



**2020**

**24th National Research Conference**

**Recorded Virtual Format  
Perinatal Diabetes:  
Changing Times/  
Changing Care**

**Available beginning November 9, 2020**

Pre-recorded sessions, view as your schedule allows. Access to speakers for questions/answers

**Presented by**

*SSEP*

SweetSuccessExtensionProgram

**PEC**

Professional Education Center

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 DESCRIPTION

### 24th Annual National Research Conference: Perinatal Diabetes: Changing Times / Changing Care, a Virtual Conference

We moved to a virtual conference as a response to the needs of these changing times, and in the interest of safety for all. Certainly, circumstances require a change and evaluation of all forms of our education and care; but, the need to “meet” and continue our education for the sake of our patients could not be more necessary. This leads us back to the importance of team care. We need to be working together and have a consistent message. Standards of care and treatment based on evidence is essential, but how do we do that in this new environment? Teamwork is a key component. In order to work within a team, one needs to define the diabetes in pregnancy team, and identify the traits of your team. What are your strengths and weaknesses and how do you best adapt?

A team is a group of clinicians working together toward a common goal. For our patients, the goal is optimal short- and long-term outcomes for mother and baby. These teams are defined by the specific services and procedures needed for each individual patient. Therefore, the team is seldom the same. It is a collaboration between the program’s diabetes and pregnancy team and specialty practice teams that provide specific services and procedures that core clinicians working alone could not successfully complete. This process creates a balanced team to provide individualized, patient-centered services and care. In today’s challenges we then need to also change how we maintain consistent communication between professionals and with our patients and get this needed care to the patient. In addition, all are dealing with increased anxiety and stressors, that add to pregnancy risk for our patients, and difficulty with providing care for the caregiver.

The curriculum for this event will bring together expert speakers to provide a comprehensive update and review of current practice standards and contemporary specialty topics related to this Covid-19 pandemic, diabetes and reproductive health team management. Speakers from specialty areas will provide current information about specialty practice services and procedures, as well as telehealth services and coding to enable clinicians to determine the necessary specialty team players. Practical and relevant therapies and management strategies, including virtual provision, as well as evidence-based preventive interventions across the life stages will be covered. 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 education to assist clinicians in selecting appropriate team players to provide team care for each patient. The content is based on the California Diabetes and Pregnancy Program (CDAPP) Sweet Success model of care, the current American Diabetes Association Standards of Medical Care, and American College of Obstetricians and Gynecologists 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. SSEP is recognized by diabetes and pregnancy leaders nationwide.

**Changing Times/Changing Care**  
The quality education you count on annually, but brought to you with a safer and certain venue.

**How will this Virtual Conference work?**

This is a Pre-Recorded Virtual Conference:  
Registration will determine your degree of access to pre-recorded sessions.  
No live meeting or travel exposure/expense.

Viewing to meet your schedule:  
Access will be sent via e-mail with a direct link to the slides and lectures for viewing (only).  
Because they are pre-recorded, you have the convenience of viewing them on your schedule.  
Access available for a 2 week period.  
Access beginning November 9, 2020.  
Questions can be submitted to the speaker via e-mail, providing you Q&A access.

Handout of all lectures available:  
You may download and print the handout.  
Made available in pdf form.

**Continuing Education Certificate Provision:**  
Sent via e-mail after log-in verification and submission of evaluation.

## CONTINUING EDUCATION CREDITS

Nurses: Up to 17 Hrs Nursing BRN.  
Professional Education Center (Provider #9890),  
is an accredited provider by the California Board of  
Registered Nursing.  
Main Conference 12.5 hours  
Workshop: 4.5 hours  
Physicians: Category II CME can be self submitted.  
RD/DTR: CPE Prior Approval applied for with the  
Commission on Dietetic Registration.

**WORKSHOP: 4.75 HOURS TOTAL (minutes per session)**

**Multiple COVID-19 Related Topics & Objectives**

**COVID-19 Viral Infection in Pregnancy and Breastfeeding! What are the Known Short and Long-Term Effects, so Far? (30)**

**Robert Felix, BS, MPH**

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

- Highlight the known effects of COVID-19 ~ does it cause congenital defects and/or congenital infection? Are pregnant diabetics at a higher risk?
- Address whether or not COVID-19 infected pregnant women can breastfeed their newborn postpartum. Is COVID-19 present in breastmilk?

