

## Accreditation

**Nurses:** Provider is approved by the California Board of Registered Nursing, Provider Number 07257 for **11.0** contact hours.

**RDs/CDEs:** This course is applying for **11.0** contact hours by the Commission of Dietetic Registration.

Contact hours will not be given for partial course completion.

**Participants will receive a certificate of completion after submitting the evaluation form.** The registration fee is \$180.00 for both days.

## Cost

Affiliate program staff receives a discounted fee per person. Please verify your affiliation status with your Affiliate Program Coordinator. Pre-registration is required for all attendees as space is limited. **Registration fees are due October 30, 2009.**

Registration refunds will be made upon receipt of

## Cancellation

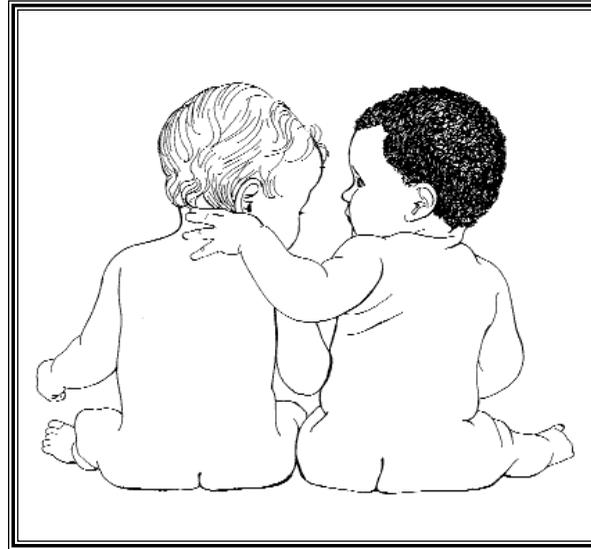
written or faxed requests postmarked on or before **October 30, 2009.** A \$50.00 fee will be retained for administrative costs. No refunds will be made after **October 30, 2009.**

The sponsoring agency reserves the right to cancel the course if minimum enrollment is not met and will provide a full refund.

**Sweet Success**  
**California Diabetes and Pregnancy Program**  
**San Diego and Imperial Counties**  
**9170 Camino Santa Fe**  
**San Diego, CA 92121**  
**Phone: 858 536-5090**  
**Fax: 858 536-5099**

# Sweet Success:

**Diabetes & Pregnancy Program**  
*Training & Clinical Update*



**November 16 & 17, 2009**

**Regional Perinatal System Office**  
9170 Camino Santa Fe  
San Diego, CA 92121

A Regional Perinatal System Program supported in part through contracts with the state of California Department of Health Services: Maternal, Child, and Adolescent Health Division, Title V Funds

## Training Overview

This training is designed to provide information on how to care for pregnant women who have diabetes. It is intended for new Sweet Success Affiliate staff or those who would like a review of the material. Attendees will be trained on how to implement the California Diabetes and Pregnancy Program (CDAPP) Guidelines for Care in various patient care settings. Please call our office at (858) 536-5090 for more details.

## Speakers

**Sharmila Chatterjee, MSc, MS, RD, CDE**  
San Diego and Imperial Counties CDAPP (Region 9)  
Program Coordinator

**Donna Clark, APRN, BC, GNP, CDE**  
Scripps Coastal Medical Group

**Tracy Lewis, MSW**  
San Diego and Imperial Counties CDAPP (Region 9)  
Behavioral Medicine Specialist

**Thomas Moore, MD**  
UCSD Medical Center  
Chairman, Department of Reproductive Medicine

**Cristina Shoukry, RN, MSN, FNP-BC, PHN, CDE**  
Palomar Hospital, Diabetes Care Manager  
Mid-City Community Clinic, Family Nurse Practitioner

**Suzanne Sparks, RN, BSN, CDE**  
Loma Linda University Medical Center  
Regional CDAPP (Region 7)  
Program Coordinator and Nurse Educator

**Amy Yates, MS, RN**  
UCSD Medical Center  
NICU and Newborn Clinical Nurse Educator

## Directions/Parking

I-805, From North County

- Take I-805 South
- Exit MIRAMAR RD. and make a left onto Miramar Rd.
- Turn left onto CAMINO SANTA FE
- Turn left onto TRADE ST.

