15 Specialty Topic: Ultrasound during Pregnancy Complicated by Diabetes
Neda Ghaffari
4:15 Q / A Evaluations - Wrap-up
4:30 Adjourn



SSEP/Sweet Success Express
 PO Box 7447
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**Perinatal Diabetes: Prevention and Care
 Take a Team
 SSEP Associate Training Program**

WHO SHOULD ATTEND?

**Physicians & Midwives, Residents in
 Medicine, OB, Peds, AP - LD - Postpartum
 Nurses, OB Office & Clinic Staff
 Diabetes Educators, RDs - Social Workers
 Students in Nursing and Dietetics
 CDEs needing renewal credits**

The conference secretariat and organizers cannot accept liability for personal accidents or loss of or damage to private property of participants and accompanying persons, either during or indirectly arising from this conference. Participants should make their own arrangements with respect to health and travel insurance.

CANCELLATIONS: Up to 7 days before the program choose: Registration fee refund minus \$50 fee or full value credit letter. Cancellation within 7 days: No monetary refund. Send a substitute or request a credit letter (minus \$50 fee) which will allow you to apply fees to another SSEP program. If program cannot be held due to circumstances beyond our control (natural disaster, strike, etc.) and seminar is able to be rescheduled, registrants may choose admission to the rescheduled program or a credit voucher good for any future SSEP program. SSEP reserves the right to substitute a qualified speaker(s) in response to emergency circumstances beyond our control. Professional tuition, travel/meal expenses may be tax deductible.

Neither program planners nor presenters have any commercial conflict of interest.

Program Location - Lodging

PROGRAM LOCATION: University of Colorado Anschutz Medical Campus Fulginiti Pavilion for Bioethics & Humanities 13080 E. 19th Ave. Aurora, CO 80045

HOTEL: Hyatt Regency Aurora-Denver Conference Center 13200 E 14th Place, Aurora, CO 80011. Utilize Passkey (see website) to reserve a group rate room. SSEP rates of \$159/\$184/\$209 per night Single-Double/Triple/Quad room. Hotel phone: (720) 859-8000

RESERVE EARLY! Room block ususally sells out; rate is not guaranteed after March 18, 2018. **HOTEL AMENITIES:** "Access Aurora from our convenient location near AMTRAK and Denver International Airport (DEN). Light Rail stations are within walking distance, SkyRide keeps you connected to flights and our onsite rental car kiosk covers everything else. Reach your personal vehicle quickly from our large nearby lot and enjoy affordable rates."

PARKING: Hotel guests have \$12/night self park/ \$19 valet cost (fee is on your own)

TRANSPORTATION: Options for transportation from the airport include taxi, Lyft/Uber, Skyride, and various shuttle services.



Hyatt Regency Aurora-Denver Conference Center 13200 E 14th Place, Aurora, CO 80011

Discover an Aurora hotel with a close location to Denver International Airport (16 miles) Anschutz Medical Campus (1 mile), Light Rail stations (walking distance) and downtown Denver (9 miles).

Sweet Success Extension Program has collaborated with the University of Colorado | Anschutz Medical Campus; Department of Medicine, Division of Endocrinology, Metabolism & Diabetes with the goal to provide education to improve outcomes for women and their families affected by diabetes in reproductive and pregnancy health.

SSEP

Mission: Improve outcomes and the quality of life for mothers with diabetes and their offspring

www.sweetsuccessexpress.com

INDIVIDUAL MEMBERSHIP BENEFITS:

- Quarterly Newsletter
 - On-line & Phone Consults
 - Discounts on Sweet Success Conference Registration
 - 1 Set GDM 'Guidelines at a Glance'
- Join the SSEP team as an Individual Member (\$55 fee)

JOIN NOW as a package **SAVE** on this conference registration!

Further information and registration is available through the SSEP website:

www.sweetsuccessexpress.org or the Professional Education Center website: www.proedcenter.com or by calling PEC at 800-732-2387

You may photocopy this form for additional registrants

REGISTRATION: Perinatal Diabetes: Prevention and Care Take a Team

NAME _____

License# _____

MD DO CNM RN LPN/VN RD MSW/LCSW

HOME Address _____

City _____ State _____ Zip _____

Day Phone (____) _____

E-mail address: _____

My clinical practice area is: _____

Check Payable to: Sweet Success Extension Program (SSEP)

Card #'s _____ Exp. _____

EASY REGISTRATION:

Register on-line

@ www.sweetsuccessexpress.org

Call 800-732-2387 Today With
Any Major Credit Card

24 Hour Registration: FAX 530-343-3575

OR

Mail Your Registration To:
SWEET SUCCESS EXPRESS

P.O. Box 7447 Chico, CA 95927-7447

REGISTRATION OPTIONS: Check Box(es) on Left below then checkout with fees

MAIN CONFERENCE: April 19-20

Individual Conference Day

Conference Day One April 19 only

Conference Day Two April 20 only

I Prefer a Vegetarian Lunch

Conference Amenities...

Conference Syllabus; Morning Coffee; Light
Breakfast; Lunch; & PM Refreshment; Exhibitors
Confirmation, Map, and Receipt are emailed.

**If you did not receive confirmation, or are registering within
14 days of program - Please call to confirm space availability.

PROGRAM FEES & DISCOUNTS: Insert Appropriate Fee(s) below

CHECKOUT:

Become a SSEP New Member - Join now: \$55 for Individual Member

\$ _____

Pay Fee Now and enjoy the immediate conference discounts (see membership details on back cover)

Already a SSEP Member: MBR# _____ (Required for discount)

Complete Conference Discount for new and existing members \$20

\$ (_____)

Early Bird (If Received Online, Ph/Fx or Postmarked by 03/19/18)

Full Conference Fee: _ Physician \$ 339 _ Other Licensed Professionals \$ 299

\$ _____

One Day Registration: _ Physician \$199 _ Other Licensed Professionals \$ 179

\$ _____

Registration on or after 3/20/18: Add \$25

\$ _____

Registration within 48 hours of conference & AT DOOR: Add \$50 to Regular Registration

\$ _____

Check payable to SSEP or Credit Card (above)

TOTAL DUE

\$ _____