**Outpatient Diabetes TeleHealth Services During the Stages of Pregnancy and Postpartum: Billing and Coding (90)**

**Mary Ann Hodorowicz, RDN, CDCES, CEC, MBA**

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

- Name the 7 outpatient diabetes telehealth services to improve patient outcomes during the stages of pregnancy and postpartum
- Describe 2 types of "e-visits" that may be appropriate to improve these patient outcomes.

**COVID-19: Risks to the Newborn? (45)**

**Tracy Karp, MS, NNP-BC**

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

- List the current recommendations for care to newborns born to mothers active with Covid-19 (symptomatic or asymptomatic).
- Discuss the risks to the fetus when the mother contracts Covid-19 during pregnancy

**Management of COVID-19 During Pregnancy (60)**

**Ramos, Gladys (Sandy), MD**

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

- Discuss physiologic changes to respiratory system in pregnancy
- Review criteria for outpatient versus inpatient management of COVID-19 in pregnancy

**Perinatal Diabetes & COVID-19 Risks (45)**

**Jennifer Smith, RD, LD, CDCES**

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

- Define known risk factors for Covid-19 in pregnancy with diabetes
- Identify strategies for risk reduction in pregnancy and postpartum

**PROGRAM PLANNERS**

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

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

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

Director; Conference Organizer

Nathan Parke, Audio-Visual/IT Consultant

**CONFERENCE RECORDED PRESENTATIONS**

(Session length in minutes)

Diabetes in pregnancy team management:

Essential components and communication in comprehensive care (60) THOMAS MOORE

Oral agents for Gestational Diabetes - Are we stuck using insulin? (45) LINDA BARBOUR

Continuous glucose monitoring during pregnancy - The big picture (45) GREG FORLENZA

Navigating nutrition recommendations for diabetes in pregnancy (45) EMILY DUNN

Assessment for identification of co-morbidities in diabetes in pregnancy (45) THOMAS MOORE

Nutrition for women with diabetes in pregnancy after bariatric surgery (45) GEETHA RAO

Long-term impact of breast feeding on childhood adiposity among children exposed to diabetes in utero (45) TESSA CRUME

Preconception care & postpartum follow-up in pregnancy complicated by diabetes (60) SHELLEY THORKELSON

Fit after baby: The trajectory of long-term maternal metabolic health (45) JACINDA NICKLAS

Strategies in the management of Type 1 and Type 2 diabetes in pregnancy (45) LINDA BARBOUR

Glycemia/Nutrition in pregnancy (60) TERI HERNANDEZ

Neonatal hypoglycemia: State of the science and primers for moving forward (60) PAUL ROZANCE

"I Wish I Wanted To": Using Two Minds Theory to Overcome the Intention-Behavior Gap in GDM (60) PAUL COOK

Overview of insulin pumps, CGM & hybrid closed loop insulin delivery during pregnancy (45) JULIE DALEY

Challenges of vegetarian diet in pregnancy complicated with diabetes (45) GEETHA RAO

# COURSE OBJECTIVES

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

## Overall Objectives:

1. Examine the definition and interactions of teams when managing patients with diabetes during their reproductive years.
2. State the benefits of providing a multidisciplinary team approach to perinatal diabetes care.
3. Discuss currently released evidence-based management strategies that can improve clinical outcomes.
4. Discover ways new technology can benefit and support the care of women with diabetes during pregnancy.

