

Accreditation

- **RNs:** Loma Linda University Medical Center, Staff Development is approved by the California Board of Registered Nursing, Provider Number 00239 to offer this program for **4** contact hours.
- Loma Linda University Medical Center is accredited as a provider of continuing education by the American Nurses Credentialing Center's Commission on Accreditation. This program meets the qualifications for **4** continuing education credits.
- **RDs:** Loma Linda University Medical Center, Staff Development is a continuing professional education accredited provider with the Commission Dietetic Registration LO0001. Registered Dietitians and Dietetic Technicians, registered will receive **4** continuing professional education units for completion of this program.
- **MFC or LCSWs:** Program meets the qualifications for **4** hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #: PCE 437.

Participants will receive a certificate of completion after submitting evaluation forms.

Cost

The registration fee is \$50.00 for affiliates staff and \$60.00 for non-affiliate staff. Cost includes lunch. Check with your affiliate program coordinator to clarify your affiliation staffing status. Pre-registration is required for all attendees as space is limited. **Registration fees are due February 5, 2010.**

Cancellation

Registration refunds will be made upon receipt of written or faxed requests postmarked on or before **February 15, 2010.**

The sponsoring agencies reserve the right to make program changes or cancellations at any time due to circumstances beyond their control. A full refund will be provided if the program is cancelled by the sponsoring agencies.

Questions? Contact Suzanne Sparks

Phone: 909-558-3646 - E-mail: susparks@llu.edu

PROMOTING BEHAVIOR CHANGE IN DIABETES: A SKILL BUILDING WORKSHOP FOR SWEET SUCCESS HEALTH CARE PROFESSIONALS William H. Polonsky, PhD, CDE



February 26, 2010
California Diabetes & Pregnancy Program
Staff Development
Mountain View Plaza
11255 Mountain View Ave., Suite 8
Loma Linda, CA 92354



A Regional Perinatal System Program supported in part through contracts with the state of California Department of Health Services: MCAH Branch, Title V Funds

Program Overview

This program is designed to provide education & training for healthcare professionals in the psychosocial management of pregnant women with diabetes. It will address motivation and poor self care, negative practice, diabetes-related obstacles, intervention, implementation, and application.

Faculty

William H. Polonsky, PhD, CDE
Chief Executive Officer
Behavioral Diabetes Institute
Associate Clinical Professor
University of California, San Diego

Course Objectives

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

- Demonstrate ability to recognize and define common obstacles to self-care
- Identify tools to utilize in creating collaboration
- Demonstrate ability to address underlying psychosocial obstacles
- Demonstrate ability to apply learning to individual practice/work situations

Friday, February 26

- | | |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:30 – 10:00 | Registration |
| 10:00 – 11:00 | A. Introduction
B. Motivation and poor self-care in diabetes
C. Negative practice
D. Diabetes-specific obstacles to good self-care
E. Initial interventions |
| 11:00 – 12:00 | 1. Creating collaboration
2. Identifying critical obstacles
3. Harnessing the power of ambivalence |
| 12:00 – 12:30 | Lunch |
| 12:30 – 1:30 | F. Addressing underlying psychosocial obstacles
G. Presenting clinical feedback
H. Problem-solving real life obstacles |
| 1:30 – 2:30 | I. Collaborative action planning: the power of implementation
J. Applying today's tools in your practice
K. Conclusion |

Registration Form

Registration fee includes CEUs, lunch, and all conference material.

Registration deadline is February 5, 2010

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

HM Phone: (____) _____

WK Phone: (____) _____

Employer: _____

Position/Title: _____

As applicable: License No.: _____

DISCIPLINE (check one)

MD RN RD LCSW

LVN MA Office Manager

Other: _____

PAYMENT (check one)

\$50.00 for Affiliate Staff

\$60.00 for Non-affiliate staff

REGISTER:

To register & pay online, go to:

www.llu.edu/llumc/ceu

Make check payable and mail to:

LLUMC

Staff Development

Attention: Sweet Success Behavior Change

Training

11255 Mountain View Plaza, Suite 11

Post Office Box 2000

Loma Linda, CA 92354

Or call: (909) 558-3500

Fax: (909) 558-3541

Directions

I-10 From Los Angeles

- Take I-10 East
- Exit MT. VIEW AVE / BRYN MAWR. and make a right onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA

I-10 From Palm Springs

- Take I-10 West
- Exit MT. VIEW / BRYN MAWR and make a left onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA.

91 / 215 From Riverside

- Take 91 / 215 North
- Transition onto I-10 East
- Exit MT. VIEW / BRYN MAWR turn right onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA

I-15 From Hi Desert

- Take I-15 South
- Transition onto I-10 East
- Transition onto I-10 East
- Exit MT. VIEW / BRYN MAWR turn right onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA

