CE Western Caribbean Cruise

WHO SHOULD ATTEND?
All Maternity Nurses
ALL Those Interested in Cruising with Continuing Education as a Bonus!

www.proedcenter.com
www.majestic1vacationsint.com

CE CREDITS: Potential 16.5 Hrs CEUs for on board courses provided by PEC. PEC is a provider approved by the California Board of Registered Nursing, Provider # 9890. Florida FBN #2219 for potential 15 Contact Hours. This program meets Texas Type I criteria. Will apply for credits from Commission on Dietetic Registration for CDE renewal hours. Optional additional CE Credits from AWHONN and AAP, details inside. Neither program planners nor presenters have any commercial conflict of interest.

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CRUISE & LEARN INFORMATION

7-Night Royal Caribbean Western Caribbean Cruise from Ft. Lauderdale, FL
On board the Magnificent Harmony Of The Seas
Port stops in Labadee, Haiti; Falmouth, Jamaica; and Cozumel, Mexico
April 28 - May 5, 2018

A $250.00 Deposit per person / $500.00 per Cabin is required on ALL Cabins. All Cabins are Double Occupancy. Monthly payments quoted is after the deposit & based on the remaining months:
Large Interior Stateroom: $932.01 per person/ $100.00 per month
Ocean View Stateroom: $1,052.01 per person/ $150.00 per month
Superior Ocean View with Balcony: $1,252.01 per person/ $175.00 per month. Gratuity: $94.50 per person for the week. (Can be pre paid or paid on board).
Final Payment Deadline January 20th 2018

Visit www.majestic1vacationsint.com for cruise info & pictures
To make your reservations for the cruise:
Call Patricia Pitts @ 678-570-0820
e-mail: babyfriendlyrn@bellsouth.net or message me from the website.
Join our OB Nurses Cruise & Learn 2018 Group on Facebook for updates & information

IMPORTANT NOTE: Book your Education and Cruise separately. Education first, please.
Education registration through the PEC website: www.proedcenter.com
All course participants, their families, and guests must book their cruise through Majestic 1 Vacations International. Email Pat: babyfriendlyrn@bellsouth.net

OB Nursing
Cruise & Learn
2018

Maximizing both
Education and Vacation
Earn Nursing CE Credits
Potential for 20.5 Hours

April 28 - May 5, 2018
7 Night Harmony of the Seas
Western Caribbean Cruise

Elizabeth Miller, RN, BSN, MS, CDE
Cindy Parke, RNC, CNM, MSN
Pamela Noonan, MS, BSN, RNC-OB, C-EFM, C-MNN

P.O. Box 7447 Chico, California 95927-7447
800-732-2387

www.proedcenter.com
CRUISE HIGHLIGHTS:

**Cruise Educators and Planning Committee**

Liz Miller, RN, BSN, MSN, CDE
Liz has both personal and professional experience in the realm of Diabetes. She is a Diabetes nurse educator, with 29 years of nursing experience. She has extensive experience as a program coordinator, and in program development/implementing specifically, in diabetes in pregnancy. She is a member of the American Association of Diabetes Educators (AADE), she serves on the Board of Directors for Sweet Success Extension Program (SSEP), and she is a member of the Pregnancy/Reproductive Health Specialty Practice Group. Liz is a national educator, author, and Zubbera instrctor. Liz and family are experienced cruisers and they have wanted to get on board the Harmony of the Seas!

Pamela Noonan, MS, BSN, RNC-OB, C-ECFM, RNC-MNN
Pam is a Perinatal Nurse Clinician for Childrens’s Service at a large health care network that serves North GA. She has 40 years of perinatal nursing experience. She is a clinical educator, developing and implementing competencies for ongoing professional development, and administrates a perinatal nurse residency program. Pam was awarded the 2014 GA March of Dimes Nurse of the Year, in the Women’s Health category. She is Newsletter Ed. and New Member Coordinator for AWHONN’s GA chapter. Pam is both an AWHONN EFM and NRP instructor. With regards to cruise experience, Pam is also a novice on this cruise number 2!

Patricia C. Pitts, RNC-OB, NRP Instructor
Pat is a Clinician, Educator, and Travel Agent/Vacation Planner with Majestic1Vacations International. The theme of Cruise Caris & Learn opportunity is under her creative organization. Pat combines her love and expertise of OB nursing with her excitement and knowledge of travel. She will coordinate the optional NRP Live Instruction Event and be available for travel related questions.