## Specific Objectives:

- Describe recommendations for diagnosing gestational diabetes during pregnancy.
- Discuss early pregnancy diagnosis of GDM and Type 2 diabetes, and its impact on management strategies.
- Discuss management for three (3) high-risk diabetes and pregnancy situations that require expanded services, how to assess for services needed and why this defines the team management required for each patient.
- Compare the relative efficacy and safety, potential for long-term programming effects, pharmacology, optimal dosing, and placental transfer of metformin and glibenclamide (glyburide).
- Present the current state of CGM options including accuracy and guidelines for use.
- Engage in analysis of CGM data and its interpretation.
- Describe the rationale for current macronutrient recommendations in pregnancy & evaluate potential limitations of these recommendations.
- Describe principles for the team members in caring for pregnant patients with diabetes and common co-morbidities, including treatment considerations for gestational hypertension.
- Identify the incidence and scope of diabetes in pregnancy and name five (5) risk demographics and potential co-morbidities.
- Identify metabolic and nutrient deficiencies and verbalize nutrition needs and weight gain goals for post-bariatric surgery patients.
- Review scientific evidence on the risks and benefits of breastfeeding after a pregnancy complicated by diabetes.
- Identify postnatal infant feeding strategies that can reduce the risk of future obesity among offspring exposed to diabetes in utero.
- Review preconception care guidelines for women with diabetes and a history of Gestational Diabetes.
- Describe current guidelines for postpartum care and follow-up for women with a history of GDM and women with chronic diabetes.
- Discuss how certain pregnancy complications reveal long-term risk for diabetes and cardiovascular disease.
- Identify the risks of Type 1 and Type 2 diabetes to the fetus, especially related to stillbirth and from concurrent maternal obesity.
- Describe the effect of pregnancy on retinopathy, nephropathy, risk of hypoglycemic unawareness, and DKA and the utility of CGM and insulin pumps in management of Type 1 & 2 diabetes in pregnancy.
- Identify the predictive value of glycemic control and lipid exposures in pregnancies complicated by diabetes, and obesity without diabetes, and future chronic disease risk factors.
- Identify the difference between "neonatal hypoglycemia" and "delayed perinatal metabolic transition."
- List developments on the horizon for managing delayed perinatal metabolic transition.
- Apply Two Minds Theory to understand: a. Why women with GDM may struggle to change diet, smoking, or other behaviors; b. Barriers to lifestyle change based on attention and motivation; and c. How motivational interviewing and other interventions can facilitate behavior change
- Describe the use of continuous subcutaneous insulin infusion devices.
- Describe the use of continuous glucose monitoring in women taking multiple daily injections or using insulin pump therapy.
- Explain how a hybrid closed-loop insulin delivery system works.
- State different vegetarian groups & sources of vegetarian protein as to be able to ease the challenges of a vegetarian diet in pregnancy.

# FACULTY

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

Cook, Paul F., PhD: Licensed Psychologist, Associate Professor College of Nursing, University of Colorado Anschutz Medical Campus, Denver, CO

Crume, Tessa, MSPH, PhD: Associate Professor Epidemiology, Colorado School of Public Health, Aurora, CO

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 Board of Directors

Dunn, Emily, MS, RDN, CDE: Clinical Research Coordinator, University of Colorado, College of Nursing, Denver, CO

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

Forlenza, Greg, MD: Assistant Professor, Pediatrics- Barbara Davis Center, Aurora, CO

Hernandez, Teri, PhD, RN: Professor and Associate Dean for Research and Scholarship, University of Colorado College of Nursing, Department of Medicine, Division of Endocrinology, Metabolism, & Diabetes, , Nurse Scientist | Children's Hospital Colorado, Associate Director, CCTSI Early Life Exposure Research Program, Denver, CO, Member SSEP Board of Directors

Hodorowicz, Mary Ann, RD, LDN, MBA, CDCES: Consultant, Trainer, Speaker, Certified Endocrinology Coder, Palos Heights, IL

Karp, Tracy, MS, NNP-BC: Neonatal Nurse Practitioner, Educator and Consultant. Salt Lake City, UT

Moore, Thomas R., MD: Professor of Maternal Fetal Medicine, Department of Obstetrics, Gynecology and Reproductive Sciences, Chief Medical Officer, Hillcrest and Jacobs Medical Centers, U.C. San Diego Health, San Diego, CA

Nicklas, Jacinda, MD, MPH: Associate Professor, Division of General Internal Medicine, Board Certified in Internal Medicine & Obesity Medicine, University of Colorado School of Medicine, Aurora, CO

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, CDCES, CDTC, CPT, CLE: Clinical Dietitian/ Certified Diabetes Educator, Vida Healthcare, Houston, TX  
Member SSEP Board of Directors

Rozance, Paul, MD: Professor of Pediatrics, Neonatal Medicine University of Colorado School of Medicine Perinatal Research Center, Denver, CO

