



2021

25th National Research Conference

**Perinatal Diabetes:
Managing Diabetes and
Pregnancy in a New World
November 5-6, 2021**

**Live Virtual Format
(also to be recorded)**

Live virtual
sessions with live
access to speakers for
questions/answers.
OR
Recorded sessions with
access to viewing for a
limited time

Presented jointly by



Sweet Success Extension
Program
&



Conference Information and Registration
Sweet Success Express - Right Now Nursing CEs, LLC
419-570-6093 - www.sweetsuccessexpress.org

COURSE DESCRIPTION

25th Annual National Research Conference: Perinatal Diabetes: Managing Diabetes and Pregnancy in a New World, a Live Virtual Conference

As we began planning this year's annual event, the status of Covid-19 and the new vaccines were uncertain. For that reason we decided to again, as in 2020, do a virtual event, but enhance the experience for all and make this one "live". (Recorded sessions will be available for a short time, as an alternative).

As practitioners, we found the need to adapt to the changed environment and to determine new ways to care for patients and provide protections for ourselves and for them. We developed ways to manage this "new world". This happened within the context of continuing new developments in the care of pregnant dyads affected by the co-morbidity of diabetes. Adaptation to change has been required by all. This year, we chose to look at those adaptations and to learn further from them, to consider the additional needs of our patients and ourselves because of these challenges. What strengths and weaknesses did we uncover, and what successes did we have in our adaptation? And of course, as has been our tradition with this annual conference, to explore standards of care and treatment based on evidence.

The curriculum for this event will bring together expert speakers to provide a comprehensive update and review of current practice standards and contemporary specialty topics, and lessons learned since early 2020 related to diabetes and reproductive health in this "new world". Speakers from specialty areas will provide current information about specialty practice services and procedures, as well as telehealth services and coding strategies. Practical and relevant therapies and management strategies, including virtual provision, as well as evidence-based preventive interventions across the life stages will be covered. 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 education to assist clinicians in both their professional and self care adaptation. The content is based on the California Diabetes and Pregnancy Program (CDAPP) Sweet Success model of care, the current American Diabetes Association Standards of Medical Care, and recommendations and guidelines discussed by The American College of Obstetricians and Gynecologists and The Society for Maternal-Fetal Medicine.

The seminar is brought to you by the work of SSEP, a not-for-profit program, devoted to the dissemination of high-quality education in this essential topic. SSEP is recognized by diabetes and pregnancy leaders nationwide. Their work is in concert with the work of Sweet Success Express, who assists in conference development. Technical and management responsibilities for this event, contracted through Right Now Nursing CEs, LLC (RNNCEs).

Managing Diabetes and Pregnancy in a New World

Live Virtual format on November 5 and 6, 2021. Alternative: Recorded sessions for purchase for a limited viewing time.

The Live Virtual option allows you live interaction/Q&A with the speakers.

An alternative option: Recorded Sessions, viewing to meet your schedule, (available starting November 10). Questions can be submitted to the speakers via e-mail, providing you remote Q&A access.

Conference access for either option will be sent via e-mail. The conference will utilize the GoToWebinar.com and Filesanywhere.com platforms. Technical management of the event will be administered by Right Now Nursing CEs, LLC (RNNCEs).

If you wish to have a handout of the presentations you have two options as well: A USB stick mailed with downloads of the presentation for viewing as pdf, or your own printing; the USB stick is included with registration. You may also order a Printed/Bound/Shipped handout book for an additional charge. (Be sure to register with enough time to receive materials. Early Bird savings apply to early registrations as well!)

We ask that you respect that all materials are the property of the speaker.

Continuing Education Certificate Provision:
Sent via e-mail after submission of the on-line evaluation, and log-in verification (registered within the system with log in).

CONTINUING EDUCATION CREDITS

Nurses: Up to 16 Hrs Nursing BRN.

This program is designed to meet Board of Nursing CE requirements for license renewal in all 50 states. Right Now Nursing CEs, LLC (RNNCEs) is a provider approved by the California Board of Registered Nursing, Provider #17583.

Physicians: Category II CME can be self submitted. RD/DTR: CPE Approved Activity # 165684 with the Commission on Dietetic Registration for 16 hours.

COURSE OBJECTIVES

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

Overall Objectives:

1. Examine methods for adapting your environment and maneuvering for success in the virtual world. .
2. Explore and create new methods for increasing connections with patients.
3. Examine how to acclimate and get ahead of the curve to make the greatest impact and influence in 2022.
4. Describe currently released evidence-based management strategies that can improve clinical outcomes.