PROGRAM OBJECTIVES
At the conclusion of this program the participant will be able to:

- Discuss preconception assessment and counseling to minimize maternal and fetal complications in pregnancy for women with preexisting obesity and/or diabetes.
- Understand the treatment modalities in the different types of Diabetes in relation to pregnancy care.
- Recognize the relationship between uterine activity and fetal acid-base balance; as well as, the nurse’s role in management of uterine activity.
- Identify the new definitions of Hypertensive disorders in pregnancy.
- Review assessment and management strategies for Gestational Hypertension utilizing the CMQCC Guidelines.
- Describe the care of women and newborns with a pregnancy affected by Diabetes: glucose control, breast feeding, and continued care: medications, dietary counseling, and exercise.
- Review the normal clotting cascade and the physiologic changes of pregnancy to this system.
- Identify risk, assessment parameters, treatments, and complications of clotting disorders in pregnancy, birth and postpartum.
- Demonstrate mastery of the NRP guideline procedures for care of the depressed newborn at birth.
- Master the concepts of the AWHONN Fetal Monitoring program.

CANCELLATION
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Canclellation of PEC Seminar registration is separate, notify PEC. PEC cancellation policy. Up to 14 days before the program choose: Registration fee refund minus $50 administrative fee or full value credit letter. Cancellation within 7 days: No monetary refund. Send a substitute or request a credit letter (minus $50 administrative fee) which will allow you to apply fees to a future PEC program of your choice. CE tuition, travel/meal expenses are tax deductible.

Consult your tax advisor for details about cruise specific deductions.

CRUISE CONFERENCE SCHEDULE

**Sunday, April 29:** 8:00A - 1:00P
7:30 Check In
8:00 Workshop #1: DIABETES IN PREGNANCY
- Overview/Preconception Care
- Maternal and fetal complications
- Medical Nutrition Therapy (MNT)
- Review assessment and management strategies for Gestational Hypertension utilizing the CMQCC Guidelines.
- Discuss preconception assessment and counseling to minimize maternal and fetal complications in pregnancy for women with preexisting obesity and/or diabetes.
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**Saturday, April 28:** Depart Fort Lauderdale

**Sunday at sea:**
Lecture:  8AM- 1PM Choose Workshop:  Labor & Delivery or Maternal Newborn

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Optional NRP Checkoff schedule with Pat. **
**To participate in the NRP Checkoff program you must complete work prior to the cruise, and complete #1-3 below

1. Access website: Neonatal Resuscitation Program
2. Complete modules and online test, Utilizing the new 7th Edition Text (11 CE hrs earned from AAP).
3. Contact Pat for a check off time. Will need to submit printed certificate of completion before Cruise.

Adjunct Learning Opportunities (0.5 CEUs each)
Saturday April 28: Welcome Reception meet your speakers
Monday April 30: Dinner discussions
Tuesday, May 1: AM Q&A 7:30A
Thursday, May 3: Dinner discussion: Q&A

**Wednesday, May 2:** 7:30:3:30 or 8:00-1:00
7:15 Check In
7:30:3:30 Workshop #1 AWHONN Advanced FM**
Lunch: 11:30-12:30
**To participate in the AWHONN Fetal Monitoring program you must:**
1. Register for the May 2 class option
2. Purchase Student Materials and bring them with you
Go to https://awhonn.kendallhunt.com
Select “I am an AWHONN Course Participant”
Workshop ID: Date: 5/2/2018
Order Item #
Advanced Fetal Monitoring Course: Student Materials (Approximate cost $90 with 8 CE hrs.)

8:00 GESTATIONAL HYPERTENSION
- Definitions, Recognition, and Diagnostic Criteria
- Nursing care components: Assessment, Communication, Medications, Patient Education & Documentation
- Complications
- Case Studies

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Cindy Parke, RNC, CNM, MSN

Cindy is the Director of Professional Education Center (PEC) and is collaborating in this event as both one of the educators and conference organizers. This Educator and Author has 40 years of clinical experience as a nurse and a nurse-midwife. Cindy brings her life time passion for obstetrics to you! Teaching is second nature to her; however, she is a rather novice cruiser, but has learned to love that too! The concept of a Cruise with education is the PEC idea of Education at a Vacation Destination!!

Pamela Noonan, MS, BSN, RNC-OB, C-EMF, RNC-MNN

Pam is a Perinatal Nurse Clinician for Children's service at a large health care network that serves north GA. She has 40 years of perinatal nursing experience. She is a clinical educator, developing and implementing competencies for ongoing professional development, and administers a perinatal nurse residency program. Pam was awarded the 2014 GA March of Dimes Nurse of the Year, in the Women’s Health category. She is Newsletter Ed. and New Member Coordinator for AWHONN’s GA chapter. Pam is both an AWHONN FM and NRP instructor. With regards to cruise experience, Pam is also a novice on this cruise number 2!

