



2017

21st National Research Conference

**Diabetes and Pregnancy:
Motivate to Prevent
November 2-4, 2017**

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 OR www.proedcenter.com

COURSE DESCRIPTION

21st Annual Diabetes and Pregnancy Research Conference Motivate to Prevent

SSEP envisions a health-oriented society in which evidenced-based management interventions and policies are continuously applied to improve the short- and long-term health and well-being for women with diabetes during pregnancy and their offspring. We are excited to host this conference which provides a unique opportunity to advance this vision. Expert speakers will present a method for motivating change as well as evidence-based preventive interventions across the life stages, particularly in high risk demographics. The interventions target women at highest risk to develop diabetes during pregnancy or later in life, particularly indigenous populations, culturally and linguistically diverse communities and economically disadvantaged groups.

National and International speakers will address current published and unpublished research and address controversial topics in keeping with the program theme. The program will address concepts of prevention, intervention, self-management education and treatment modalities. 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.

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, but it is a fantastic opportunity to recognize shared priorities in diabetes and reproductive health management.

Aims of the Conference:

Increase commitment to participate in a team approach to preventive interventions - Enhance staff participation in self-management education - Facilitate collaboration and communications with other programs in the development of quality prevention initiatives.

Who will Attend?:

The Motivate to Prevent 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.

21st Annual Conference Diabetes and Pregnancy Research Conference: Motivate to Prevent

Again this year an expanded agenda:
PRE- CONFERENCE WORKSHOPS
Choice of Two on Thursday, November, 2

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!

Conference Amenities

Workshops include:
Beverage, Light Snack, & Printed Syllabus
Friday/Saturday:
Morning Coffee; Light Breakfast; Lunch; PM break
& Printed Syllabus

Abstract Poster Session and Exhibitors open
throughout the Friday & Saturday Program

Discount tickets to Disneyland available for
conference participants and their families.
Must purchase prior to arrival for conference.
See website for direct information link.

CONTINUING EDUCATION CREDITS

Nurses: Up to 20 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: 7.25 hours: Day 2: 6.75
Poster Presentations 2 hours.
Physicians: Category II CME can be self submitted.
RD/DTR: CPE Prior Approval Verification;
Activity 134408 for up to 21 hours, by the
Commission on Dietetic Registration.

COURSE OBJECTIVES

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

Overall Conference 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 clinician in the benefits of a multidisciplinary team approach in the care of women with diabetes related to pregnancy.

Specific Presentation Objectives:

- Demonstrate an understanding of maternal metabolism during pregnancies complicated by diabetes
- Differentiate between discord, sustain talk, and change talk
- Describe how to evoke your client's own reasons for change
- Write a brief overview of the spirit and skills of Motivational Interviewing
- Review the role of diet and exercise to prevent and/or manage Gestational Diabetes
- State two (2) reasons to consider early post-partum glucose testing
- Describe how to assess the risks and benefits of early compared to traditional testing
- Describe how increased overall diet quality both before pregnancy and after conception has the potential to prevent gestational diabetes
- Discuss how different practice patterns affect the costs associated with GDM screening and treatment
- List how interventions associated with GDM management impact down stream health care costs
- Correctly assign diagnostic coding for the diabetic pregnant patient
- Know how to code for additional services outside the routine global package for diabetic care
- Understand the requirements for documentation that will support additional reimbursement
- State the Sweet Success recommendations for diagnosing hyperglycemia during pregnancy
- Understand the origin of the 175 gram/day carbohydrate recommendation for pregnancy in the 2nd and 3rd trimester
- List three (3) pregnancy related risk-factors and their possible effects on future maternal and childhood obesity
- Compare maternal admissions for glycemic control for women with type 1 DM who are on insulin pump with those on multiple daily injections
- Describe support networks that facilitate and barriers that hinder diabetes management during pregnancy in women with pre-existing or gestational diabetes
- Describe the utility of ultrasound in management of gestational diabetes and prevention of complications
- Describe the association between prenatal care adherence on rate of stillbirth and neonatal intensive care unit admission

