

SSEP Update

(Sweet Success Extension Program)

Summer 2014
Vol 9 No 3



SSEP, A Nonprofit Corp., POB 9705, Fountain Valley, CA 92728-9705
Phone/Fax 714.968.0735 ssep1@verizon.net www.sweetsuccessesexpress.org



Sweet Success Express 2014: An Ounce of Prevention Annual Research Conference

Download brochure or register at www.proedcenter.com

This year's conference will be held on November 6-8, 2014 at the Embassy Suites Anaheim South in Garden Grove, California. The conference is designed for nurses, dietitians, physicians, midwives, nurse practitioners, physician assistants, social workers and other health care professionals who face ever increasing challenges of diabetes in pregnancy care. The focus will be on simple solutions for the prevention of diabetes-related dilemmas that exist today in the treatment of preconception and pregnancy care. While these solutions may be simple, implementing them into diverse lifestyles can be challenging.

On Thursday afternoon, November 6, two workshops will be presented. The Exercise for Pregnant Women with Diabetes will answer questions such as: What exercise research is available? How do we break the research down in a manageable way for women to exercise appropriately and safely? The Intensive Insulin Therapy workshop will cover both the Continuous Subcutaneous Insulin Infusion (CSII) and Multiple Daily Injection Therapy.

During the main conference on Friday and Saturday, nationally recognized experts will underscore practical and relevant information related to glucose management, diabetes and obesity prevention, preconception care, nutrition, exercise, weight management, breastfeeding, metabolic syndrome, obesity and long term follow-up care. Saturday morning a special session will provide the fundamental basics of learning the ICD-10 coding system.

The goal of this conference is to provide a comprehensive update and review on current issues and contemporary topics related to diabetes and reproductive health. Emphasis will be placed on practical application of evidence-based topics and implementation of a variety of risk management strategies in an effort to improve pregnancy and long-term outcomes for mothers and their families. Ample time is allowed for networking, visiting exhibits and door prizes. You are invited to join us for two and one-half days of learning and fun.

To download brochure, please visit www.sweetsuccessesexpress.org - on the Conference Page, email ssep1@verizon.net or to register online visit https://proedcenter.com/Diabetes_in_Pregnancy_2.html.

SSEP Update GOAL is to publish useful information and/or tools to help team members provide quality diabetes and pregnancy care.

SSEP Mission: Our mission is to improve pregnancy outcomes and long-term quality of life for women with diabetes and their offspring, which extends beyond birth for both mother and child. We work with provider groups to increase their knowledge and delivery of care by:

- Developing and/or endorsing events and activities that increase their knowledge.
- Supporting multidisciplinary health care teams as they take a proactive approach, focused on healthy lifestyles.
- Encouraging providers to involve the entire health care system, community and patient at all levels in supporting lifestyle changes that foster improved long-term health and quality of life.

SSEP Contact Information

www.SweetSuccessExpress.com or .org
or call Debby Rice at: Phone 714-968-0735 or email at ssep1@verizon.net or ssep9@aol.com.

Upcoming Conferences

Sweet Success Express 2014: An Ounce of Prevention; Embassy Suites Anaheim South, CA, Nov. 6-8, 2014. Visit www.sweetsuccessesexpress.com for 2014 Conference Schedule as they become available.

SSEP & Navajo Sweet Success Associate Programs

2014 Webinars: August 13; October 8 - Visit www.sweetsuccessesexpress.org - conf. page for more info

SSEP Board of Directors 2013 - 2016

M. Joann Henry, RNC, MSHS (CA)	President
Siri Kjos, MD (CA)	MD Consultant/Vice-President
Julie Daley, RN, MS, CDE (RI)	Co-Secretary
Tina Kelly, MS, RD, CDE (OR)	Co-Secretary
Ramona Patterson, BSN, RN, CBC	Treasurer
Charlene Canger, MSW, MFT, LCSW(CA)	BMS Consultant
Liz Miller, RN, BSN, MS, CDE (TX)	RN Consultant
Katherine O'Connell, MN, RN (WA)	RN Consultant
Geetha Rao, MS, RD, CDE (CA)	RD Consultant