Patricia C. Pitts, RNC-OB, CNM

NRP Instructor

Pat is a Certified Nurse Midwife, Clinician, Educator, and Travel Agent Extraordinaire with Majestic Vacations International. This OB Nursing Cruise & Learn opportunity is under her creative organization. Pat combines her love and expertise of OB nursing with her excitement and knowledge of travel. She will coordinate the optional NRP skills check-off and all travel questions.

CRUISE HIGHLIGHTS:

- **Saturday, April 28:** Depart Fort Lauderdale
- **Monday:** Docked Labadee, Haiti 8AM-4:30PM
- **Tuesday:** Falmouth, Jamaica 10AM-7PM
- **Thursday:** Cozumel, Mexico 8AM-7PM
- **Friday:** Fort Lauderdale

**PROGRAM OBJECTIVES**

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CRUISE CONFERENCE SCHEDULE

**Saturday, April 28:** 8:00A - 1:00P
- Lecture: 8AM-1PM Choose Workshop: Labor & Delivery or Maternal Newborn
- Lunch
- Workshop #1: DIABETES IN PREGNANCY
  - Overview/Preconception Care
  - Maternal and fetal complications
  - Therapeutic treatment modalities: Education/ Glucose Testing/Medications/Insulin/Insulin Pumps
  - Medical Nutrition Therapy (MNT)

**Sunday, April 29:** 8:00A - 1:00P
- Lecture: 7:30AM - 3:30PM or 8AM-1PM Choose Workshop: AWHONN FM or Maternal Hypertensive Disorders
- Workshop #1: DIABETES POSTPARTUM/NB
  - Postpartum education and recommendations
  - Infant Complications
  - Breastfeeding
- Workshop #2: CLOTTING COMPLICATIONS
  - Thrombophilias: Risks, Assessment, Care
  - Thrombophlebitis: Risks, Assessment, Care
  - DIC: Diagnosis and Care
  - Spinning Babies and BirthTools: Resources for support in labor.
- Dinner Discussion
- What is normal labor progress: Implementation into safest practice.

**Monday, May 4:** 8:00A - 1:00P
- Lecture: 8AM - 1PM Choose Workshop: AWHONN Advanced FM
- Workshop #2 UTERINE ACTIVITY MATTERS!
  - Revisit normal labor physiology
  - Induction: The potential for Iatrogenic confusion?
  - Spinning Babies and BirthTools: Resources for support in labor.
- Breakfast Q&A
- Workshop #1: GESTATIONAL HYPERTENSION
  - Definitions, Recognition, and Diagnostic Criteria
  - Nursing care components: Assessment, Communication, Medications, Patient Education & Documentation
  - Complications
  - Case Studies
- Workshop #2: CLOTTING COMPLICATIONS
  - Thrombophilia: Risks, Assessment, Care
  - Thrombophlebitis: Risks, Assessment, Care
- OR
  - DIC: Diagnosis and Care
  - AFE: Awareness and Recognition
- Dinner Discussion
- What is normal labor progress: Implementation into safest practice.

**Saturday, May 5:** Check In 7:30A - 8:00A
- Workshop #1: OPTIMAL BIRTH OUTCOMES
  - Overview/Preconception Care
  - Maternal and fetal complications
  - Therapeutic treatment modalities: Education/ Glucose Testing/Medications/Insulin/Insulin Pumps
  - Medical Nutrition Therapy (MNT)
- Workshop #2: POSTPARTUM COMPLICATIONS
  - Postpartum education and recommendations
  - Infant Complications
  - Breastfeeding
- Workshop #3: UTERINE ACTIVITY MATTERS!
  - Revisit normal labor physiology
  - Induction: The potential for Iatrogenic confusion?
  - Spinning Babies and BirthTools: Resources for support in labor.
- Dinner Discussion
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THURSDAY, NOVEMBER 3
CHOOSE FROM TWO WORKSHOP OPTIONS
WORKSHOPS 11:00AM - 3:15PM

WS # 1 – ICD-10 Coding - From Theory to Reality:
Coding During Diabetes and Pregnancy
Mary Ann Hodorowicz Consulting, LLC (IL).

Mary Ann is a professional consultant, educator, speaker, writer and spokesperson for the health and food industry. She is a registered, licensed dietitian, certified diabetes educator and certified endocrinology coder with multiple skills and years of experience in the food, nutrition and diabetes care and healthcare industries. Her clients include both small or large organizations and individuals in private practice.

Mary Ann’s consulting and training services are designed to provide you with a high level of expertise to achieve your short or long-term goals in a cost-effective and timely manner.

Mary Ann’s excellent verbal and written communication skills, expertise in project management and a creative spirit all combine to meet your unique needs and goals.

