

January 25 & 26, 2011 Regional Perinatal System

Training Objectives

At the conclusion of this program, participants will be able to:

1. Define "Sweet Success" provider and affiliate responsibility with the California Diabetes & Pregnancy Program (CDAPP).
2. Demonstrate an understanding of the pathophysiology of pregnancy complicated by diabetes: Type 1, Type 2, and GDM.
3. State the Sweet Success recommendations for screening, diagnosis, and follow up of gestational diabetes.
4. Counsel women before, during, and after pregnancy about reducing long and short term risks of hyperglycemia during pregnancy to the mother, fetus, and off spring.
5. State the Sweet Success blood glucose targets and self monitoring frequencies during pregnancy and lactation for women with diabetes
6. Describe the principles of a healthy eating plan for women with diabetes during pregnancy.
7. Explain how staying active contributes to maintaining blood glucose targets.
8. Identify tools to assess coping with stress, readiness for change, level of motivation and signs of depression in women experiencing diabetes during pregnancy.
9. Explain how to safely and accurately use medications: insulin and oral agents to achieve normoglycemia.
10. Describe the impact of cultural beliefs on diabetes self-care behaviors.

Day 1 January 25, 2011

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

Day 2 January 26, 2011

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



Registration Form

Registration fee includes CEUs, lunch for Day 1, breakfast on both days, and all conference material. Registration deadline is **January 5, 2011**

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)
 \$190 for both days
 Affiliate Staff: \$160.00 for both days
 Check # _____ for \$ _____

Make check payable and mail to:
 REGIONAL PERINATAL SYSTEM

c/o Sweet Success Training
 7835 Trade Street, Ste 100
 San Diego, CA 92121
 or
 Fax to: 858 536-5099

If you would like to use a fillable PDF that you can email to us, go to:
<http://r-p-s.org/education/defaultn.asp>

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.

Cost

The registration fee is \$190.00 for both days. 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 January 5, 2011.**

Cancellation

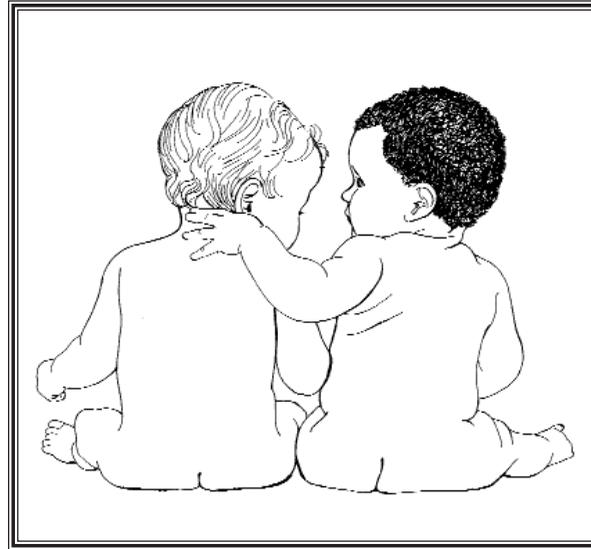
Registration refunds will be made upon receipt of written or faxed requests postmarked on or before **January 5, 2011**. A \$50.00 fee will be retained for administrative costs. No refunds will be made after **January 5, 2011**.

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
7835 Trade Street, Ste 100
San Diego, CA 92121
Phone: 858 536-5090
Fax: 858 536-5099

Sweet Success:

Diabetes & Pregnancy Program
Training & Clinical Update



January 25 & 26, 2011

Country Inn & Suites
5975 Lusk Blvd
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

Tracy Lewis, MSW
Supervisor, TLC Program
Behavior Diabetes Institute

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

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

Sandy Ramos, MD
UCSD Medical Center
Department of Reproductive Medicine

Directions/Parking

I-805, From North County

- Take I-805 South
- Exit MIRAMESA BLVD and go east .
- Turn left onto LUSK BLVD
- 5975 LUSK is on the right.

I-805, From South County

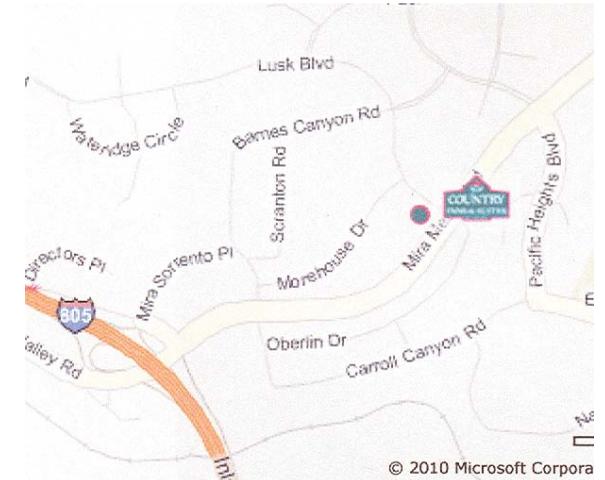
- Take I-805 North
- Exit MIRAMESA BLVD and go east .
- Turn left onto LUSK BLVD
- 5975 LUSK is on the right.

I-15, From North County

- Take I-15 South
- Exit MIRAMESA BLVD and go west.
- Turn right onto LUSK BLVD
- 5975 LUSK is on the right.

I-15, From South County

- Take I-15 South
- Exit MIRAMESA BLVD and go west.
- Turn right onto LUSK BLVD
- 5975 LUSK is on the right.



Map not to scale