



2019

23rd National Research Conference

**Diabetes and Pregnancy:
Focus on Patient
Centered Care**

**November 7-9, 2019
Anaheim, CA**

Embassy Suites
Anaheim South
11767 Harbor Blvd.
714-539-3300

Presented by



SweetSuccessExtensionProgram



Professional Education Center

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 Conference Learning Objectives:

1. Discuss the magnitude of the problems faced by women with diabetes related to conception and pregnancy, and attain skills in ways to motivate patients to seek healthy lifestyle options.
2. Train clinicians in strategies for providing patient-centered care that encourage positive lifestyle changes and improve perinatal outcomes across the lifespan.
3. Train clinicians in the benefits of care provided by a multidisciplinary team approach for women with diabetes related to pregnancy.
4. Discover ways new technology can benefit and support the care of women with diabetes during pregnancy.

Specific Learning Objectives:

- Describe the principles for members of the antenatal care team in caring for patients with diabetes with common co-morbidities; and appreciate the impact of stress on the woman regarding management and treatment.
- Explore the essential mechanistic information on how Metformin works which underlie the fetal concerns from its use.
- Review the data supporting a long-term impact of Metformin use in pregnancy on the offspring's metabolic health, and describe the strengths and limitations in its use, and an individualized approach for its use.
- Examine findings from a pilot study involving women with T1D discussing their pregnancy related barriers and support systems for successful management.
- Describe the utility, standards, and preventative use of ultrasound in the management of pregnancies complicated by diabetes.
- Review the effects of BMI, weight gain, and nutritional influences on long-term obesity risk in pregnancies complicated by diabetes, clinical opportunities for intervention, and what this means for patient-centered care.
- Discuss the potential for using fasting and/or postprandial triglyceride, and their relationship with newborn subcutaneous and intrahepatic fat, and as a diagnostic tool in preventing excessive newborn adiposity.
- Discuss the latest on marijuana and opioid use, and describe experiences, beliefs and attitudes of use during pregnancy, including those pregnancies complicated by diabetes.
- Explore the MotherToBaby services for mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding.
- List three factors to consider when making insulin adjustments.
- Explain how to assess each patient with preexisting diabetes for optimal glucose control and for recommending needed maternal/fetal antenatal assessments.
- Identify the need to rebrand the role of the diabetes educator.
- Describe changes for the diabetes educator over the next decade.
- List 3 features of AADE's DANA and the added value to your practice.
- Review the correlation between glucose control and risks for congenital anomalies and spontaneous abortions, and correlate with contraceptive methods to meet individual needs in women with diabetes.
- Identify two PP interventions that can improve the quality of life for women with preexisting diabetes.
- Describe how excess gestational weight gain, obesity, and GDM, as well as probiotic use have impact on the development of the newborn infant microbiome.
- Define the role of a disrupted infant microbiome to future weight gain and development of the inflammatory diseases in offspring that are exposed to antibiotics, c-section, and lack of breast feeding.
- State different vegetarian groups and sources of vegetarian protein as to be able to ease the challenges of a vegetarian diet during pregnancy.
- State benefits of promoting optimal blood glucose control and long-term, healthy life style changes for women with gestational diabetes.
- Discuss factors that impact timing of delivery, in pregnancy with diabetes.
- Identify the predictive value of glycemic control and lipid exposures in pregnancies complicated by diabetes, and obesity without diabetes, and the impact on offspring growth and chronic disease risk factors.
- Discuss IP management for women with diabetes, and describe current guidelines for IP insulin therapy.
- Identify resources available to clinicians and patients from a pharmacist, and their role to help resolve common prescription and supply issues.