Objectives for WS #1: After the lecture the participants will be able to: 1) Name the “chapter” in which the ICD-10 codes for diabetes are found. 2) Name the first 3 characters that start and the last 3 characters that end the “block” of diabetes mellitus ICD-10 codes. 3) Name the ICD-10 code for “gestational diabetes mellitus in pregnancy, unspecified control”

WS # 2 – DSME/T:
Diabetes Management beyond the Clinical Setting
Alvey Thomas RD, CDE

Diabetes self-management education and training (DSME/T) is a collaborative process through which people with diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and its related conditions.

This process incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidence-based standards.

The overall objectives of DSME are to support the following in order to improve clinical outcomes, health status, and quality of life: Informed decision-making; Self-care behaviors; Problem-solving and active collaboration with the health care team.

Objectives for WS #2: After the lecture the participants will be able to: 1) Define the DSME/T process. 2) Describe the key assessment components in DSME/T. 3) List three patient interventions that can be generated through successful DSME/T interventions.

FRIDAY, NOVEMBER 4
7:15  Breakfast, Check-in, Poster Presentations
7:50 Welcome and Introduction  John Kitzmiller MD
8:00  Power of the Primate: Lessons for Pregnancy, Diet
and Our Next Generation  Jed Friedman MD
9:00  Use of "omics" technologies to gain new insight into
maternal metabolism during pregnancy  William L. Lowe, Jr. MD
10:00 Exhibits/Poster Sessions/Refreshments
10:30 Controversies in dietary recommendations in pregnan-
y and GDM and potential effects on offspring.  Linda Barbour MD
11:30 Panel Discussion  Friedman; Lowe; Barbour
11:50 Oral Presentation
12:15 LUNCH  With Exhibitors/Poster Sessions
1:15 Future of contraception for women with diabetes and
prior Gestational Diabetes  Siri Kjos MD MSEd
2:15 Postnatal nutrition and infant growth – Is the compo-
sition of breastmilk/formula and timing of solid foods life-altering?  Nancy Krebs MD
3:15 Exhibits/Poster Sessions/Refreshments
3:30 Possible applications of the new sciences to the
management of diabetes and pregnancy.  We can improve individualized care?  John Kitzmiller MD
4:30 Panel Discussion  Kreb; Kitzmiller; Kjos
4:55 Oral Presentation :  5:15 Adjourn

SATURDAY, NOVEMBER 5 7:15  Breakfast, Check-in,
Poster Presentations, Exhibits
7:50 Welcome
8:00  Keynote –Nephropathy, Retinopathy, Neurology:
Managing co-morbidities in diabetic pregnancy  Siri Kjos MD MSeD
9:00 Abstract Presentation
9:20 Abstract Presentation
9:40 Exhibits/Poster Presentations/Refreshments
10:00 Weight gain in pregnancy: How much is too much –
too little?  Linda Barbour MD
10:45 From research to implementation: Incorporating
evidence-based nutrition practice guidelines into
practice  Alyce Thomas RD
11:30 Teratogenic exposures during pregnancy - updates?  Robert Felix BS, MPH
12:15 LUNCH  With Exhibitors/Poster Sessions
1:15 Oral medications for GDM: Miracle or madness?  Maribeth Inturrisi RN MS CNS CDE
2:00 Sacred Hour  Raylene Phillips MD, MA, IBCLC
3:00 Exhibits/Refreshments
3:15 The Diabetes Doula manages insulin
during labor  Maribeth Inturrisi RN MS CNS CDE
4:00 Environmental health and Reproduction  Naomi Stallard MD
4:45 Adjourn

You may photocopy this form for additional registrants

REGISTRATION: OB Nursing Cruise & Learn 2018

NAME ______________________________________________________
License# __________________________________________________
MD DO CNM RN LPN/VN Other
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EASY REGISTRATION:
Register on-line @ www.proedcenter.com

Call 800-732-2387 Today With Any Major Credit Card

24 Hour Registration:
FAX 530-343-3575

OR
Mail Your Registration To:
PEC PO. Box 7447 Chico, CA 95927-7447

MAIL YOUR REGISTRATION TO:
PEC Seminars Include:  Printed Syllabus
Conference Amenities...

REGISTRATION OPTIONS: Check Boxes on Left

CORE CONFERENCE AND OPTIONS:

- Check all that apply

- CORE CONFERENCE: April 29 AM, May 2, May 4

- Diabetes in Pregnancy

- Uterine Activity: It matters!

- Choose seminar for May 4, 8A-1P

- Diabetes in Pregnancy Postpartum/Newborn

- Clotting complications: Thrombophilias, Thrombophlebitis, and DIC

- Choose seminar for May 2

- AWHONN FM

- Gestational Hypertension

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TOTAL DUE: $300

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Education registration through the PEC website: www.proedcenter.com
All course participants, their families, and guests must book their cruise through Majestic 1 Vacations International. Email Pat: babyfriendlyrn@bellsouth.net

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