



**2018**

**22nd National Research Conference**

# **Diabetes and Pregnancy: Prevention - Return on Investment**

**November 8-10, 2018**

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

**Joint Providership**

*SSEP*

SweetSuccessExtensionProgram

**PEC**

Professional Education Center

**Supporting Partners:**

Community Benefit Program at Hoag Memorial Hospital, Presbyterian  
Mini Pharmacy

Conference Information and Registration  
Sweet Success Express - Professional Education Center  
800-732-2387 - [www.sweetsuccessexpress.org](http://www.sweetsuccessexpress.org) OR [www.proedcenter.com](http://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 in pregnancy, and will be trained in ways to motivate patients to seek healthy lifestyle options.
2. Train clinicians in prevention interventions and strategies that encourage positive lifestyle changes across the lifespan.
3. Train clinicians in the benefits of a multidisciplinary team approach in the care of women with diabetes related to pregnancy.

## Specific Learning Objectives:

- Differentiate the 3 types of "talk" in Motivational Interviewing.
- Contemplate the basics of MI for its usefulness in your practice.
- Describe the process of culturally tailoring a GDM risk-reduction preconception counseling program for AIAN (American Indian and Alaska Native) adolescents.
- Identify 2 risk factors for the development of lipohypertrophy, and state one educational concept to cover with patients to preserve healthy injection sites.
- State 3 benefits of exercise for a pregnant woman with diabetes.
- State 3 complications of bedrest and identify modifications of exercise for bedrest patients.
- Discuss the components of "awareness" Preconception Care (PC) and the importance of initiating PC at puberty in teens with diabetes.
- Identify ways to talk with patients about initiating and self-managing insulin.
- Describe how to individualize insulin therapy for better tolerance and improved outcomes.
- Review the cost saving potentials with preventative care components of preconception care in this age of obesity.
- Identify metabolic and nutrient deficiencies and verbalize nutrition needs and weight gain goals for post bariatric surgery patients.
- Review the importance of MNT in special situations with diabetes in pregnancy to meet appropriate weight gain goals.
- Describe the life course conceptual model related to pregnancy complications (i.e., GDM) and later life chronic disease (diabetes and heart disease) in women.
- Identify the evidence for lactation and protection against progression to Type 2 Diabetes in women across the childbearing years.
- Describe potential complications from comorbidities in pregnancy affected by diabetes and cost effective team approaches to care.
- Identify the preventative value of glycemic control in pregnancies complicated by diabetes.
- Describe normal sleep, and how sleep disordered breathing is related to risk of Gestational Diabetes.
- Discuss the relationship between sleep disordered breathing and patterns of glycemia in obese pregnant women.
- Identify the relationship between maternal sleep patterns and infant body composition.
- Discuss ADA, ACOG, and SMFM recommendations for medication management of gestational diabetes.

# FACULTY

Charron-Prochownik, Charron, PHD, RN, CPNP, FAAN: Professor, Department Chair Health Promotion & Development, University of Pittsburgh School of Nursing, Pittsburgh, PA

Coustan, Donald, MD: Director, Division of Maternal-Fetal Medicine's Prenatal Diabetes Program, Professor of Obstetrics and Gynecology, Warren Alpert Medical School, Brown University, Providence, RI

Dopart, Susan, MS, RD, CDE: Nutrition and Fitness Consultant, West Los Angeles, CA

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

Gunderson, Erica, PhD, MS, MPH: Epidemiologist and Senior Research Scientist, Kaiser Permanente, Division of Research, Oakland, CA

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

Jornsay, Donna, RN, MS, BSN, CPNP, CDE, CDT, BC-ADM: Diabetes Program Manager and Clinical Specialist at Mills-Peninsula Medical Center, Member SSEP Advisory Council, Burlingame, CA

Lynn, Jessica CMN, CDE: Advance Practice Midwife, Perinatal Diabetes Educator, Woodhull Medical and Mental Health Center, Columbia University School of Nursing, Member SSEP Advisory Council, Greater New York City area, NY

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

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

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

## PROGRAM PLANNERS; MODERATORS

Joann Henry, RNC, MSHS - SSEP Chief Financial Officer:

Co-Chair Planning Committee

Cindy Parke, RNC, CNM, MSN - SSEP CEO, PEC Director:

Program Planner; Conference Director/Organizer

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

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

Julie Daley, RN, MS, CDE - SSEP Secretary:

Program Planner; Conference Moderator

Geetha Rao, MS, RD, CDE, CDT, CPT, CLE - SSEP Board of Directors Member: Program Planner

Joan Perez, MBA, BSN, CDE - SSEP Consultant:

SSEP Consultant at Exhibit

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

Conference Moderator

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

Director; Conference Organizer; Stretch Break Leader

Nathan Parke, Audio-Visual Consultant

## COURSE DESCRIPTION

### 22nd Annual Diabetes and Pregnancy Research Conference:

#### Prevention - Return on Investment

The exciting and innovative program will focus on how to invest in preventive management strategies to provide positive returns on diabetes and reproductive health. While this event will provide a comprehensive update and review of current practice standards, the major focus will be on evidence-based research studies that show positive outcomes for investing in preventive strategies. National and international speakers will provide practical and relevant therapies and management strategies as well as evidence-based preventive interventions to improve outcomes. 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 as evidence-based preventive interventions to improve outcomes. 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 that can improve returns on investing in prevention.