Specific Objectives:

- Prepare for change and utilizing tools available for patient care.
- Assess the changing times and how to pivot for optimal impact for in person and virtual appointments.
- Describe the use of continuous glucose monitoring and insulin pump therapy in the management of diabetes during pregnancy.
- Explain how hybrid closed loop insulin delivery systems work.
- Engage in analysis of CGM data and its interpretation.
- Describe the use of continuous subcutaneous insulin infusion devices.
- Reassess your schedule and identify three things that speak to you regarding movement and mindfulness.
- Incorporate three ways to exercise into your schedule.
- Define remote patient monitoring (RPM)
- Discuss billing and reimbursement of RPM services
- Explain how to implement RPM of glucose services in your practice
- Explore how to create virtual group classes for patients with diabetes in pregnancy
- Describe recommendations for diagnosing gestational diabetes during pregnancy.
- Discuss early pregnancy diagnosis of GDM and Type 2 diabetes, and its impact on management strategies.
- State the causes of maternal deaths in the US, including Colorado
- Describe how the lessons learned in diabetes care informs interventions to improve maternal mortality.
- Review preconception care guidelines for women with diabetes and a history of Gestational Diabetes.
- Describe current guidelines for postpartum care and follow-up for women with a history of GDM and women with chronic diabetes.
- Analyze the practice of mindfulness and its usefulness for you and your practice.
- List the seven qualities of the most effective helping professionals.
- Compare the relative efficacy and safety of Insulin Metformin, and Glyburide for the treatment of Gestational Diabetes.
- Identify pregnancy-related comorbidities and the role of glycemic control in minimizing these comorbidities.
- Describe the idea of pregnancy as a window to future health and how diabetes fits into this paradigm
- Discuss normal sleep in pregnancy and current evidence related to interventions to improve sleep in pregnancy.
- Analyze current research related to sleep disturbance in pregnancy (with focus on pregnancies complicated by diabetes).
- List the current recommendations for care to newborns born to mothers active with Covid-19 (symptomatic or asymptomatic)
- Discuss the risks to the fetus when the mother contracts Covid-19 during pregnancy
- Highlight the known effects of Covid-19 ~ does it cause congenital defects and/or congenital infection? Are pregnant diabetics at a higher risk?
- Explore the evidence regarding pregnancy and the Covid-19 vaccines.
- Describe safety considerations associated with low carbohydrate intake in pregnancy.
- Discuss the range of carbohydrate intake in pregnancy suggested by current evidence.
- Identify challenges of nutrition management during pregnancy using televisits with Registered Dietitian.
- Review how to balance the macros in meals to aim for normoglycemia.

FACULTY

Avala, Nina, MD: Assistant Professor of Obstetrics and Gynecology Alpert Medical School of Brown University Division of Maternal Fetal Medicine Maternal-Fetal Medicine; Women & Infants Hospital and Rhode Island Hospital, Providence, RI

Daley, Julie, RN, BSN, MS, CDCES: Diabetes in Pregnancy Program Division of Maternal Fetal Medicine, Women & Infants Hospital of Rhode Island, Member SSEP BOD, Providence, RI

Dopart, Susan B., MS, RDN, CDCES: Registered Dietitian, Diabetes Educator and Certified Motivational Interviewing Trainer. Los Angeles, CA.

Farabi, Sarah Schwarz, PhD, RN: Assistant Professor Goldfarb School of Nursing; Assistant Professor of Clinical Medicine Washington University School of Medicine, St. Louis, MO

Felix, Robert, BS: Senior Teratogen Information Specialist, Community Outreach Coordinator and Data Resource Specialist, MotherToBaby & MotherToBaby Pregnancy Studies, Department of Pediatrics, UCSD School of Medicine, San Diego, CA

Hernandez, Teri, PhD, RN: Professor and Associate Dean for Research and Scholarship, University of Colorado College of Nursing, Department of Medicine, Division of Endocrinology, Metabolism, & Diabetes, Nurse Scientist | Children's Hospital Colorado, Associate Director, CCTSI Early Life Exposure Research Program, Member SSEP BOD, Denver, CO

Inteso, Christina, PharmD, BCACP, CDCES: Endocrinology Clinical Pharmacy Specialist, Cleveland Clinic Foundation, Cleveland, OH

