

## 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 **14** contact hours.
- This program meets the qualifications for **14** continuing education credits by the ANCC.
- **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 **14** continuing professional education units for completion of this program.
- **MFC or LCSWs:** Program meets the qualifications for **14** 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 \$150.00 for affiliates staff and \$200.00 for non-affiliate staff. Cost includes breakfast, lunch and snacks for both days. 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 2, 2009.**

## Cancellation

Registration refunds will be made upon receipt of written or faxed requests postmarked on or before **February 15, 2009.**

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? Call Suzanne Sparks

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# Sweet Success Affiliate Training: Current Standards of Practice in Diabetes & Pregnancy



**February 25 & 26, 2009**  
**California Diabetes & Pregnancy Program**  
**Staff Development Classroom 8**  
**Mountain View Plaza**  
**11255 Mountain View Ave.**  
**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 training in the care of the woman with diabetes during pregnancy. It is intended for Sweet Success affiliate staff and healthcare providers who desire training and clarification in caring for women who have a pregnancy complicated by diabetes.

## FACULTY

**Barry Block, MD**  
**Perinatologist, LLUMC**  
**Medical Director, CDAPP Region 7**

**T. Allen Merritt, MD**  
**Neonatologist, LLUMC**

**Pat Hawk, MS, CDE**  
**Exercise Physiologist**  
**Health Educators Medical Group**  
**Diabetes Health Center**  
**&**  
**Children's Hospital of Orange County**

**Gretchen Page, MPH, CNM**  
**Manager, CDAPP Region 7**  
**LLUMC**

**Mary Ann Watson, RD**  
**Nutritionist, CDAPP Region 7**  
**LLUMC**

**Charlene Canger, LCSW, MFT**  
**Behavioral Medicine Specialist**  
**Mid-Coastal California Perinatal**  
**Outreach Program**

**Suzanne Sparks, RN, CDE**  
**Coordinator & Nurse Educator, CDAPP**  
**Region 7, LLUMC**

## 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

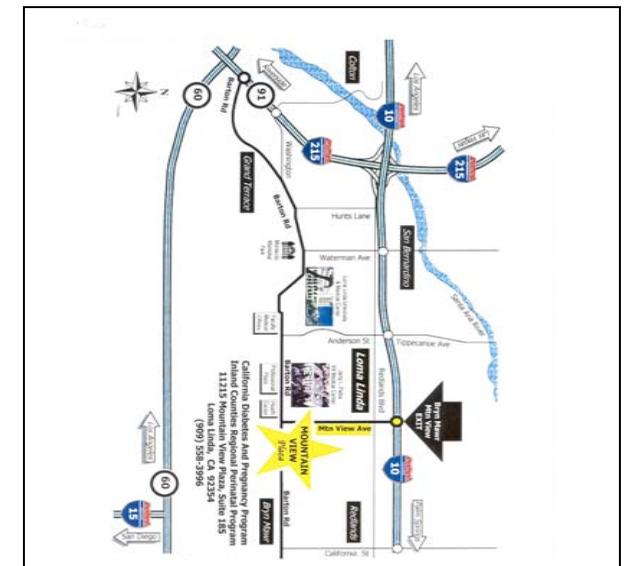
- Take I-10 West
- Exit MT. VIEW / BRYN MAWR and make a left onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA.

### 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
- Exit MT. VIEW / BRYN MAWR and turn right onto Mt. View Ave.
- Turn left into MOUNTAIN VIEW PLAZA



## Conference Objectives

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

Define “Sweet Success” affiliation with the CDAPP

Demonstrate an understanding of the pathophysiology of diabetes and pregnancy

State the Sweet Success recommendations for screening, diagnosis, and follow up of gestational diabetes

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

State the Sweet Success blood glucose targets and self monitoring frequencies during pregnancy and lactation for women with diabetes

Describe a healthy eating plan for women with diabetes during pregnancy

Explain how staying active contributes to maintaining blood glucose targets

Identify tools to assess coping with stress, readiness for change, level of motivation and signs of depression in women experiencing diabetes during pregnancy

Explain how to safely and accurately use medications: insulin and oral agents to achieve normoglycemia

Demonstrate an understanding of the impact of culture on self care behaviors

State the benefits of breastfeeding to women & infants following a pregnancy complicated by diabetes

Demonstrate ability to conduct an initial diabetes & pregnancy teaching session

## Wednesday, February 25

- 8:00 – 8:30 Registration & Breakfast
- 8:30 **Welcome**
- 8:30 –9:30 Sweet Success: the Client Education Process  
*Suzanne Sparks, RN, CDE*
- 9:30 – 10:30 Medical Management of Diabetes in Pregnancy  
*Barry Block, MD*
- 10:30 - 10:45 **Break**
- 10:45 – 11:45 Use of Insulin in Diabetes & Pregnancy  
*Barry Block, MD*
- 11:45 – 12:30 **Lunch**
- 12:30 – 1:30 Psychosocial Issues in Diabetes & Pregnancy  
*Charlene Canger LCSW, MFT*
- 1:30 – 2:30 Family & Cultural Issues  
*Charlene Canger LCSW, MFT*
- 2:30 – 3:30 Exercise in Pregnancy  
*Patricia Hawk, MS, CDE*  
*Exercise Physiologist*
- 3:30 - 3:45 **Break**
- 3:45 - 4:45 Preconception & Interconception Management of Diabetes  
*Gretchen Page, MPH, CNM*

## Thursday, February 26

- 8:00 – 8:30 Registration & Breakfast
- 8:30 – 9:30 Diabetes & Breastfeeding  
*Suzanne Sparks, RN, CDE*
- 9:30 – 10:30 Nutritional Guidelines for GDM & the Postpartum Period  
*Mary Ann Watson, RD*
- 10:30 – 10:45 **Break**
- 10:45 – 11:45 Medical Nutrition Therapy for Pre-existing Diabetes in Pregnancy  
*Mary Ann Watson, RD*
- 11:45 – 12:30 **Lunch**
- 12:30 – 1:30 Talking to Clients with Diabetes in Pregnancy: An Initial Teaching Session  
*Kathy Bird, BSN, RNC & Suzanne Sparks, RN, CDE*
- 1:30 – 2:30 Infant of the Diabetic Mother  
*T. Allen Merritt, MD*
- 2:30—3:30 Data: How We Know Sweet Success is Working  
*Suzanne Sparks, RN, CDE*
- 3:30 – 3:45 **Break**
- 3:45-4:45 Reimbursement: CPT & ICD-9 Coding  
*Suzanne Sparks, RN, CDE*
- 4:45 – 5:00 Evaluations

## Registration Form

Registration fee includes CEUs, breakfasts, lunches, snacks, and all conference material.

**Registration deadline is February 1, 2008**

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)

\$150.00 for Affiliate Staff

\$200.00 for Non-affiliate staff

To register & pay online, go to:

<http://lomalindahealth.org/medical-center/for-health-professionals/for-staff/staff-development/events/index.html>

If paying by check, make check payable and mail to:

**LLUMC**

Staff Development

Attention: Sweet Success Affiliate Training

11255 Mountain View Plaza, Suite 11

Post Office Box 2000

Loma Linda, CA 92354