FACULTY

Barbour, Linda, MD, MSPH, FACP: Professor of Medicine and Obstetrics and Gynecology, Divisions of Endocrinology, Diabetes, and Metabolism and Maternal-Fetal Medicine; Director of OB Diabetes and High-Risk OB Clinics; University of Colorado School of Medicine, Denver, CO

Boiko, Tammi, MSN, RN, BC-ADM, CDE, FADE: American Association of Diabetes Educators, BOD AADE, Mission Viejo, CA

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

Felix, Robert, BS, MPH: Senior Teratogen Information Specialist Marketing Director, Community Outreach Coordinator and Data Resource Specialist, OTIS/MotherToBaby Pregnancy Health Information Line, Department of Pediatrics, UCSD School of Medicine, San Diego, CA

Friedman, Jacob E. (Jed), PhD: Vice-Provost for Diabetes Programs at the University of Oklahoma Health Sciences Center, Chickasaw, Endowed Professor of Physiology, Biochemistry, and Endocrinology, The University of Oklahoma University Health Sciences Center, School of Medicine, Oklahoma City, OK.

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

Inteso, Christina, Pharm. D, BCACP: Ambulatory Care Clinical Pharmacy Specialist, Community Health Network Indianapolis, Indianapolis, IN, Member SSEP Advisory Council

Kjos, Siri, MD, MEd, FACOG: Director of Perinatology, WellHealth Quality Care, Las Vegas, NV, Member SSEP Advisory Council

Miller, Elizabeth, RN, BSN, MS, CDE: Program Coordinator, Perinatal Diabetes Center, The Woman's Hospital of Texas, Houston, TX, Member SSEP BOD

Parke, Cynthia, RNC, CNM, MSN: Director, Professional Education Center, Chico, CA, Member SSEP BOD

Ramos, Gladys, (Sandy) MD: Board Certified Perinatologist, Maternal Fetal Medicine, Department of OB-GYN, University of California, San Diego, CA, Member SSEP BOD

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

Singh, Harsimran, PhD: Clinical Research Scientist, Mary & Dick Allen Diabetes Center, Hoag Memorial Hospital Presbyterian, Newport Beach, CA

Sperling, Jeffrey, MD, MS, CDE: Maternal-Fetal Medicine Physician, Kaiser Permanente Modesto, CA

Thorkelson, Shelley, MSN, RN, CNM, CDE: HIPP Nurse Specialist, Center for Health and Wellness, Northern Navajo Medical Center, Shiprock; Member SSEP Advisory Council, Shiprock, NM

PROGRAM PLANNERS; MODERATORS

Joann Henry, RNC, MSHS: SSEP Chief Financial Officer: Conference Co-Chair

Cindy Parke, RNC, CNM, MSN: SSEP CEO, PEC Director: Conference Director/Organizer

Teri Hernandez, PhD, RN: SSEP Advisory Council Member: Planner

Gladys (Sandy) Ramos MD: SSEP Vice-President: Planner

Julie Daley, RN, MS, CDE - SSEP Secretary: Planner; Moderator

Geetha Rao, MS, RD, CDE, CDTC, CPT, CLE: Planner; Moderator

Liz Miller, RN, MS, CDE - SSEP Consultant: Moderator;

Joan Perez, MBA, BSN, CDE - SSEP Consultant at Exhibit

Kimberly Maurer, LPN, BASc., PCM, CPI: PEC Assistant Dir.: Organizer

COURSE DESCRIPTION

23rd Annual Diabetes and Pregnancy Research Conference: Focus on Patient-Centered Care

Changes in management guidelines for diabetes in pregnancy and constantly evolving technologies create complex and uncertain workplace issues for clinicians. Those who desire a competitive advantage in today's rapidly changing work environment search for content that speaks to them and knowledge that they can apply to improve patient outcomes. The curriculum for this event is developed to meet the evolving workforce need for knowledge and application – what current guidelines are and how to incorporate the changes into their unique clinical setting.

Dynamic speakers will present current management strategies and interventions based on the concepts of patient-centered care, the team approach and new technologies. Topics will include creative and practical applications based on evidence-based research. Concepts of self-management education, team management, preventive interventions, and treatment modalities for current clinical applications will be integrated into the program. The goal is to train clinicians to provide the highest quality care based on each patient's individual needs with the power to achieve improved health outcomes. These improved outcomes include early identification of diabetes in reproductive aged women; euglycemia at conception; appropriate pregnancy weight gain; identification, prevention and treatment of co-morbidities of concern in pregnancies affected by diabetes; prevention of pre-term birth; prevention of stillbirth; prevention of macrosomia and subsequent newborn and maternal trauma; prevention of obesity and diabetes in the offspring of pregnancies affected by diabetes; and prevention of future type II diabetes in the mother.

