

# A Sweet Success Express Conference

## Perinatal Diabetes: Power of the Team

April 25-26, 2019

Joint Sponsorship: **SSEP & pac/lac**

(Perinatal Advisory Council: Leadership, Advocacy and Consultation)



Presented by



SSEP & Sweet  
Success Express

Co-Sponsored by  
Professional Education  
Center



In Collaboration with  
NAVAJO



SWEET SUCCESS  
GROUP ASSOCIATES

## Hyatt Regency Albuquerque

Albuquerque Plaza  
330 Tijeras Ave NW  
Albuquerque, NM 87102  
Phone: (505) 842-1234

REGISTER EARLY - EARLY REGISTRATION ENDS 3/20/19  
SYLLABUS/BREAKFAST/LUNCH/REFRESHMENTS PROVIDED

FOR INFORMATION

SSEP/Sweet Success Express 800-732-2387 or  
ssep1@verizon.net or cindy@proedcenter.com

Brochure & online registration at: [www.sweetsuccessexpress.org/conferences.html](http://www.sweetsuccessexpress.org/conferences.html)

## COURSE DESCRIPTION

This conference is designed to support the concept of patient-centered care by addressing each patient's specific health needs to achieve desired health outcomes, which parallels that of the 2019 American Diabetes Association (ADA) Standards of Medical Care in Diabetes: Patient-centered care by team management. Patients are partners with health care providers in medical management, and care must be addressed from all perspectives of body and mind, including cultural/ethnic, medical, emotional, mental, spiritual, social and financial. Desired health outcomes are the driving force behind all health care decisions and quality measurements; it takes a powerful team capable of effective communication, empathy, and a feeling of partnership to create improved outcomes.

Expert speakers will present topics covering comprehensive updates and reviews of current practice guidelines and selected high-risk specialty topics that support patient-centered care. Topics will include creative and practical applications of evidence-based management strategies to assist teams to provide quality patient-centered care. 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. The power to achieve improved health outcomes lies in the success of the team. These improved outcomes include early identification of diabetes in reproductive aged women; euglycemia at conception; appropriate pregnancy weight gain; identification, prevention, 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. The content is based on the CDAPP Sweet Success model of care and is consistent with the current American Diabetes Association recommendations. The seminar is brought to you by the work of SSEP, a not for profit program devoted to the dissemination of high-quality education in this essential topic.

**Generating Change in your Clients: An Introduction to Motivational Interviewing:** Do you have patients who can't seem to make positive changes in their lives and are stuck in the same story? Although ambivalence for behavior change is normal and a person can remain stuck in this cycle for years, one patient-centered Motivational Interviewing conversation can create a shift in perspective and movement towards that desired change. MI was started in the addiction field and is now used with all types of behavior change.

## COURSE OBJECTIVES

### OVERALL OBJECTIVES

- Discuss the impact of the care of women with diabetes when provided from a multidisciplinary team approach
- Train clinicians in self-management strategies and prevention interventions that encourage positive lifestyle changes in mother and child across the lifespan.
- Examine the unique impacts of ethnicity and culture on perinatal outcome.
- Elicit the benefits of patient-centered care provided by a multidisciplinary team approach in the care of women with diabetes related to pregnancy.

### LARNING OBJECTIVES: Upon completion of this program, the clinician will be able to

- List the benefits of using the Sweet Success team approach to provide care for Navajo Area diabetes in pregnancy patients.
- Discuss the importance of the prenatal and early life periods.
- Describe the development, implementation and evaluation of the Family Spirit Nurture home visiting program to address early childhood obesity risks among Native American families
- To increase understanding and application of Dine' (Navajo) cultural perspectives, knowledge and practices during preconception and prenatal care.
- Review the effects of BMI, weight gain, and nutritional influences on long-term obesity risk in pregnancies complicated by diabetes and what this means for patient-centered care.
- State three benefits of exercise for a pregnant woman with diabetes.
- Describe the advantages and disadvantages to consider when choosing the methods for insulin therapy administration during pregnancy.
- Identify the preventative value of glycemic control in pregnancies complicated by diabetes.
- Roll with resistance with patients who are ambivalent with change.
- Learn and practice the four processes of MI; how to engage a patient, find their focus and evoke what makes them successful to create lasting change.
- Recognize "change talk" and "sustain talk" as key indicators of movement towards or away from change, then practice skills to elicit, recognize, and reinforce "change talk".
- Give instructions or convey information in a way that can be received by a patient.
- List the principles of team counseling related to the strengths and limitations in the use of oral medications for GDM.
- Explore and discuss resources and barriers that impact improved care for women whose pregnancies are complicated by diabetes
- Describe principles for members of the antenatal care team in caring for patients with diabetes with common co-morbidities.
- List three (3) interventions that will aid in the prevention of future diabetes and/or obesity for women with previous gestational diabetes, and their offspring.
- Describe the purpose of and need for the Stopping GDM program for American Indian and Alaska Native adolescent females and their communities.
- List the Stopping GDM program components and objectives.
- Discuss next steps of the Stopping GDM program including widespread dissemination.