Advisory Council

Lisa Bollman, RNC, MSN, CPHQ	CA
Zane Brown, MD	WA
Charlene Canger, MSW, MFT, LCSW	CA
Sharmila Chatterjee, Msc, MS, RD, CDE	IL
Jenny Chee, Certified Lactation Consultant	AZ
Julie Daley, RN, MS, CDE	RI
Richard Fox, Business Sector	CA
Kay Goldstein, LMFT	CA
M. Joann Henry, RNC, MSHS	CA
Emily Holing, PhD, ARNP	WA
Maribeth Inturrisi, RN, MS, CNS, CDE	CA
Lisa Jim, RN	AZ
Lois Jovanovic, MD	CA
Tina Kelly, MS, RD, CDE	OR
Siri Kjos, MD	CA
Elaine Miller-Karas, MSW, LCSW	CA
Liz Miller, RN, BSN, MS, CDE	TX
Barbara Murphy, RN, MSN, CDE	CA
Lily Nichols, RD	CA
Katherine O'Connell, MN, RN	WA
Ramona Patterson, BSN, RN, CBC	AZ
Joan Perez, RN	CA
Geetha Rao, MS, RD, CDE	CA
Doris Roberts, RN, BSN, PHN	CA
David Sacks, MD	CA
Sandy Sinnes, RN, CDE	WA
Alyce Thomas, RD	NJ

See "SSEP Summer Specials" on page 2

SSEP & Navajo Sweet Success Group Associate Programs

Co-sponsoring 2014 WEBINAR - 12:00 - 1:30 Mountain Time

October 8: New Rules for Diagnosing Hyperglycemia - Impact on Mother & Fetus - Gladys Ramos, MD

No Registration Pre-registration and No fee - 1.5 CE/CPEUs available

For more information, visit www.sweetsuccessesexpress.org - Conference Page



You're with a patient who just recently got diagnosed with gestational diabetes. As you're talking about her metformin prescription, she says to you "I've been told that I have depression but always been afraid to take Paxil, so I use St. John's Wort. Sometimes I feel okay, most of the times not!" and "Do you think it'll interact with the metformin?" As her CDE (certified diabetic educator) what do you tell her? You can educate her about blood sugar control, you can explain to her concerns with gestational diabetes, and you can even talk to her about what to expect post-partum. But, what about her depression? Or, the medications she mentioned...are either safe and effective for a diabetic pregnant woman. You suggest she discuss this matter with her psychiatrist, but she said she won't. Nor does she want you to contact him and discuss the matter. What do you do? Who can you call? Do you just tell her to look it up on the internet?

Fret no further! Contact MotherToBaby California! In 2013, UC San Diego's Center for the Promotion of Maternal Health and Infant Development announced MotherToBaby CA, the new name of its free, statewide counseling service that connects experts in the field of birth defects research with moms-to-be and the general public. MotherToBaby CA is formerly known as the California Teratogen Information Service (CTIS) Pregnancy Health Information Line, established over 30 years ago and was partially funded by California Department of Education.

MotherToBaby CA is an affiliate of the international non-profit Organization of Teratology Information Specialists (OTIS), a professional society that supports and contributes to worldwide initiatives for teratology education and research. MotherToBaby affiliates and OTIS, which are suggested resources by many agencies including the Centers for Disease Control and Prevention (CDC), are dedicated to providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. MotherToBaby Ca can answer a variety of questions regarding prescription and non-prescription medications, vaccines, infectious diseases, fevers, alcohol, tobacco, illicit/recreation drugs, chemicals or occupational exposures. All pregnant and breastfeeding moms should be connected with MotherToBaby.

California residents can be connected with MotherToBaby CA experts toll-FREE through its phone counseling service (866) 626-6847 or online at MotherToBabyCA.org, where a private, online chat counseling service is also offered. You will also find fact sheets on the website of frequently asked questions. Pregnant moms are encouraged to participate in a mom-baby follow-up program regardless of where they get prenatal care. For more information about MotherToBaby CA, please visit MotherToBabyCA.org.

If you are not a California resident, when you call the 866 number you will be routed to a MotherToBaby affiliate serving your region. Because MotherToBaby cares about moms and their babies, over 100,000 women trust and call MotherToBaby affiliates every year to get answers!