The content of the SSE 2019 event parallels that of the 2019 American Diabetes Association (ADA) Standards of Medical Care in Diabetes, which is consistent with the CDAPP Sweet Success model of care and current ACOG Practice Bulletins. The seminar is brought to you by the work of SSEP, a not for profit entity, devoted to the dissemination of high-quality education for both the professional and patients in this essential specialty area.

We invite you to join SSE 2019: Focus on Patient-Centered Care, where you are sure to have a meaningful experience. The meeting will provide many opportunities for networking and discussions and to build collaborations and contacts with a wide range of professionals in the field of diabetes and reproductive health. We are sure that you will find this to be a truly exciting meeting presenting both clinical management and basic research.
Who will Attend?

SSE 2019 will benefit those who are developing or presently 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: dieticians; social workers; counselors; nurses; CDEs; advanced practice nurses and midwives; family, obstetric, and fetal medicine physicians. Attracting over 200 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.

23rd Annual Diabetes and Pregnancy Research Conference: Focus on Patient-Centered Care

Again this year an expanded agenda:
PRE- CONFERENCE WORKSHOPS
Choice of Two on Thursday, November, 7

Scientific Symposia: POSTER PRESENTATIONS
Original investigations, with Oral Discussion
of research topics within conference

TO SUBMIT ABSTRACTS
Contact ssep1@verizon.net for info.

FRIDAY and SATURDAY CONFERENCE:
Exploration of multiple topics of prevention and care utilizing a team management approach

EXHIBITORS and ABSTRACTS:
Friday and Saturday
Showcasing companies, products and opportunities for caregivers and your patients;
Remember the presence of exhibitors expands the conference content, and their contributions support this program.
Network and Discuss Issues with the experts!

CONTINUING EDUCATION CREDITS

For Nurses: Up to 20 Hrs Nursing BRN, provided by Professional Education Center (Provider #9890), an accredited provider by the California Board of Registered Nursing.
Workshop: 4 hours each: Day 1: 6.75 hours: Day 2: 7.25
Poster Presentations 2 hours.

For Physicians: Category II CME can be self submitted.

For RD/DTR: Commission on Dietetic Registration.
Activity #148981 approved up to 20 CPE (4 workshop; 14 main conf; 2 posters).

THURSDAY, NOVEMBER 7

CHOOSE FROM TWO WORKSHOP OPTIONS WORKSHOPS 11:00AM - 3:15PM

Workshop 1

New Technologies for Pregnancy Complicated by Diabetes:
Continuous Glucose Monitoring and Insulin Pumps
Julie Daley, RN, BSN, MS, CDE &
Elizabeth Miller, RN, BSN, MS, CDE

What are the best practice guidelines for utilizing continuous glucose monitor (CGM) sensors for women with diabetes in pregnancy? What do clinicians need to know to teach and support patients using CGM with multiple injections or with insulin pumps? What are the advantages and disadvantages of different types of CGM? This workshop will help you learn how to use CGM and insulin pumps, and how a hybrid closed loop insulin delivery system functions. Through case studies, you will learn how to develop a plan of care, educate the patient, document and continually reassess the process. Discussion will include the use of U500 insulin.

OBJECTIVES:

- Describe the use of continuous subcutaneous insulin infusion devices
- Describe the use of continuous glucose monitoring in women take multiple daily injections or using insulin pump therapy
- Explain how hybrid closed loop insulin delivery systems work

Workshop 2

A Plan for Maternal/Fetal Assessments within
Pregnancies Complicated by Diabetes
Cindy Parke RNC, CNM, MSN - Jeffrey Sperling MD, MS, CDE,
RDMS - Shelley Thorkelson MSN, RN, CNM, CDE

Diabetes during pregnancy is a condition that poses significant maternal and fetal risk. There are established guidelines for appropriate diagnostic tests that can improve outcomes for this high-risk group of mothers and their offspring. This workshop will focus on a multidisciplinary approach to managing each patient based on her health needs by providing ante-intrapartum assessments that can decrease morbidity risks for women with diabetes and their offspring. A case study approach will be utilized with the inclusion of necessary check off and timing of testing, but designed to individual circumstances. Optimal care starts with a thorough review of history and knowledge of personal resources as well as systems for team care available.

