

SSEP Update

(Sweet Success Extension Program)



Spring 2013

SSEP

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Conference Schedule & Resource Edition



New - Updated - Exciting: 2013 SSEP Conference Agenda

Faculty includes MD, RN, RD & MSW

"Advanced Diabetes in Pregnancy Management"

Approved for 13.25 CE contact hours & Applied for CPEUs

PROGRAM DESCRIPTION: These conferences will address progressive strategies and current specialty topics as well as provide practical, hands-on clinical management and education for women whose pregnancies are complicated by diabetes. It is intended for multi-disciplinary team members that provide direct care to women with pregnancies complicated by diabetes. The program will integrate concepts of prevention, intervention, self-management education and treatment modalities for current clinical application based on the highly successful CDAPP Sweet Success model of care, which is consistent with the current American Diabetes Association recommendations.

OBJECTIVES: Upon completion of this program, the participant will be able to:

- * Demonstrate an understanding of the pathophysiology of diabetes and pregnancy
- * List 3 medical management strategies for reducing the risk for hyperglycemia during pregnancy
- * Describe a healthy meal plan for women with diabetes during pregnancy
- * State the potential benefits of promoting long-term lifestyle changes in meal planning and exercise for women with diabetes during pregnancy
- * Identify tools to assess coping with stress and recognizing signs of depression in women experiencing diabetes during pregnancy
- * Demonstrate an understanding of the impact of culture on self-care behaviors
- * Discuss how to safely and accurately use insulin and oral agents to achieve normoglycemia
- * Demonstrate steps for initiating insulin pump use
- * Discuss the value of implementing multidisciplinary diabetes care in pregnancy programs
- * State the self-monitoring blood glucose target values during pregnancy
- * List 4 benefits of breastfeeding for each - the mother and the infant
- * List 3 long-term risks to the offspring of mothers with gestational diabetes
- * State the Sweet Success recommendations for diagnosing hyperglycemia during pregnancy



Brochures & Online Registrations available soon at:

<http://www.sweetsuccessesexpress.com/CONFERENCES.html> or email
ssep1@verizon.net - ssep9@aol.com - 714-968-0735



Hoag Diabetes Center, Newport Beach, CA - July 12-13, 2013
Co-sponsored by Hoag Memorial Hospital / Mary & Dick Allen Diabetes Center

Chicago, IL - Embassy Suites, Rosemont, IL - July 26-27, 2013

Seattle, WA - Doubletree by Airport - Aug. 23-24, 2013

Cincinnati, OH - Kingsgate Marriott at the Univ of OH Oct. 11-12, 2013

Co-sponsored by the University of Cincinnati 

Houston, TX - Marriott Houston South at Hobby Airport - Oct. 18-19, 2013



Sweet Success Express 2013: Focusing on Future Outcomes November 7-9, 2013

The Sweet Success Express 2013: Focusing on Future Outcomes Conference will be held at the Embassy Suites Anaheim South, Garden Grove, California, on November 7-9. The pre-conference day features two workshops. One will be *The Art of Guiding Behavior Change: An Introduction to Motivational Interviewing* by Susan Dopart, MS, RD, CDE. The other one will be *Billing during Diabetes and Pregnancy* by Mary Ann Hodorowicz, Consultant, LLC, RD, CDE; Certified Endo Coder, MBA. The two main conference days are packed with expert speakers.

As always the two main conference days will focus on the most current topics and controversies. Mark your calendars and plan to join us. (more info at www.sweetsuccessesexpress.com/conferences.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](http://www.sweetsuccessesexpress.org)
or call Debby Rice or M. Joann Henry at: Phone 714-968-0735 or email at ssep1@verizon.net.

Upcoming Conferences

Watch www.sweetsuccessesexpress.com, Conference Page for 2013 schedule - will be posted soon

Save the Date: This issue focuses on a Schedule of SSEP and SSE Conferences

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**WATCH FOR NEW
EXERCISE AND GDM VIDEO &
INSTRUCTIONAL DVD**

Due out in summer of 2013

SSEP is partnering with Medical Health and Fitness (MHF) in Santa Barbara, CA. to develop an instructional Exercise and GDM Educational Video/DVD.