Smith, Jennifer, RD, LD, CDCES: Director of Lifestyle and Nutrition, Integrated Diabetes Services. Certified Pump and CGM Trainer, Author, Person with type 1 DM, Mother, Athlete, Madison, WI

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

You may photocopy this form for additional registrants

**REGISTRATION: Sweet Success Express 2020: Perinatal Diabetes: Changing Times / Changing Care**

NAME \_\_\_\_\_

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

MD  DO  CNM  RN  CDCES  RD  RD/LDN  MSW/LCSW

My clinical practice area is: \_\_\_\_\_

HOME Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone (\_\_\_\_\_) \_\_\_\_\_

E-mail address: \_\_\_\_\_

**EASY REGISTRATION:**

**Register on-line**

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

call 800-732-2387 Today With

Any Major Credit Card

24 Hour Registration: FAX 530-343-3575

OR

Mail Your Registration To:  
3880 Morrow Lane, Suite 40  
Chico, CA 95928

Check Payable to: Sweet Success Extension Program (SSEP)



Card #'s \_\_\_\_\_ Exp. \_\_\_\_\_

**REGISTRATION OPTIONS: Check Box(es) on Left**

COMPLETE CONFERENCE and WORKSHOP - Your best deal

Workshop offers 4.5 additional hours devoted to COVID-19

WORKSHOP and MAIN CONFERENCE Early Bird Registration (before 10/22/20) \$289

WORKSHOP ONLY Early Bird Registration (before 10/22/20) \$59

MAIN CONFERENCE ONLY Early Bird Registration (before 10/22/20) \$259

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

**CHECKOUT:**

Become a New SSEP Member - Join now: \$65 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)

Main Conference w/Workshop Discount \$30 : Main Conference only Discount \$20 (\$ \_\_\_\_\_)

COMPLETE CONFERENCE REGISTRATION: Save\$\$. Save\$\$ with Early Bird Registration also!

Main Conference w/Workshop \$289 \$ \_\_\_\_\_

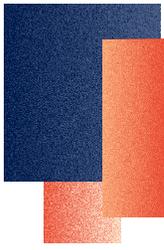
Main Conference ONLY \$259 \$ \_\_\_\_\_

Workshop ONLY \$59 \$ \_\_\_\_\_

Registration on or after October 22, 2020: Add \$30 \$ \_\_\_\_\_

Registration on or after November 5, 2020: Add \$50 to Regular Registration \$ \_\_\_\_\_

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



SSEP/Sweet Success Express  
 3880 Morrow Lane, Suite 40  
 Chico, CA 92928

PLEASE POST

**2020 Diabetes & Pregnancy Research Conference  
 Perinatal Diabetes: Changing Times/Changing 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**

CANCELLATIONS: Up to 7 days before the program release choose: Registration fee refund minus \$50 fee or full value credit letter. Cancellation within 7 days: No monetary refund. replace registration with a substitute or request a credit letter (minus \$50 fee) which will allow you to apply fees to next year's program. SSEP reserves the right to substitute a qualified speaker(s) in response to emergency circumstances beyond our control. Professional tuition may be tax deductible, discuss with your tax specialist.

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

SWEET SUCCESS EXPRESS, SSEP, and PROFESSIONAL EDUCATION CENTER, have collaborated to bring a recorded virtual event to meet the challenges we face today, both professionally and as a society.

We have chosen to provide a recorded versus live virtual conference to enhance your opportunity to "attend". All sessions are pre-recorded, and will be made available (via an e-mail and links) as a package.

You may choose from the conference alone, or the conference and the special "workshop" sessions on COVID 19.

Your package will be available for a limited 4 week period to view.

Guest speakers will accept your questions via e-mail, to allow for "personal interaction."

We realize there will be the ability to share these important resources, but understand that continuing education credits can be given only to those with paid registration, and who have returned a completed evaluation form.

The viewing log in the system will verify attendance.

We ask that you encourage your associates to support our not for profit efforts, by also registering.

SWEET SUCCESS EXPRESS, SSEP, and PROFESSIONAL EDUCATION CENTER, 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.

"JOIN" WHAT WE HOPE BE AN EXPANDED NATIONAL CROWD

**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 (\$65 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.  
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