OBJECTIVES:

- Identify the incidence and scope of diabetes in pregnancy and name 5 risk demographics and potential co-morbidities.
- Define both the standard diagnostic criteria and the newest recommended diagnostic criteria for diabetes in pregnancy.
- Name 2 pregnancy induced changes to diabetes management, define 5 potential complications unique to pregnancy, and the role of auxiliary assessments.
- Name 5 components of management of diabetes in pregnancy including patient self care recommendations, target goals, medication management rules and postpartum plan components for long term follow up.

FRIDAY, NOVEMBER 8





- 7:15 Breakfast, Check-In, Poster Presentations
7:45 Welcome and Introduction
8:00 Keynote – Managing co-morbidities in diabetes and pregnancy; obesity, hypertension and the “-opathies”
Jeffrey Sperling, MD, MS, CDE
9:00 Metformin in pregnancy: Time to hit the pause button due to offspring concerns?
Linda (Lynn) Barbour, MD, MSPH
9:45 Exhibits/ Poster Sessions/ Refreshments
10:15 Emotional health of patients in pregnancies complicated by diabetes
Harsimran Singh, PhD
11:00 Ultrasound Assessments during pregnancies complicated by diabetes
Jeffrey Sperling, MD, MS, CDE
11:45 Oral Presentation
12:05 Lunch/Exhibits/Poster Sessions
1:00 Maternal metabolism: BMI, weight gain, & nutritional impacts on Long-term diabetes and obesity risk
Teri Hernandez, PhD, RN
1:45 What’s New? An Overview of insulin pumps, CGM & hybrid closed loop insulin delivery systems
Julie Daley RN, BSN, MS, CDE
2:30 Exhibits/Poster Sessions/Refreshments
2:45 Role of maternal triglycerides in fetal growth: Making fat from fat
Linda (Lynn) Barbour, MD, MSPH
3:30 Teratogen updates? Are marijuana or opioids HIGHLY recommended during pregnancy?
Robert Felix, BS, MPH
4:30 Evaluations / Adjourn

SATURDAY, NOVEMBER 9

- 7:15 Breakfast, Check-In, Poster Presentations, Exhibits
7:50 Welcome
8:00 Keynote – Medical management for preexisting diabetes during pregnancy
Siri Kjos, MD
9:00 Time for change, an exciting future for the role of diabetes educators in healthcare!
Tammi Boiko, MSN, RN,BC-ADM, CDE, FADE
9:45 Exhibits/Poster Sessions/Refreshments
10:00 Preconception/postpartum management for women with diabetes
Siri Kjos, MD
10:45 Gut Microbiome, pregnancy, diabetes, obesity – the next generation
Jacob (Jed) Friedman, PhD, MS
11:30 Challenges of vegetarian diet in pregnancy complicated with diabetes
Geetha Rao, MS, RD, CDE, CDTC, CPT, CLE
12:10 Lunch/Exhibits/Poster Sessions
1:00 Oral Presentation
1:20 Medical management of gestational diabetes
Gladys (Sandy) Ramos, MD
2:05 Glycemic control as prevention
Teri Hernandez, PhD, RN
2:50 Exhibits/Poster Sessions/Refreshments
3:00 Intrapartum medication management for women with diabetes
Shelley Thorkelson, MSN, RN, CNM, CDE
3:45 Pharmacist role and resource in GDM
Christina Inteso, Pharm. D, BCACP
4:30 Evaluation / Adjourn

You may photocopy this form for additional registrants

REGISTRATION: Sweet Success Express 2019: Focus on Patient-Centered Care

NAME _____
 License# _____ Are you a CDE? YES NO
 MD DO CNM/MW RN 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 2019
 P.O. Box 7447 Chico, CA 95927-7447

REGISTRATION OPTIONS: Check Box(es) on Left

COMPLETE CONFERENCE AND WS: Choose one WS: SAVE\$\$

- Workshop 1: "New Technologies: CGM and Pumps"
- Workshop 2: "A Plan for Maternal/Fetal Assessment"