This DVD will include traditional instructional formats of exercise, introduce new types of exercise equipment, and develop specific protocols for each type of exercise regime that will benefit women from a metabolic control and fitness standpoint.

**Thank you to all that
contributed to this project**

**More information will be
available soon at**

www.sweetsuccessesexpress.com/PRODUCTS.html and www.medhealthfit.com.

Or email ssep1@verizon.net

Help NDEP spread the word!

Visit www.YourDiabetesInfo.org/GDM for the following:

✍️ NDEP's newly revised tip sheet, *Did You Have Gestational Diabetes When You Were Pregnant? What You Need to Know.*, has tips to help women with a history of gestational diabetes and their families lower their risk for type 2 diabetes.

✍️ NDEP's promotional toolkit for partners includes resources – web banners, volunteer profiles of women affected by gestational diabetes, a feature article, and more – that you can use to raise awareness in your community.

✍️ Engage with NDEP using social media. "Like" the [NDEP Facebook page](#) and invite your Facebook friends to "Like" the page, too! You can also upload one of NDEP's hGDM cover photos to your organization's Facebook page. Follow NDEP on [Twitter](#) and re-tweet messages related to the lasting impact of gestational diabetes. Follow the diabetes conversation by using the hash tag gestational #diabetes.

ANNOUNCEMENTS

NEW - EXPANDED - on DVD

SSEP Guidelines-at-a-Glance for GDM DVD - 2013

Updated to reflect the most current diabetes in pregnancy guidelines
The 12 sections provide an overview of each topic in 60 pages -

Introduction price - \$20

www.sweetsuccessesexpress.com/PRODUCTS.html
or call **714-968-0735**; email ssep1@verizon.net or ssep9@aol.com



Diabetes in Pregnancy: Self-Study Modules - 2013

Updated to reflect the latest diabetes
in pregnancy guidelines

40 contact hours for nurses / 40 CPEUs



Available online and in booklet format - \$189

(Save Shipping/Handling & Postage by mentioning Spring Newsletter Special)

Based on Sweet Success Guidelines for Care 2012;
ADA Standards for Medical Care 2011;
American Academy of Pediatrics Recommendations for Neonatal Hypoglycemia

<http://www.sweetsuccessesexpress.com/PRODUCTS.html>
or call **714-968-0735**; email ssep1@verizon.net or ssep9@aol.com



GDM Booklet - Meal Planning - by CommuniCare

A free GDM Booklet focusing on meal planning is available – compliments of **CommuniCare Health in Davis, CA**. SSEP extends our gratitude and thanks to **Andrea Ransdell, MS, RD**, and her team, and may be downloaded at: <http://www.sweetsuccessesexpress.com/RESOURCES.html>. Or if you prefer, you may email us at ssep1@verizon.net or ssep9@aol.com to receive by email.

CDAPP Sweet Success Guidelines for Care

The CDAPP Sweet Success Guidelines for Care 2012 are available for free download from the Sweet Success Resource & Training Center website at www.CDAPPSweetSuccess.com.



SSEP Individual Membership PROGRAM

(This is not the same as an Associate Program)



Benefits include:

FREE education product each year - (\$20+ each year)

First year is the New GDM Guidelines-at-a-Glance for GDM

Other Benefits include: 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 (3 individual at same facility) - \$125/yr

For more info visit

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

JOIN TODAY



SSEP Order Form Updated (05/10/2013)

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: Booklet, 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

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	#14-Complete Set of 12 (40 Hours) List price \$249 NOW \$189!
01-Preconception/Contraception	
02-Medical Nutrition Therapy	
3 Hours - \$20 Each	Savings of \$95!! Less than \$5/CE Hr
03-Screening & Dx GDM	
04-Self-monitoring Blood Glucose	
05-Insulin Therapy	
06-Hypoglycemia	
07-Maternal/Fetal Assessment	Free: Reference Material included With #14
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

#2002 CDAPP Sweet Success Pocket Guidelines - \$15

Handy pocket guide in 10 double-sided laminated pages

ACCREDITATION: Nurses: SSEP is a provider approved by the California Board of Registered Nursing Provider #13813 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 CPEUs for RDs and DTRs.