Insulin Errors - #1 on List of Drugs with Most Errors

The Institute for Safe Medication Practices (ISMP) states that insulin errors are number 1 on the list of drugs with the most errors. ISMP states they are "receiving an increased number of reports of medication mix-ups involving prescriptions for regular insulin U-500 and insulin U-100. Prescribers have sometimes selected U-500 regular insulin in error from selection screens of electronic prescribing systems instead of U-100 insulin. The errors seem to be related to the position of insulin product listings on computer screens. For example, "Humulin R Injection Solution 100 UNITS/ML" might be one line apart from "Humulin R Injection Solution 500 UNITS/ML." Also, depending on the screen size, the entire line, particularly the drug concentration, may not be visible. These factors make it easy for the prescriber to see only the first few words of the product listing. Also, since U-500 use is not common, prescribers may not look for information about concentration if they believe insulin is available only in a U-100 concentration. However, the use of U-500 insulin may be increasing due to the obesity epidemic, increased insulin resistance, use in insulin pumps, and prescriber's use of tight glucose control protocols. ISMP has contacted the major drug information system providers, Multum, First DataBank and Medi-Span, and each agreed to add the word "concentrated" immediately following the drug name and preceding U-500."

An additional problem is the use of abbreviations in written orders, which can cause many insulin errors. ISMP states that the abbreviation "U" for "units" has often been misread as a zero, resulting in serious, tenfold overdoses.

Safety Practice Recommendations by ISMP include: "Before medications like insulin are given, an independent double-check should be performed by another practitioner." They state that, if needed, it is acceptable to have a student nurse or even a family member serve as the double-checker when no one else is available. ISMP reinforces that abbreviations should not be accepted in orders written for insulin. Finally, ISMP states that "prescribers must recognize the need for good communication skills. If a pharmacist or nurse mentions that they think something is wrong, the prescriber must listen carefully to what they are saying. Since errors in dosing can cause significant patient harm, insulin ordering and administration must be handled in a consistent way, with extraordinary care. "

To read more, visit their website at www.ismp.org/ .

SSEP SUMMER SPECIALS

Must Mention "Summer Specials" when ordering - Valid till 10/31/2014

15% Discount on GDM or TYPE 2 PATIENT HANDBOOKS

For Order of 100 to 500 Books

(+ Tax in Ca & actual shipping cost)

GDM/Type 2 - English/Spanish

(See Order Form on page 3 - or email ssep1@verizon.net)

One order per person or institution (500 limit) - Expires Oct. 31, 2014

Must mention "SSEP Summer Special" - Member discount applies with valid Member Number

ONLINE SELF-STUDY MODULES - Summer Special

Regular cost - \$189.00

15% discount = \$160.00

Members = \$140.00 (with valid Mbr. Number)

Includes 2013 Guidelines at a Glance for GDM CD

Must mention "SSEP Summer Special" Expires Oct. 31, 2014

Join as Individual Member (\$55 - see Order Form-Pg 3) and purchase at Member price

More information available at ssep1@verizon.net

GUIDELINES-AT-A GLANCE-2013 (Quick references)
#1001 - \$20 - For GDM - DVD - 60+ pages summarizing key points for GDM management.
#1002 - \$20 - For Pregnancy Complicated by Preexisting Diabetes - DVD: 56 pages. Outlining key points for managing preexisting diabetes during pregnancy.
#1003 - \$20 - For Calculating and Adjusting Insulin DVD 2012; step-by-step instructions for calculating and adjusting insulin doses (includes team management of insulin therapy & insulin calculation practice sections).
#1023 - \$50 - Complete Set of 3-SAVE \$10/set
#1101 - \$55/yr - Individual Membership
#1102 - \$125/yr - Organizational Membership (3 members in 1 facility)
BENEFITS: Newsletter; Conference/Ed material discounts; Online standards consults; email updates and Personalized Membership Card; Annual Drawing; Earn 6 extra chances to win with every \$100 donation to SSEP.
FREE: One Ed Material each year - Join & apply discount to this order! No tax or S/H for this item

SSEP CD PowerPoint Presentations
#1501 - \$24 - UPDATED 2011 - ADA Recommendations Tests for Screening and Diagnosing Diabetes During Pregnancy and Postpartum
 36 slides- ADA & Sweet Success recommendations for testing. Ideal for in-services and new personnel.
#1502 - \$35 - Insulin Therapy During Pregnancy: 2012
 Part 1: Insulin Injection Therapy & Part 2: Insulin Pump Therapy. Includes insulin analogues, calculating & adjusting insulin for both injections and pump use during pregnancy. (2011)
#1601 Eng / #1602 - Sp - GDM Patient Handbook
 28 pgs - diabetes, pregnancy, testing, labor/delivery, breastfeeding and followup. UPDATED- 2012
#1603 Eng / #1604 Sp - Type 2 DM in Preg. Handbook
 English available now - Spanish available now
 44 pgs - before/during/after pregnancy information.