MAIN CONFERENCE: NOVEMBER 8-9, ONLY

Individual WS AND/OR Individual Conference Day

- Workshop 1 - November 7 only
- Workshop 2 - November 7 only
- Conference Day One Nov. 8 only
- Conference Day Two Nov. 9 only
- I Prefer a Vegetarian Lunch

Conference Amenities...
Workshops Include: Beverage, Light Snack & Printed Syllabus

Friday/Saturday:
 Exhibitors; Conference Syllabus; Morning Coffee; Light Breakfast; Lunch; & PM Refreshment
 Confirmation, Map, and Receipt are sent by email for each registrant. **If you did not receive confirmation or are registering within 14 days of program - Please call to confirm space availability.

Participants should bring a sweater or light wrap, as conference rooms are often cool.

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

CHECKOUT:

Become a SSEP New Member - Join now: \$65 for Individual Member \$ _____
 Pay Fee Now and enjoy the immediate conference discounts (see membership details on back cover)

SSEP MEMBER DISCOUNT MBR# _____ (Required for discount)

Discounts for SSEP members: Complete Conference w/Workshop \$30 savings: Main Conference only \$20 off (.\$ _____)

COMPLETE CONFERENCE REGISTRATION: Save\$\$

Complete Conference w/Workshop (Choose one WS above)

Physician \$499
 Other Professionals \$469 \$ _____

Main Conference (Fri & Sat November 8 & 9 only)

Physician \$419
 Other Professionals \$389 \$ _____

One Day Registration (Choose one above)

Physician \$269: Other Professionals \$239 \$ _____

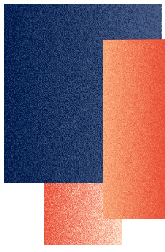
Workshop ONLY (Choose one above) \$129

\$ _____

Registration on or after October 10, 2019: Add \$30 \$ _____

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

Check payable to SSEP or Credit Card (above) TOTAL DUE \$ _____



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2019 Diabetes & Pregnancy Research Conference
 Focus on Patient-Centered Care

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 -
 CDEs needing renewal credits**
**Looking for new research, to SUBMIT
 ABSTRACTS, Contact ssep1@verizon.net**

GUARANTEE: If you are not satisfied with the content and presentation of this program, notify the registrar by 12 noon on first program day for refund of registration fees. **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 next year's 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. No cash return. 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, discuss with your tax specialist.

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

Program Location - Lodging

HOTEL: Embassy Suites Anaheim South - Call 714-539-3300 or 800-HILTONS and ask for the Sweet Success rate of \$165+ per night King Suites single/double; \$185+ per night 2 Doubles. Higher rates for triple and quad booking. **RESERVE EARLY!** Room block always sells out; rate is not guaranteed after October 8, 2019. At the Embassy - Every Room is a Suite! Full cooked to order breakfast & afternoon happy hour included with hotel reservation.

PARKING: Hotel guests of conference have 25% reduction to \$17/night cost (parking fee is on your own).

TRANSPORTATION: Airport to Hotel commercial shuttle or private services available from Orange County & LAX: www.supershuttle.com or www.amgtransportation.com



Located just 1 mile from Disneyland, discount admission tickets available if purchased before event; California Adventure Park & Downtown Disney; 4 miles from Knott's Berry Farm, and within 5 blocks of Mall shopping & Restaurants

**Embassy Suites Anaheim South
 11767 Harbor Boulevard
 Garden Grove, CA 92840
 714-539-3300 or 800-HILTONS**

Conference Amenities

Workshops include: Beverage, Light Snack, & Printed Syllabus

Friday/Saturday: AM Coffee; Light Breakfast; Lunch; PM break, & Printed Syllabus
 Abstract Poster Session and Exhibitors open throughout the Friday & Saturday Program

Plus chair massages for your comfort (with a donation to SSEP)
 Discount tickets to Disneyland available for conference participants and their families.

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 (\$65 fee)

SAVE on this conference:
JOIN SSEP NOW and take the membership conference discount!

If you have special needs, notify Diane: 800-732-2387