AMA PRA Category 2 Credit™ is self-designated and claimed by individual physicians for participation in activities related to PRA Category 2. Physicians must claim credit only after completion with their level of participation. SSEP is a non-profit organization and has no commercial conflict of interest.

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



SSEP ORDER FORM

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

Item #	Qty	Description	Price Each	Times Qty	Final Cost

ORDER TOTAL

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

Less Discount _____

Sub-Total _____

7.5% Tax - CA only _____

Orange Co. Add _____

7.75% tax _____

Ship/handling \$15
for orders up to \$99
(\$25 for orders \$100-\$399)
(Call for orders ≥ \$400)



Method of PAYMENT

Check _____ Visa _____ MC _____ Am Ex _____

Card # _____ Exp. Date _____

Print name on card _____ Signature _____

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!

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

STRESSFUL LIFE EVENTS MAY INCREASE STILLBIRTH RISK, NIH NETWORK STUDY FINDS

NIH News Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) <<http://www.nichd.nih.gov/>>
Released Wednesday, March 27, 2013 by NIH News

Pregnant women who experienced financial, emotional, or other personal stress in the year before their delivery had an increased chance of having a stillbirth, say researchers who conducted a National Institutes of Health network study.

The researchers asked more than 2,000 women a series of questions, including whether they had lost a job or had a loved one in the hospital in the year before they gave birth.

Whether or not the pregnancy ended in stillbirth, most women reported having experienced at least one stressful life event in the previous year. The researchers found that 83 percent of women who had a stillbirth and 75 percent of women who had a live birth reported a stressful life event. Almost 1 in 5 women with stillbirths and 1 in 10 women with livebirths in this study reported recently experiencing 5 or more stressful life events. This study measured the occurrence of a list of significant life events, and did not include the woman's assessment of how stressful the event was to her.

Women reporting a greater number of stressful events were more likely to have a stillbirth. Two stressful events increased a woman's odds of stillbirth by about 40 percent, the researchers' analysis showed. A

woman experiencing five or more stressful events was nearly 2.5 times more likely to have a stillbirth than a woman who had experienced none. Women who reported three or four significant life event factors (financial, emotional, traumatic or partner-related) remained at increased risk for stillbirth after accounting for other stillbirth risk factors, such as sociodemographic characteristics and prior pregnancy history.

Non-Hispanic black women were more likely to report experiencing stressful events than were non-Hispanic white women and Hispanic women. Black women also reported a greater number of stressful events than did their white and Hispanic counterparts. This finding may partly explain why black women have higher rates of stillbirth than non-Hispanic white or Hispanic women, the researchers said.

"We documented how significant stressors are highly prevalent in pregnant women's lives," said study co-author Marian Willinger, Ph.D., acting chief of the Pregnancy and Perinatology Branch of the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), one of two NIH entities funding the research. "This reinforces the need for health care providers to ask expectant mothers about what is going on in their lives, monitor stressful life events and to offer support as part of prenatal care."

For a full News Release, email ssep1@verizon.net

Their findings appear in the American Journal of Epidemiology. The research was conducted by the NICHD-funded Stillbirth Collaborative Research Network (SCRN) <<http://www.nichd.nih.gov/research/supported/pages/scrn.aspx>>.

SSEP Guidelines-at-a-Glance for GDM - 2013

Updated to support the 2012 CDAPP Guidelines for Care, ADA Recommendations and American Academy of Pediatric Recommendations for Treatment of Neonatal Hypoglycemia

Now Available at

<http://www.sweetsuccessexpress.com/PRODUCTS.html>

NEW!! - Self-Study Modules 2013

40 CE or CPEU - \$189

Available Online and in Booklet Format

Email ssep9@aol.com or ssep1@verizon.net
or call 714-968-0735

Spring - 2013 - For SSEP Membership information call 714.968.0735 or email ssep1@verizon.net

For complete SSEP Conference Schedule visit
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