FACULTY

Artal, Raul, MD, FACOG, FACS: Professor and Chairman Emeritus, Department of Obstetrics, Gynecology and Women's Health, Saint Louis University, MO

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

Han, Christina, MD: Women's Reproductive Health Researcher, Center for Fetal Medicine and Women's Ultrasound, Voluntary Clinical Faculty, UCLA, Los Angeles, CA; Diplomat of the American Board of Obstetrics and Gynecology; Adjunct Assistant Professor, Yale University

Hernandez, Teri, PhD, RN: Division of Endocrinology, Metabolism, & Diabetes, University of Colorado Denver

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

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

Sacks, David, MD: Associate Investigator, Department of Research and Evaluation, Kaiser Permanente Southern California; Adjunct Clinical Professor, Department of Obstetrics and Gynecology, Keck School of Medicine, University of Southern California

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

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

Theiss, Trudy, MS, RD, CDE: Nutritionist, High-Risk Pregnancy Clinic, Sutter Health, California Pacific Medical Center, San Francisco, CA

Werner, Erika F., MD, MS: Director, Maternal Fetal Medicine Fellowship, Associate Professor Alpert Medical School of Brown University, Providence, RI

Witt, Melanie, RN, MA: Independent Consultant in OB/Gyn Coding, Reimbursement and Health Research, Guadalupita, NM

PROGRAM PLANNERS; MODERATORS

Joann Henry, RNC, MSHS - SSEP CFO:

Co-Chair Planning Committee

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

Program Planner

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

Program Planner; Conference Moderator

Maribeth Inturrisi, RN, MSN, CNS, CDE - SSEP Advisory Council:

Program Planner

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

Program Planner; Conference Director/Organizer

Joan Perez, MBA, BSN, CDE - SSEP Consultant

Conference Moderator

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

Conference Moderator

Nathan Parke, Audio-Visual Consultant

THURSDAY, NOVEMBER 2

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

WS # 1 – Facilitating Behavior Change in a way that really works: Learning Motivational Interviewing to enhance your practice Susan Dopart, MS, RD, CDE

Description: Do you ever feel like you are the only cheerleader for change while your patients are taking a back seat in their own health? Would you like a way to talk to your patients who seem continually stuck in ambivalence?

How do you help facilitate healthy behavior change in a way that really works?

This workshop will help with how to evoke change from your patients so they are the ones arguing for change. There will be time for practicing real life skills for using the tools of motivational interviewing so you can return to your work place empowered to help others find their internal motivation for change.

Objectives:

1. Describe how to roll with resistance with patients who are ambivalent about behavior change
2. Demonstrate how to generate conversations where the client is talking about change versus the clinician arguing for change
3. Describe how to elicit, recognize and reinforce “change talk” (change language) versus “sustain talk” (status quo talk) or “discord” (resistance)
4. Practice the skills of OARS (open-ended questions, affirmations, reflections, summaries)

Workshop # 2 – Insulin Therapy Workshop: Multiple Daily Injections & Continuous Subcutaneous Insulin Infusion Maribeth Inturrisi, RN, MS, CNS, CDE

Description: This workshop provides a comprehensive overview of Insulin Therapy during pregnancies complicated by diabetes. Many physicians and patients choose to use multiple daily injection (MDI) therapy for glucose control. Intensive management by injections offer the use of several different insulins and number of daily injections, which must meet the individual needs of the patient. Appropriate types of insulin and injection regimens will be addressed.

Continuous Subcutaneous Insulin Infusion (CSII), also known as “the pump”, is an innovative method for glucose control suitable for use for women with diabetes during pregnancy to ease management. Both methods require intensive management. This hands-on workshop guides participants through detailed steps for use of “the pump.”