## EXHIBITS AND NETWORKING OPPORTUNITIES

Latest updates from the California Sweet Success Programs and Resource Center.  
Exhibits showcasing company products -Network and discuss issues with experts.

## FACULTY

**Aspaas, Melanie, BPH (Navajo):** Research Assistant/ Site Coordinator, Centers for American Indian and Alaska Native Health at the University of Colorado Anschutz Medical Campus Aurora, CO

**Bachman-Carter, Karen, MPH, RD, CDE, CSOWM:** Dietitian, Center for Health and Wellness, Northern Navajo Medical Center, Member SSEP Advisory Council, Shiprock, NM

**Bullock, Ann, MD:** Director, Division of Diabetes Treatment and Prevention, Indian Health Service, Cherokee, NC

**Cuddy, Reese, MPH:** Field Coordinator, Family Spirit Program, Johns Hopkins Center for America Indian Health, School of Public Health, Albuquerque, NM

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

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

**Leib, Amanda, MD, FACOG:** Chief of OB/GYN, Tuba City Regional Health Care Corporation, Tuba City, AZ

**Leonard, Carol, BA, MPH, MA:** Health Promotion Specialist, Navajo Area Indian Health Service, Window Rock, AZ

**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

**Nelson, Leonela, BA:** Shiprock Program Coordinator, Family Spirit Program, Johns Hopkins Center for America Indian Health, Albuquerque

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

**Stotz, Sarah, PhD, MS, RD, CDE:** Research Associate, Centers for American Indian and Alaska Native Health at the University of Colorado Anschutz Medical Campus Aurora, CO

**Thorkelson Shelley, MSN, RN, CNM, CDE:** HIPP Nurse Specialist, Center for Health and Wellness, Northern Navajo Medical Center, Shiprock, NM

### MODERATORS/ ASSISTANTS:

Liz Miller, RN, BSN, MS, CDE: Houston, TX

Teri Hernandez, PhD, RN: Denver, CO

Karen Bachman-Carter, MPH, RD, CDE: Shiprock, NM

Vivian Huang, MD: Window Rock, AZ

Bernadine John, RN, MSP, CDE: Window Rock, AZ

Joan Perez, MBA, BSN, CDE: Riverside, CA

### PLANNING COMMITTEE:

Karen Bachman-Carter, MPH, RD, CDE: Shiprock, NM

M.Joann Henry, RNC, MSHS: La Quinta, CA

Vivian Huang, MD: Window Rock, AZ

Bernadine John, RN, MSP, CDE: Window Rock, AZ

Kimberly Maurer, LPN, BASc., PCM, CPI: PEC Assistant Director; Conference Organizer