Karp, Tracy, MS, NNP-BC: Neonatal Nurse Practitioner, Educator and Consultant. Salt Lake City, UT

Kole-White, Martha B., MD: Assistant Professor of Obstetrics and Gynecology Alpert Medical School of Brown University Division of Maternal Fetal Medicine Maternal-Fetal Medicine; Women & Infants Hospital and Rhode Island Hospital, Providence, RI

Miller, Liz, MS, RN, CDCES: Diabetes Nurse Specialist and Program Coordinator, Perinatal Diabetes Center Woman's Hospital of Texas at Houston, Member SSEP BOD, Houston, TX

Rao, Geetha, MS, RD, CDCES, CPT, CLE, CDTC: Clinical Dietitian/Certified Diabetes Educator, Vida Healthcare, Member SSEP BOD, Spring, TX

Simmons, LaVone, MD: Clinical Assistant Professor Maternal-Fetal Medicine, Department of Obstetrics and Gynecology, UW Medicine. Seattle, WA

Sperling, Jeffrey Daniel, MD, MS, CDE, RDMS: Maternal-Fetal Medicine Physician and Director The Permanente Medical Group, Kaiser Permanente- Central Valley CA, Modesto, CA

Thumm, E. Brie, PhD, CNM, RN, MBA: Maternal Health Clinical Consultant, Director of Data Collection and Research for Maternal Mortality, Colorado Department of Public Health and Environment, Denver, CO

CONFERENCE PRESENTATIONS

LIVE Times are Pacific Standard Time

FRIDAY, NOVEMBER 5

- 7:45 Welcome and Instructions: CINDY PARKE
8:00 Adaptability After COVID: Finding your New
GPS – Part I SUSAN DOPART
- 9:00 New World Technologies for Pregnancy
Complicated by Diabetes: Continuous Glucose
Monitoring and Insulin Pumps
LIZ MILLER & JULIE DALEY
- 10:30 The Busy Professionals Guide to Me Time
LIZ MILLER
- 11:30 Remote glucose monitoring and billing: A
Pharmacists perspective CHRISTINA INTESO
- 12:00 - 1:00 LUNCH
- 1:00 Virtual group classes for Diabetes in Pregnancy
JULIE DALEY & CHRISTIN INTESO
- 2:00 Testing for GDM 1step/2step; Day 2 PP testing
MARTHA KOLE-WHITE
- 3:00 Structural and social determinants of health
and maternal mortality: Applying what we have
learned about caring for people with diabetes
in pregnancy E. BRIE THUMM
- 4:00 Glucose management and technology (
title to be adjusted) LAVONE SIMMONS

CONFERENCE PRESENTATIONS

LIVE Times are Pacific Standard Time

SATURDAY, NOVEMBER 6

- 7:45 Welcome and Instructions: JULIE DALEY
8:00 Adaptability After COVID: Finding your New
GPS Part II SUSAN DOPART
- 9:00 Review 2021 guidelines from major medical
organizations for Oral Hypoglycemics as
treatment for diabetes in pregnancy
JEFF SPERLING
- 10:00 Comorbidity management with Diabetes in
Pregnancy NINA AYALA
- 11:00 Sweet Dreams: The role of sleep in pregnancy
and diabetes SARAH FARABI
- 12:00 - 1:00 LUNCH
- 1:00 Neonatal care specific to the pregnancy affected
by Diabetes and an update on Covid, any
cross morbidity? TRACY KARP
- 2:00 Updates on Covid-19 infection and vaccines in
pregnancy. ROBERT FELIX
- 3:00 The carbohydrate threshold in pregnancy and
gestational diabetes: How low can we go?
TERI HERNANDEZ
- 4:00 Additional struggles of eating healthy
during Covid isolation: Challenges and
new strategies GEETHA RAO

PROGRAM PLANNERS

- Joann Henry, RNC, MSHS - SSEP Chief Financial Officer:
Advisor
- Cindy Parke, RNC, CNM, MSN - SSEP President:
Program Planner; Conference Director/Organizer
- Julie Daley, RN, MS, CDE - SSEP Secretary:
Program Planner; Conference Director/Organizer
- Teri Hernandez, PhD, RN- SSEP Board of Directors Member:
Program Planner
- Liz Miller, RN, MS, CDE – SSEP Board of Directors Member:
Program Planner
- Kathy O'Connell, MN, RN - SSEP Board of Directors Member:
Program Planner
- Nathan Parke, CEO RNNCEs: Technical Consultant, Virtual
Coordinator

