



# **Pregnancy and Diabetes: A Clinical Update**

**November 12 and 13, 2008**

To be held at:

**GRAND OCCASIONS  
4584 W. Jacquelyn Avenue, Fresno, CA**

**Presented by:**

**California Diabetes and Pregnancy Program—San Joaquin/Sierra Region 5**

## PROGRAM OVERVIEW

This program is designed for physicians, nurses, registered dietitians, social workers, and comprehensive perinatal health workers who want to learn more about the management of diabetes and pregnancy. The program is based on the California Diabetes and Pregnancy Program "Sweet Success". It includes a hands-on section on the second day to give participants the opportunity to apply the principles of diabetes management during pregnancy.

## PROGRAM OBJECTIVES

Upon completion of the two day program participants should be able to:

- Describe the pathophysiology and medical management of diabetes mellitus in pregnancy.
- Identify psychological, environmental and developmental factors that may interfere with patient compliance and adherence to care guidelines.
- Discuss the impact of culture, family traditions, and health beliefs on teaching self care to women who are pregnant and diabetic.
- Describe principles of insulin management during pregnancy
- Demonstrate safe exercises for pregnant patients and describe the health benefits of exercise.
- Explain nutritional guidelines for women with gestational Diabetes or pre-existing diabetes during pregnancy.
- Describe the importance and need for preconceptual care for women with diabetes.
- Identify the need for postpartum care and follow-up for women who had GDM or preexisting diabetes during pregnancy.
- List the different levels of Sweet Success affiliation and care provided at each level.
- Identify the special needs and health risks for infants of diabetic mothers.



California Health Collaborative  
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## Day 1 Wednesday — November 12, 2008

8:00	— 8:30	Registration
8:30	— 8:45	Welcome and Opening Remarks
8:45	— 9:15	Introduction to <i>Sweet Success</i>
9:15	— 10:45	Pathophysiology and Medical Management in Diabetes
10:45	— 11:00	Break/Displays
11:00	— 12:00	Nutrition, the Cornerstone of Care With Diabetes During Pregnancy
12:00	— 1:00	LUNCH
1:00	— 2:00	Preconception to Postpartum -- The Cycle
2:00	— 3:15	Psychosocial Implications of Diabetes During Pregnancy
3:15	— 3:30	Break
3:30	— 4:30	Working the Meal Plan into Real Life
4:30	— 4:45	Questions/Evaluations

## Day 2 Thursday — November 13, 2008

8:00	— 8:30	Registration
8:30	— 9:45	Cultural Considerations in Diabetes and Pregnancy
9:45	— 10:45	Care of the Mother and Baby Throughout Pregnancy and Postpartum
10:45	— 11:00	Break
11:00	— 12:00	Exercise in Pregnancy and Diabetes
12:00	— 1:00	LUNCH
1:00	— 2:15	Infant of the Mother with Diabetes
2:15	— 2:30	Break
2:30	— 3:30	How We Know Sweet Success is Working: Data
3:30	— 4:00	Wrap-up and Evaluation

### FACULTY

**Joseph Hawkins, MD, FACE**

Medical Director, CDAPP

**Melissa Ortiz, MA, RD, CDE**

Program Manager, CDAPP

**Donni Marton, RN, MSN, CNS**

Nurse Educator, CDAPP

**Noelle Coppola, MFTI**

Behavior Medicine Specialist, CDAPP

**D. Lisa Bollman, RNC, MSN, CPHQ**

Executive Director, Community Perinatal  
Network

### COST

The registration fee is **\$180.00** which includes training materials, lunch, and refreshments for both days. The fee for new staff with current affiliates is **\$130.00**. A full refund applies if notice of cancellation is received by **November 3, 2008**. We reserve the right to make program changes or cancellations at any time due to circumstances beyond control.

### CONTINUING EDUCATION

The provider is approved by the California BRN Provider #12012, for 14 contact hours. RD's are eligible to receive 12 CEU's and the Board of Behavioral Services #3045 for 12 hours.

### OUR THANKS TO:

Abbott Laboratories, Inc.  
Mini Pharmacies - Sweet Expectations  
Novo Nordisk

**Note:** Please fill out the attached registration form and return with payment no later than **October 29, 2008**

Questions? Contact Melissa Ortiz, at (559) 244-4546.