Cindy Parke, CNM, RNC, MSN: Chico, CA

Shelley Thorkelson, MSN, RN, CNM, CDE: Shiprock, NM

## Thursday, April 25, 2019

Time	Event / Speaker
7:15	Registration and Mini Breakfast
7:45	Welcome - Moderators: Karen Bachman-Carter and Liz Miller
8:00	Sweet Success/Diabetes in Pregnancy Care in Navajo Area <u>Amanda Leib</u>
8:30	Effects of Early Life Experiences on Diabetes Risk <u>Ann Bullock</u>
9:30	Exhibits & Refreshments
9:45	Family Spirit-Nurture-An Early Life Intervention from Navajo <u>Leonela Nelson and Reese Cuddy</u>
10:45	Diné (Navajo) Cultural Perspective, Knowledge and Practices on preconception, conception, and birth <u>Carol Leonard</u>
11:45	Lunch Presentation & Exhibits
12:45	Maternal Metabolism: BMI, Weight Gain, and Nutritional Impacts on Long-term Obesity Risk <u>Teri Hernandez</u>
1:45	Exercise: Dance for the Health of It: <u>Liz Miller</u>
2:30	Exhibits & Refreshments
2:45	Practical Strategies for Insulin Management: Multiple Daily Injections, Pumps, CGMs and U500 Insulin Pearls <u>Shelley Thorkelson and Liz Miller</u>
3:45	Targeted Glycemic Control as Prevention: Thinking Beyond Glucose <u>Teri Hernandez</u>
4:45	Closure/Adjournment: <u>Bernadine John and Dr. Vivian Huang</u>

## Friday, April 26, 2019

Time	Event / Speaker
7:15	Registration and Mini Breakfast
7:45	Welcome - Cindy Parke
8:00	Generating Change in your Clients: An Introduction to Motivational Interviewing <u>Susan Dopart</u>
10:00	Exhibits & Refreshments (10:00-10:20)
10:20	Motivational Interviewing continued <u>Susan Dopart</u>
11:45	Lunch & Exhibits
12:45	Use of Oral Medications in the Treatment of Gestational Diabetes <u>Jeffrey Sperling</u>
1:30	Diabetes in Pregnancy-Implications to Improve Care; Fruit and Vegetable Prescription/Food Insecurity. Panel Discussion: <u>Shelley Thorkelson, Karen Bachman-Carter</u>
2:30	Exhibits and Refreshments
2:45	Management of Co-morbidities in Pregnancies Complicated by Diabetes: Obesity, Hypertension and the "-Opathies" <u>Jeffrey Sperling</u>
3:30	Stopping Gestational Diabetes in Daughters and Mothers (SGDM): A Risk Reduction and Reproductive Health Education Program for American Indian and Alaska Native Girls and their Adult Female Caregivers <u>Sarah Stotz and Melanie Aspaas</u> (Introductions by Shelley Thorkelson)
4:30	Closure/Adjournment <u>Karen Bachman-Carter</u>

## PROGRAM FEES & DISCOUNTS

Navajo Sweet Success Associate Staff - \$75  
Submit Completed Registration form by 4-2-19  
NASS Facility or Mbr # \_\_\_\_\_  
After 4-19-19 - \$50 late fee

### All Other Registrants

If Received Online, Ph/Fx or Postmarked by 03/20/19

Early Reg.	SSEP/SS Memb.	Non-Memb.	1-Day
Physician.....	\$329	\$359	\$209
Other Lic. Pro.....	\$309	\$339	\$189
Non-Licensed .....	\$289	\$319	\$169

Join SSEP (\$65 individual) and save immediately on registration for the conference

SSEP/SS Mbr.# \_\_\_\_\_

(Required for Member Discount)

Between 3/20/19 & 4/19/19 add \$30 to above fees  
After 4/19/2019 or Onsite- Add \$50

### REGISTRATION:

#### SSEP Sweet Success Associate Training

Name \_\_\_\_\_  
Lic# \_\_\_\_\_  
MD \_\_\_ DO \_\_\_ CNM/NP \_\_\_ RN \_\_\_ RD/DTR \_\_\_  
MSW/LCSW \_\_\_ Other \_\_\_\_\_  
Work Place: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_  
Day Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### PAYMENT

Use this form to fax or mail

or

register/pay online:

[www.sweetsuccessexpress.org/conferences.html](http://www.sweetsuccessexpress.org/conferences.html)

Register by Phone: 530-343-3504

Register by Fax: 530-343-3575

Mail: SSEP: PO Box 7447; Chico, CA 95927-7447

Check \_\_\_ PO# \_\_\_\_\_  
Facility \_\_\_\_\_  
Credit Card: Visa \_\_\_ MC \_\_\_ Discover \_\_\_ AmEx \_\_\_

Card# \_\_\_\_\_

Exp: \_\_\_/\_\_\_ Code: \_\_\_\_\_

I WILL ATTEND:

\_\_\_ Both Days \_\_\_ Thurs. Only \_\_\_ Fri. only

Total Amount Due \$ \_\_\_\_\_

### LIABILITY & INSURANCE

The conference secretariat and organizers cannot accept liability for personal accidents, travel costs, and/or loss of or damage to private property of participants and accompanying persons, either during or indirectly arising from a SSEP conference. Participants should make their own arrangements for insurance as appropriate.