Expert speakers will be brought together to promote the exchange of current diabetes in pregnancy management strategies and cutting-edge perinatal diabetes research. It will feature the evidence-based study results, diagnosis and prevention, and multidisciplinary team management of diabetes related to pregnancy. The expanded specialty field of diabetes and reproductive health includes the future health of both mothers and offspring with the focus on efforts to prevent future obesity and type 2 diabetes for both. Not only will this innovative conference enhance practical and theoretical knowledge, it will shed light on thought provoking topics and recent research studies.

We invite you to join SSE 2018: Prevention: Return on Investment, where you are sure to have a meaningful experience. The meeting will provide many opportunities to networking and discussions and 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 2018: Prevention – Return on Investment 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 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.

### 22nd Annual Conference Diabetes and Pregnancy Research Conference: Prevention - Return on Investment

Again this year an expanded agenda:  
PRE- CONFERENCE WORKSHOPS  
Choice of Two on Thursday, November, 8

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

#### **TO SUBMIT ABSTRACTS**

**Contact [ssep1@verizon.net](mailto: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!

#### 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 (with a donation to SSEP), this year at the back of the conference room, allowing more access without missing a lecture!

Discount tickets to Disneyland available for conference participants and their families.

#### CONTINUING EDUCATION CREDITS

Nurses: Up to 19.75 Hrs Nursing BRN, 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.

Workshop: 4 hours each: Day 1: 7 hours: Day 2: 6.75 Poster Presentations 2 hours.

Physicians: Category II CME can be self submitted. RD/DTR: CPE Prior Approval applied for with the Commission on Dietetic Registration.



## THURSDAY, NOVEMBER 8

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

#### Workshop # 1 – Diabetes and Pregnancy: Working Exercise and Meal Plans into Real Life

Liz Miller RN & Geetha Rao RD

##### Description:

An interactive workshop that will get you moving and creatively thinking about how to best integrate Medical Nutrition Therapy and Exercise into your patient education. Your patients need real life strategies to meet their overall demands, and the need to “schedule” exercise into their daily lives. Concerns of possible hypoglycemia with exercise must be integral to this education for success. Meal and snack planning that includes consideration of blood glucose management, family/life complexities, nutrition, and meals, will be reviewed.

Expand your assessment skills to examine the life challenges of your patients; explore teaching tools, get creative; give them real examples of how to move/exercise; involve their family life into this integration. This is a team taught workshop utilizing two excellent patient educators who will weave their particular focused skills of nutrition and exercise together.

Be prepared to participate in light exercise,  
you need to move too!

##### Objectives:

Following the workshop, participants will be able to:

1. State three benefits of exercise for a woman with diabetes during pregnancy.
2. State three complications and identify modifications of exercise for these patients.
3. Discuss creative ways to utilize meal planning into life situations and schedules to allow for compliance.
4. Identify the importance of diet/exercise balance in achieving normoglycemia and optimal weight gain in pregnancy complicated by diabetes.

#### WS # 2 – Using Motivational Interviewing for the Best

##### Return on your Investment

Susan Dopart, MS, RD, CDE

##### Description:

Do you ever wonder if the time you spend with your patients is worth the effort? Does the way you speak to them help with the necessary lifestyle changes? This workshop is geared towards using techniques that provide the most “compounding interest” and generate change talk or movement towards change. If you ever feel like your patients are stuck in the status quo this workshop will provide tools for how to speak to patients to create lasting change and a diverse portfolio.

##### Objectives:

Following lecture, demonstration, and role play, participants will be able to:

1. Gain knowledge and practice MI skills and early strategies for use in their own practice.
2. Learn the differences in “discord,” “sustain talk” and “change talk” and how to evoke change talk in your patients.

## FRIDAY, NOVEMBER 9

7:15 Breakfast, Check-In, Poster Presentations

7:45 Welcome and Introduction

8:00 Keynote – Generating Debt-Free Change Talk:

A Quick Review of Motivational Interviewing

Susan Dopart

9:00 “Stopping GDM” in AIAN Adolescents: Culturally

Tailoring a Mother-Daughter Preconception

Counseling Program

Denise Charron-Prochownik

10:00 Exhibits/ Poster Sessions/ Refreshments

10:30 Oral Presentation

10:50 Prevention: Preserving the Health of Injection/

Infusion Sites

Donna Jornsay

11:45 Lunch/Exhibits/Poster Sessions

12:45 Dance for the Health of it-Part 3-Special

Considerations

Liz Miller

1:30 READY-Girls- Preconception Counseling Program

for Adolescent Girls with Diabetes: Workshop for

HCP

Denise Charron-Prochownik

2:30 Exhibits/Poster Sessions/Refreshments

2:45 Insulin in a New Age: How to Optimize Therapy by

Thinking Outside the Box.

