

Program Overview

This continuing education program presents up-to-date training for the assessment and management of the pregnant woman with diabetes.

Participants will receive practical information for implementing a multidisciplinary approach to optimize perinatal outcomes for women with diabetes during pregnancy.

Objectives

Upon completion of this one day course, participants will be able to:

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

Registration

Registration Deadline:

- Payment must be received by November 23, 2011

Confirmations:

- Will be sent via Fax or E-mail only (Please include information in your registration form).

Cancellations:

- Refunds less a \$10.00 fee will be given only when requested in writing by

Accreditation:

- Nurses: 6.5 CEU's
- Dietitians: 6.5 contact hrs
- Contact hours will not be given for less than one full day.
- License # must be included on registration for CEU credit.

Registration fee includes CEU's, breakfast, lunch, snacks and Syllabi



Region1 & 3 California Diabetes and Pregnancy Program

Training Program

Date: Friday,
December 2, 2011

Location: Education Center at San
Leandro Hospital
13855 E. 14th St.
San Leandro, CA

Agenda

0830 Registration/Coffee etc

9:00- 09:15 Overview of Sweet Success

9:15- 10:45 Reducing Risks/Monitoring:
Type of DM, screening and DX, Risks and
Surveillance

10:45- 11:00 Break

11:00- 12:30 Healthy Eating/Staying Active

12:30- 13:00 Lunch

13:00 – 14:00 Healthy Coping

14:00- 15:00 Taking Medications/Problem
Solving

15:00-15:15 Break

15:15-16:30 Labor, delivery, PP, F/U

Fees

	Affiliates	\$25.00
	Non Affiliates	\$40.00
	Eden Staff	\$0

Name

Position/Title

Institution

Address

() _____
Phone

E-mail

Fax

Affiliate Number & Location

License #

Make check payable to:

UCSF Regents

Send registration to:

Griselda Thomas, UCSF

2 Koret Way, Box 0606

San Francisco, CA 94143-0606