Registration Online: [www.sweetsuccessexpress.org](http://www.sweetsuccessexpress.org)

Information: 800-732-2387 or [ssep1@verizon.net](mailto:ssep1@verizon.net)

**CANCELLATION POLICY:** Written requests up to 10 days prior to event: Refund minus \$50 cancellation fee. Cancellation within 10 days: may send substitute or request a credit letter (minus \$50 cancellation fee) for a future SSEP program. Cancellation request must be in writing. Substitutes always OK with written instructions.

Presented by:



in

Collaboration

with

Navajo

Sweet Success

Group Associates



### Who Should Attend?

**OB Office & Clinic Staff RN  
RDN/LDN-MSW/LCSW-CNM-NP-CHW**

**OB/MFM-Endo-Internal Med-Others  
CDEs Needing Renewal Credits**

### EDUCATIONAL CREDITS

**For Physicians:** This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association's CME Accreditation Standards (IMQ/CMA) through the Joint Providership of the Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) and SSEP. PAC/LAC is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing education for physicians. PAC/LAC takes responsibility for the content, quality and scientific integrity of this CME activity. PAC/LAC designates this live activity for a maximum of 14 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

**For Nurses:** The Perinatal Advisory Council - Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider CEP 5862. This course is approved for 14 contact hours of continuing education credit.

**For CAMFT:** Perinatal Advisory Council: Leadership, Advocacy, and Consultation (PAC/LAC) is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs & LCSWs. CE Provider #128542. PAC/LAC maintains responsibility for the program/course and its content. Course meets the qualifications for 14 hours of continuing education credit for LMFTs or LCSWs as required by the California Board of Behavioral Sciences.

**For RD/DTR:** Activity #146320 is approved by the Commission on Dietetic Registration for 14.5 CPEUs (7.5 on Day 1 and 7.0 on Day 2). SSEP is a non-profit organization and neither SSEP nor PEC has commercial conflict of interest.

### LOCATION EXCITEMENT

Hyatt Regency Albuquerque offers the quintessential location for both business and leisure travelers. Make yourself at home in your spacious guestroom, explore the shops and events in our downtown neighborhood, or lounge at the pool between meetings. At our Albuquerque hotel, you'll find that productivity and relaxation are constants during your time here.

When you visit Hyatt Regency Albuquerque, you'll be staying in the finest rooms in the city. Located in downtown Albuquerque, our hotel's rooms provide beautiful views of the mountains and the city while reflecting modern living with cozy accommodations.

Open 24 hours a day and seven days a week, our fitness center offers guests an opportunity to enhance their stay and keep active.

Located on the Hyatt premises, Forque Kitchen and Bar is Albuquerque's premier dining destination.

You can enjoy a tastefully constructed selection of regionally infused menu concepts with subtle flavors from the unique and distinctive seasoning profile of New Mexico and the Southwest.

For information about local attractions - parks and recreation, dining or shopping - please visit [www.hyatt.com/en-US/hotel/new-mexico/hyatt-regency-albuquerque/albuq/area-attractions#](http://www.hyatt.com/en-US/hotel/new-mexico/hyatt-regency-albuquerque/albuq/area-attractions#).

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



If you have special needs, please call Diane at 800-732-2387

### LODGING INFORMATION

A block of rooms has been reserved at:

**Hyatt Regency Albuquerque**

Albuquerque Plaza

330 Tijeras Ave NW,

Albuquerque, NM 87102

Phone: (505) 842-1234 or (800) 233-1234

Group rate is available until 3/27/2019:

\$137-Single/Double \$162-Triple/ \$187 Quad

Code: "SSEP Training"

Wi-Fi and Hotel Parking Complimentary

### CLOSEST AIRPORT SERVING EVENT

Albuquerque International Sunport Airport  
(ABQ)

2200 Sunport SE  
Albuquerque, NM 87106  
5.7 mi from Hyatt

SSEP is a nonprofit corporation dedicated to providing education material and events that improve the care and impact the quality of life of women with diabetes related to pregnancy.