#1601-04: Average reading level.
Mix and Match Price:
 < 10 - \$3.50/ea; 10 - 24-\$3.25/ea; 25- 49-\$3/ea; 50-199=2.75/ea; ≥200=2.50/ea.

For more information call 714.968.0735 or email ssep1@verizon.net or ssep9@aol.com
www.sweetsuccessexpress.com

#1300 -SSEP SELF-STUDY SERIES CE COURSES - 2013
Available Online and in Booklet Format
 Now available online at www.sweetsuccessexpress.com/products.html
References: CDAPP Sweet Success G/L for Care 2012; AAP Neonatal Hypoglycemia Rec.; ADA-SMC 2011; CDAPP Pocket Guide 2008

5 Hours - \$30 Each
 01-Preconception/Contraception
 02- Medical Nutrition Therapy
3 Hours - \$20 Each
 03-Screening & Dx GDM
 04-Self-monitoring Blood Glucose
 05-Insulin Therapy
 06-Hypoglycemia
 07-Maternal/Fetal Assessment
 08-Intrapartum and Delivery
 09-PostPartum/Breastfeeding
 10-Neonatal Care
 11-Exercise
 12-Psychosocial/Cultural Issues
 * 13a-Sweet Success Guidelines for Care CD \$25
 * 13b -CDAPP Pocket Guidelines \$15
 14-Complete set of 12 modules [40 hrs] - Includes CDAPP Pocket Guide) \$189

REFERENCES available at no added cost with FULL SET
 Please list item # and Module # on Order Form (ie: 1301+02)

Contact us for group discounts for 6 or more team members at same facility

#1051 - \$36 - Diabetes/Pregnancy Resource CD

Over 100 health education, nutrition and psychosocial tools for patient and professionals. Useful for patient teaching and staff training. **May be personalized to your program, printed and copied for purchaser's use only.**

Sweet Success Update-Newsletter

Free quarterly distribution
 Add your name by contacting
ssep1@verizon.net

Free Download for CDAPP Sweet Success Guidelines for Care at
www.CDAPPSweetSuccess.org

ACCREDITATION: Nurses: SSEP is a provider approved by the California Board of Registered Nursing Provider #3813 for 40 Contact Hours.
Registered Dietitians/Dietetic Technicians, Registered: The 12 SSEP Self Study Modules have been approved by the Commission on Dietetic Registration for 40 CEUs for RDs and DTRs.

AMA PRA Category 2 Credit™ is self-designated and claimed by individual physicians for participation in activities not certified for AMA PRA Category 1 Credit™. Participants should only claim credit commensurate with their level of participation. SSEP is a non-profit organization and has no commercial conflict of interest.

Physicians: BRN accredited programs may be submitted as AMA PRA Category 2 Credit™

SSEP 714.968.0735



Name _____ Credentials _____ Facility _____
 Address _____ City _____
 State _____ Zip _____ Phone (W) _____
 (H) _____ Fax _____

Item #	Qty	Description	Price Each	Times Qty	Final Cost

ORDER TOTAL

Less Discount _____
 Sub-Total _____
 7.5% Tax - CA only _____
 Orange Co. Add _____
 7.75% tax _____

DISCOUNTS ALLOWED

(Applies to order total NOT Ship/handling or Tax)
 15% - Sweet Success Affiliate/Associate Programs
 10% - Sweet Success Individual Members Affiliate / Associate / Individual Mbr# _____
 (REQUIRED for Discount)
 Must provide to receive discount unless joining with this order

Ship/handling \$18
 for orders up to \$99
 (\$25 for orders \$100-\$399)
 (Call for orders ≥\$400)

Method of PAYMENT

Check _____ Visa _____ MC _____ Am Ex _____
 Card # _____ Signature _____
 Print name on card _____ Exp. Date _____

Billing Address of Card _____
 3 or 4 digit security code on card back or front

Checks Payable to: SSEP
Mail to:
 PO Box 9705
 Fountain Valley, CA 92728-9705

Fax Credit Card orders to: 714-968-0735

Thank you!

ICD-10 Compliance Date

A Provider eNews - Special Edition was released by the Medicare Learning Network (MLN Connect), on Friday, May 2, 2014, that provided an update on ICD-10 Compliance Date. Below is a copy of that eNews notice.

ICD-10 Compliance Date

On April 1, 2014, the Protecting Access to Medicare Act of 2014 (PAMA) (Pub. L. No. 113-93) was enacted, which said that the Secretary may not adopt ICD-10 prior to October 1, 2015. Accordingly, the U.S. Department of Health and Human Services expects to release an interim final rule in the near future that will include a new compliance date that would require the use of ICD-10 beginning October 1, 2015. The rule will also require HIPAA covered entities to continue to use ICD-9-CM through September 30, 2015.