Jessica Lynn

3:45 Principles of Eating Healthy and Staying Active in

Pregnancy Complicated with Diabetes and Other

Special Situations

Geetha Rao

4:30 Evaluations / Adjourn

## SATURDAY, NOVEMBER 10

7:15 Breakfast, Check-In, Poster Presentations, Exhibits

7:50 Welcome

8:00 Keynote – Pregnancy and Lactation: A Window

into Early Cardiometabolic Disease Prevention in

Women

Erica Gunderson

9:00 Management of Comorbidities for Pregnancies

Complicated by Pre-existing DM

Donald Coustan

10:00 Exhibits/Poster Sessions/Refreshments

10:15 Oral Presentation

10:35 Update: Targeted Glycemic Control as Prevention;

Thinking Beyond Glucose

Teri Hernandez

11:25 Prediabetes and GDM: Opportunities to Change

the Future of Diabetes

Jessica Lynn

12:30 Lunch/Exhibits/Poster Sessions

1:30 Sleep Disordered Breathing in Pregnancy: Linked to

Maternal Metabolism and Childhood Obesity?

Sarah Farabi

2:30 Exhibits/Poster Sessions/Refreshments

2:45 Professional Organization Recommendations and

Medication Management for GDM

Donald Coustan

3:15 Professional Organization Recommendations and

Medication Management for GDM

Jeffrey Sperling

3:45 Q / A Open Discussion Session

4:15 Evaluations / Adjourn

You may photocopy this form for additional registrants

**REGISTRATION: Sweet Success Express 2018: Prevention - Return on Investment**

NAME \_\_\_\_\_

License# \_\_\_\_\_

☐ MD ☐ DO ☐ CNM ☐ RN ☐ CDE ☐ 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](http://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 2018  
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: "Working Exercise and Meal Plans into Real Life"

☐ Workshop 2: "Using Motivational Interviewing..."

☐ MAIN CONFERENCE: NOVEMBER 9-10, ONLY

Individual WS AND/OR Individual Conference Day

☐ Workshop 1 - November 8 only

☐ Workshop 2 - November 8 only

☐ Conference Day One Nov. 9 only

☐ Conference Day Two Nov. 10 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.**

**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)

SSEP/SWEET SUCCESS MEMBER DISCOUNT MBR# \_\_\_\_\_ (Required for discount)

Complete Conference w/Workshop Discount \$30: Main Conference only Discount \$20

\$ (\_\_\_\_\_)

COMPLETE CONFERENCE REGISTRATION: Save\$\$

Complete Conference w/Workshop (Choose one WS above)

Physician \$469

Other Professionals \$449

\$ \_\_\_\_\_

Main Conference (Fri & Sat November 9 & 10 only)

Physician \$399

Other Professionals \$379

\$ \_\_\_\_\_

One Day Registration (Choose one above)

Physician \$249: Other Professionals \$229

\$ \_\_\_\_\_

Workshop ONLY (Choose one above) \$119

\$ \_\_\_\_\_

Registration on or after October 13, 2018: Add \$30

\$ \_\_\_\_\_

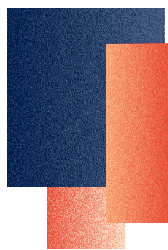
Registration within 48 hours of conference & AT DOOR: Add \$50 to Regular Registration

\$ \_\_\_\_\_

Check payable to SSEP or Credit Card (above)

**TOTAL DUE**

\$ \_\_\_\_\_



SSEP/Sweet Success Express  
PO Box 7447  
Chico, CA 92927-7447

PLEASE POST



## 2018 Diabetes & Pregnancy Research Conference Prevention: Return on Investment

### 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](mailto: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 \$149+ per night King Suites single/double; \$169+ 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, 2018. 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 reduced \$15/night cost (fee is on your own)

**TRANSPORTATION:** Airport to Hotel commercial shuttle or private services available from Orange County & LAX: [www.supershuttle.com](http://www.supershuttle.com) or [www.amgtransportation.com](http://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**

PROFESSIONAL EDUCATION CENTER, 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. **COME JOIN THE CROWD:** Our attendees are the best clinicians and represent the most prestigious medical care facilities including: University of California Medical Centers, Hoag Memorial Hospital, Alta Bates Summit Medical Center, Kaiser Foundation Hospitals, Cedars-Sinai, Good Samaritan Hospitals, Grossmont Health Care, and many others. The opportunity to share experiences and network with your peers is just one more reason to choose The Diabetes & Pregnancy National Research Conference!

### SSEP

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

[www.sweetsuccessesexpress.com](http://www.sweetsuccessesexpress.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!

Professional Education Center has been dedicated to quality OB education since 1991. Call us at 800-732-2387 or visit our website for a wide selection of CE opportunities across the nation.  
[www.proedcenter.com](http://www.proedcenter.com)