You may photocopy this form for additional registrants

REGISTRATION: Perinatal Diabetes: Managing Diabetes and Pregnancy in a New World
Live Virtual event on November 5-6, 2021

NAME _____
License# _____
 MD DO CNM RN CDCES RD RD/LDN MSW/LCSW
My clinical practice area is: _____
HOME Address _____
City _____ State _____ Zip _____
Day Phone (_____) _____
E-mail address: _____

EASY REGISTRATION:
Register on-line
sweetsuccessexpress.org/conferences
OR
24 Hour Registration: FAX 419-570-6094
OR
Mail Your Registration To:
6725 W. Central Ave.
Suite M, PMB 327
Toledo, OH 43617
OR
For registration questions
email cindy@rnnces.com

REGISTRATION OPTIONS: Check Box(es) on Left

- LIVE VIRTUAL MAIN CONFERENCE Early Bird Registration (before 10/12/21) \$299
- RECORDED CONFERENCE LINKS Early Bird Registration (before 10/12/21) \$299
- REGULAR REGISTRATION FEE for EITHER OPTION (AFTER 10/11/21) \$329
- HANDOUT FOR SELF PRINTING AS A USB INCLUDED. To ensure timely delivery must order before 10/26/21)
- PRINTED/BOUND/MAILED HANDOUT. To ensure timely delivery must order before 10/21/21) ADD \$45

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

CHECKOUT:

SSEP/SWEET SUCCESS MEMBER DISCOUNT MBR# _____ (Required for discount)
Main Conference Discount \$30 : (\$_____)

CONFERENCE REGISTRATION: Save\$\$ with Early Bird Registration: Before 10/12/21
Conference w/USB handout \$299 \$_____

Printed/Bound/Mailed Handout Add \$45 \$_____

Regular Registration on or after October 12, 2021: (\$329) \$_____

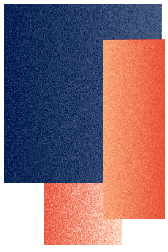
Late Registration on or after October 26, 2021: (\$349) Cannot guarantee USB
or Handout delivery arrival prior to the Live Virtual event. \$_____

Check payable to SSEP or Credit Card **TOTAL DUE** \$_____

Check Payable to: Sweet Success Extension Program (SSEP)



Card # _____ Exp. _____ CVV: _____



SSEP/Sweet Success Express
www.sweetsuccessexpress.org

PLEASE POST

2021 Diabetes & Pregnancy Research Conference
Perinatal Diabetes: Managing Diabetes and Pregnancy in a New World
November 5-6, 2021

WHO SHOULD “ATTEND”?

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

CANCELLATION POLICY: Up to 10 days before the program choose: Registration fee refund minus \$50 fee, with return of the USB/handout. Cancellation within 2 days of live event: no monetary refund, replace registration with recorded webinar option. Conference management reserves the right to substitute a qualified speaker(s) in response to emergency circumstances beyond our control. Professional tuition may be tax deductible, discuss with your tax specialist.

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

SWEET SUCCESS EXPRESS and SSEP
have collaborated to bring a recorded virtual event to meet the
continued challenges we face today, professionally, personally,
and as a society.

We have chosen to provide a “live virtual conference” to enhance your opportunity to “attend”. The conference that will also be recorded and available, as was our successful format in 2020. All sessions will be live virtual with the opportunity to ask questions of the speaker directly. We will also record the sessions, and make them available for your viewing for a limited amount of time. Guest speakers will accept your questions during the live sessions and via e-mail, to allow for personal interaction.

We realize there will be the ability to share these important resources, without registration, but understand that continuing education credits can be given only to those with paid registration, and who have returned a completed evaluation form. The viewing log in the system will verify attendance. We ask that you encourage your associates to support our not for profit efforts, by encouraging their registration.

SWEET SUCCESS EXPRESS and SSEP
have collaborated with the goal to provide education you can use.
Education that makes a difference in the care
of families affected by Diabetes in Pregnancy.
“JOIN” WHAT WE HOPE TO BE AN EXPANDED NATIONAL AUDIENCE

SSEP

Mission: Improve outcomes and the
quality of life for mothers with
diabetes and their offspring
www.sweetsuccessexpress.com

- Discount on Sweet Success
Conference Registration for current
SSEP members

Registration and conference details,
including CA BOD CE credits,
managed by Right Now Nursing CEs