July ICD-10 End-to-End Testing Canceled: Additional Testing Planned for 2015

CMS planned to conduct ICD-10 testing during the week of July 21 through 25, 2014, to give a sample group of providers the opportunity to participate in end-to-end testing with Medicare Administrative Contractors (MACs) and the Common Electronic Data Interchange (CEDI) contractor. The July testing has been canceled due to the ICD-10 implementation delay. Additional opportunities for end-to-end testing will be available in 2015.

Please share this important information with your colleagues and encourage them to subscribe to the eNews. Previous issues are available in the archive.

NOTE: Mary Ann Hodorowicz RD CDE MBA will present this topic at Nov. Conf. on Saturday morning.

ASPIRIN DOES NOT PREVENT PREGNANCY LOSS

According to a news release by the National Health Institute (NIH) on April 1, 2014, a recent study found that daily low dose of aspirin does not appear to prevent subsequent pregnancy loss among women with a history of one or two prior pregnancy losses. It did, however, find that in a smaller group of women who had experienced a single recent pregnancy loss, aspirin increased the likelihood of becoming pregnant and having a live birth.

Dr. Enrique Schisterman, the first author, stated, "Our results indicate that aspirin is not effective for reducing the chances of pregnancy loss in most cases," He continues to say that additional research is needed to investigate the finding that women who had experienced a single, recent pregnancy loss (before 4 1/2 months of pregnancy and within the past year) had an increased rate of pregnancy and live birth while on aspirin therapy. To read more about the study, Effects of Aspirin in Gestation and Reproduction (EAGeR) trial, visit <http://www.nih.gov/news/health/apr2014/nichd-01.htm>.

TOBACCO / DRUG USE IN PREGNANCY

Smoking tobacco or marijuana, taking prescription painkillers, or using illegal drugs during pregnancy is associated with double or even triple the risk of stillbirth, according to research funded by the National Institutes of Health. Researchers based their findings on measurements of the chemical by products of nicotine in maternal blood samples; and cannabis, prescription painkillers and other drugs in umbilical cords. Taking direct measurements provided more precise information than did previous studies of stillbirth and substance use that relied only on women's self-reporting. The study findings appear in the journal *Obstetrics & Gynecology*.

Based on the blood test results and women's own responses, the researchers calculated the increased risk of stillbirth for each of the substances they examined:

- ✍ Tobacco use: 1.8 to 2.8 times greater risk of stillbirth, with the highest risk found among the heaviest smokers
- ✍ Marijuana use: 2.3 times greater risk of stillbirth
- ✍ Evidence of any stimulant, marijuana or prescription painkiller use: 2.2 times greater risk of stillbirth
- ✍ Passive exposure to tobacco: 2.1 times greater risk of stillbirth

The researchers noted that they could not entirely separate the effects of smoking tobacco from those of smoking marijuana.

To read more, visit <http://www.nih.gov/news/health/dec2013/nichd-11.htm>.

SSEP Membership PROGRAM

Benefits include:

- ✍ FREE education product each year (\$20.00+ value)
- ✍ Newsletter subscription
- ✍ Online/phone standard of care consults
- ✍ Conference registration discounts
- ✍ Discounts on education materials
- ✍ Monthly email updates
- ✍ Name entered in Summer Member Drawing (Prizes include free conference registrations, cash and gift certificates)
- ✍ Personalized membership card
- ✍ Membership fee tax deductible to the extent of the law
- ✍ Membership fee supports member services

Cost: Individual - \$55/yr
Organizational - \$125/yr
(for 3 members)

For more info visit

<http://www.sweetsuccessexpress.com/guidelines.htm>

This is your invitation to Join

GDM & Type 2 Diabetes in Pregnancy Patient Handbooks

Available in English and Spanish at
www.sweetsuccessexpress.com
on Products Page
or email ssep9@aol.net
for more information

See SSEP Summer Specials - Page 2

Follow SSEP on Twitter
at
www.twitter.com/ssep2

Please share our website with your peers - we would love to hear from them, as well as you.

CDAPP Sweet Success

The CDAPP Sweet Success Guidelines for Care 2012 are temporarily unavailable online.

However, all of the other CDAPP Sweet Success education materials/tools are available for free download at
www.CDAPPSweetSuccess.com