Objectives:

1. Describe two strategies using basal and bolus insulins to achieve tight control with multiple daily injections during pregnancy
2. List three benefits of using continuous subcutaneous insulin infusions (pump therapy) during pregnancy

FRIDAY, NOVEMBER 3

- 7:15 Breakfast, Check-In, Poster Presentations
7:50 Welcome and Introduction
8:00 Keynote – Physiology of diabetes in pregnancy: How does it relate to clinical practice?
David Sacks, MD
9:00 Introduction to Motivational Interviewing
Susan Dopart, RD, CDE
10:00 Exhibits/ Poster Sessions/ Refreshments
10:20 Oral Presentation
10:40 Lifestyle modification: diet and exercise to prevent/manage GDM
Raul Artal, MD
11:30 Early postpartum glucose testing in women with GDM
Erika Werner, MD
12:20 Lunch/Exhibits/Poster Sessions
1:15 Prevention of GDM: A nutrition approach
Teri Hernandez, PhD, RN
2:10 Ensuring that gestational diabetes diagnosis is cost-effective
Erika Werner, MD
3:00 Exhibits/Poster Sessions/Refreshments
3:15 Coding and billing for the diabetic pregnant patient
Melanie E. Witt, RN, MA
4:45 Evaluations / Adjourn

SATURDAY, NOVEMBER 4

- 7:15 Breakfast, Check-In, Poster Presentations, Exhibits
7:50 Welcome
8:00 Keynote – New rules for diagnosing hyperglycemia - Impact on fetus and mother
Sandy Ramos, MD
9:00 CDAPP-Sweet Success-An historical perspective, carbohydrate recommendations and other nutrition controversies
Trudy Theiss, MS, RD, CDE
9:50 Exhibits/Poster Sessions/Refreshments
10:05 Oral Presentation
10:25 Pregnancy-related risk-factors and their impact on future maternal and childhood obesity
Teri Hernandez, PhD, RN
11:20 Association between insulin delivery method and admission for glycemic control among pregnant women with type 1 diabetes mellitus
Jeffrey Sperling, MD
12:15 Lunch/Exhibits/Poster Sessions
1:15 Clinical and psycho-social support systems and barriers to diabetes management during pregnancy
Harsimran Singh, PhD
2:15 Ultrasound in pregnancies with GDM
Christina Han, MD
3:05 Exhibits/Poster Sessions/Refreshments
3:15 Prenatal care adherence and neonatal intensive care unit admission or stillbirth among women with gestational and preexisting diabetes mellitus
Jeffrey Sperling, MD
4:15 Evaluations / Adjourn

You may photocopy this form for additional registrants

REGISTRATION: Sweet Success Express 2017: Motivate to Prevent

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)
[] [VISA] [Master Card] [DISCOVER] [AMERICAN EXPRESS]
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 2017
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: "Facilitating Behavior Change"
[] Workshop 2: "Insulin Therapy"

[] MAIN CONFERENCE: NOVEMBER 3-4, ONLY

Individual WS AND/OR Individual Conference Day

- [] Workshop 1 - November 2 only
[] Workshop 2 - November 2 only
[] Conference Day One Nov. 3 only
[] Conference Day Two Nov. 4 only
[] I Prefer a Vegetarian Lunch

Conference Amenities...
Workshops Include: Beverage, Light Snack
& Printed Syllabus
Friday/Saturday:
Conference Syllabus; Morning Coffee; Light
Breakfast; Lunch; & PM Refreshment; Exhibitors

Confirmation, Map, and Receipt
are sent 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 \$ _____

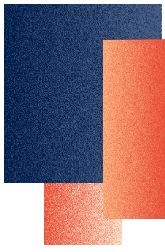
Main Conference (Fri & Sat November 3 & 4 only)
Physician \$ 399
Other Professionals \$379 \$ _____

One Day Registration (Choose one above)
Physician \$249: Other Professionals \$229 \$ _____

Workshop ONLY (Choose one above) \$119 \$ _____

Registration on or after October 6, 2017: 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
 Chcio, CA 92927-7447



PLEASE POST

2017 Diabetes & Pregnancy Research Conference Motivate to Prevent

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

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. 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

HOTEL: Embassy Suites Anaheim South - Call 714-539-3300 or 800-HILTONS and ask for the Sweet Success rate of \$149+ per night King Suitesingle/double; \$169+ per night 2 Doubles. **RESERVE EARLY!** Room block ususally sells out; rate is not guaranteed after October 2, 2017. 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 \$13/night cost (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**

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

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