I-805, From South County

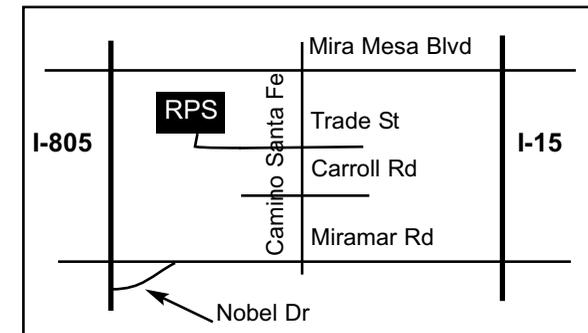
- Take I-805 North
- Exit NOBEL DR. and make a right onto Nobel Dr.
- Turn right onto MIRAMAR RD.
- Turn left onto CAMINO SANTA FE
- Turn left onto TRADE ST

I-15, From North County

- Take I-15 South
- Exit MIRA MESA BLVD. and make a right onto Mira Mesa Blvd. (Go 8 miles)
- Turn left onto CAMINO SANTA FE
- Turn right onto TRADE ST.

I-15, From South County

- Take I-15 North
- Exit MIRAMAR RD. and make a left onto Miramar Rd.
- Turn right onto CAMINO SANTA FE
- Turn left onto TRADE ST.



Map not to scale

# November 16 & 17, 2009 Regional Perinatal System

## Training Objectives

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

- Describe the pathophysiology of diabetes and pregnancy.
- Describe the benefits and components of preconception care.
- Discuss meal planning, nutritional guidelines and special nutrition considerations for pregnant women with diabetes.
- Explain the importance and use of exercise during pregnancy for women with diabetes.
- Identify how insulin requirements change during pregnancy, labor and the postpartum period for pregnant women requiring insulin.
- State the benefits and use of self blood glucose monitoring.
- Verbalize teaching learning principles
- Discuss the health risks for both the pregnant woman with diabetes and her infant prior to and after delivery including outcomes.
- Describe the psychological and emotional effects of a complicated pregnancy.

## Day 1 November 16, 2009

|             |  |
|-------------|--|
| 7:30-8:00   | Registration                                 |
| 8:00-8:10   | Introduction                                 |
| 8:10-9:00   | Pathophysiology of Diabetes and Pregnancy    |
| 9:00-10:00  | Medical Management of Diabetes and Pregnancy |
| 10:00-10:15 | BREAK  |
| 10:15-11:15 | Nutrition Guidelines                         |
| 11:15-11:30 | Exhibitor Presentations                      |
| 11:30-12:15 | LUNCH  |
| 12:15-1:15  | Diabetes, Pregnancy, and Exercise            |
| 1:15-2:15   | Infant of the Mother with Diabetes           |
| 2:15-2:30   | BREAK  |
| 2:30-3:30   | Insulin Management                           |
| 3:30-4:30   | Preconception Care                           |
| 4:30-4:45   | Q&A/Evaluation                               |

## Day 2 November 17, 2009

|             |   |
|-------------|---|
| 7:30-8:00   | Registration  |
| 8:00-8:30   | Introduction to Sweet Success                                 |
| 8:30-9:00   | Data: How We Know Sweet Success is Working                    |
| 9:00-9:15   | BREAK   |
| 9:15-10:15  | Nursing Education: Facilitating the Teaching/Learning Process |
| 10:15-11:00 | Psychosocial Aspects of Diabetes and Pregnancy                |
| 11:00-11:45 | Cultural Sensitivity in Diabetes and Pregnancy                |
| 11:45-12:00 | Q&A/Evaluation  |



## Registration Form

Registration fee includes CEUs, lunch for Day 1, and all conference material.

Registration deadline is **October 30, 2009**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_  
 Email: \_\_\_\_\_

Employer: \_\_\_\_\_  
 Position/Title: \_\_\_\_\_

As applicable: RN License No.: \_\_\_\_\_

DISCIPLINE (check one)

- MD     RN     RD     SW  
 LVN     MA     Office Manager  
 Other: \_\_\_\_\_

PAYMENT (check one)

- \$180 for both days  
 Affiliate Staff: \$150.00 for both days

METHOD OF PAYMENT

Charge (circle one):

    Visa / MasterCard / AMEX

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Name on Credit Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Check # \_\_\_\_\_ for \$ \_\_\_\_\_

Make check payable and mail to: REGIONAL PERINATAL SYSTEM

Mail to:  
 Sweet Success Training  
 9170 Camino Santa Fe  
 San Diego, CA 92121  
 or  
 Fax to: 858 536-5099