



University of Colorado Anschutz Medical Campus

Perinatal Diabetes: Defining Team Management SSEP Associate Training & Specialty Conference

April 23-24, 2020

University of Colorado
Fulginiti Pavilion for
Bioethics & Humanities
Anschutz Medical Campus
13080 E. 19th Ave.
Aurora, CO 80045

Joint Providership



SweetSuccessExtensionProgram

Supporting Partners

University of Colorado | Anschutz Medical
Campus

Department of Medicine, Division of
Endocrinology, Metabolism & Diabetes
and

University of Colorado | Anschutz Medical
Campus
College of Nursing



Professional Education Center

Conference Information and Registration
Sweet Success Express - Professional Education Center
800-732-2387 - www.sweetsuccessexpress.org OR www.proedcenter.com

COURSE OBJECTIVES

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

Overall Objectives:

1. Examine the definition and interactions of teams when managing patients with diabetes during their reproductive years.
2. State the benefits of providing a multidisciplinary team approach to perinatal diabetes care.
3. Discuss currently released evidence-based management strategies that can improve clinical outcomes.
4. Discover ways new technology can benefit and support the care of women with diabetes during pregnancy.

Specific Objectives:

- Describe recommendations for diagnosing gestational diabetes during pregnancy.
- Discuss early pregnancy diagnosis of GDM and Type 2 diabetes, and its impact on management strategies.
- Discuss management for three (3) high-risk diabetes and pregnancy situations that require expanded services, how to assess for services needed and why this defines the team management required for each patient.
- Compare the relative efficacy and safety, potential for long-term programming effects, pharmacology, optimal dosing, and placental transfer of metformin and glibenclamide (glyburide).
- Present the current state of CGM options including accuracy and guidelines for use.
- Engage in analysis of CGM data and its interpretation.
- Describe the rationale for current macronutrient recommendations in pregnancy & evaluate potential limitations of these recommendations.
- Describe principles for the team members in caring for pregnant patients with diabetes and common co-morbidities, including treatment considerations for gestational hypertension.
- Identify the incidence and scope of diabetes in pregnancy and name five (5) risk demographics and potential co-morbidities.
- Identify metabolic and nutrient deficiencies and verbalize nutrition needs and weight gain goals for post-bariatric surgery patients.
- Review scientific evidence on the risks and benefits of breastfeeding after a pregnancy complicated by diabetes.
- Identify postnatal infant feeding strategies that can reduce the risk of future obesity among offspring exposed to diabetes in utero.
- Review preconception care guidelines for women with diabetes and a history of Gestational Diabetes.
- Describe current guidelines for postpartum care and follow-up for women with a history of GDM and women with chronic diabetes.
- Discuss how certain pregnancy complications reveal long-term risk for diabetes and cardiovascular disease.
- Identify the risks of Type 1 and Type 2 diabetes to the fetus, especially related to stillbirth and from concurrent maternal obesity.
- Describe the effect of pregnancy on retinopathy, nephropathy, risk of hypoglycemic unawareness, and DKA and the utility of CGM and insulin pumps in management of Type 1 & 2 diabetes in pregnancy.
- Identify the predictive value of glycemic control and lipid exposures in pregnancies complicated by diabetes, and obesity without diabetes, and future chronic disease risk factors.
- Identify the difference between "neonatal hypoglycemia" and "delayed perinatal metabolic transition."
- List developments on the horizon for managing delayed perinatal metabolic transition.
- Apply the "spirit of motivational interviewing" to engage patients in their own care and avoid unproductive interactions.
- Use basic motivational interviewing techniques like reflection, open-ended questions, and the elicit-provide-elicited method for patient education.
- Describe the use of continuous subcutaneous insulin infusion devices.
- Describe the use of continuous glucose monitoring in women taking multiple daily injections or using insulin pump therapy.
- Explain how a hybrid closed-loop insulin delivery system works.
- State different vegetarian groups & sources of vegetarian protein as to be able to ease the challenges of a vegetarian diet in pregnancy.

FACULTY

Barbour, Linda, MD, MSPH, FACP: Professor of Medicine and Obstetrics and Gynecology, Divisions of Endocrinology, Metabolism, and Diabetes, and Maternal-Fetal Medicine; Director of OB Diabetes and High-Risk OB Clinics; University of Colorado School of Medicine, Denver, CO

Cook, Paul F., PhD: Licensed Psychologist, Associate Professor College of Nursing, University of Colorado Anschutz Medical Campus, Denver, CO

Crume, Tessa, MSPH, PhD: Associate Professor Epidemiology, Colorado School of Public Health, Aurora, CO

Daley, Julie, RN, BSN, MS, CDE: Diabetes in Pregnancy Program Division of Maternal Fetal Medicine, Women & Infants Hospital of Rhode Island, Providence, RI, Member SSEP Board of Directors

Dunn, Emily, MS, RDN, CDE: Clinical Research Coordinator, University of Colorado, College of Nursing, Denver, CO

Forlenza, Greg, MD: Assistant Professor, Pediatrics- Barbara Davis Center, Aurora, CO

Hernandez, Teri, PhD, RN: Associate Dean for Research and Scholarship, University of Colorado College of Nursing, Associate Professor, Department of Medicine, Division of Endocrinology, Metabolism, & Diabetes, Denver, CO Member SSEP Board of Directors

Moore, Thomas R., MD: Professor of Maternal Fetal Medicine, Department of Obstetrics, Gynecology and Reproductive Sciences, Chief Medical Officer, Hillcrest and Jacobs Medical Centers, U.C. San Diego Health, San Diego, CA

Nicklas, Jacinda, MD, MPH MA: Board Certified in Internal Medicine & Obesity Medicine, UHealth Anschutz Medical Campus, Denver, CO

Rozance, Paul, MD: Professor of Pediatrics, Neonatal Medicine University of Colorado School of Medicine Perinatal Research Center, Denver, CO

Rao, Geetha, MS, RD, CDCES, CDTC, CPT, CLE: Clinical Dietitian/Certified Diabetes Educator, The Woman's Hospital of Texas, Houston, TX Member SSEP Board of Directors

Thorkelson, Shelley, MSN, RN, CNM, CDE: HIPP Nurse Specialist, Center for Health and Wellness, Northern Navajo Medical Center, Shiprock; Shiprock, NM, Member SSEP Advisory Council

PROGRAM PLANNERS; MODERATORS

Joann Henry, RNC, MSHS: SSEP CFO; Co-Chair Planning Committee

Teri Hernandez, PhD, RN: SSEP Board of Directors Member; Co-Chair Planning Committee; Conference Co-Director
Linda Barbour, MD, MSPH, FACP: Planning Committee
Gladys (Sandy) Ramos, MD: SSEP Vice-President; Planning Committee

Cindy Parke, RNC, CNM, MSN: SSEP President; PEC Director; Co-Chair Planning Committee; Conference Organizer
Geetha Rao, MS, RD, CDE, CDTC, CPT, CLE: SSEP Board of Directors Member; Conference Moderator

Kimberly Maurer, LPN, BASc., PCM, CPI: PEC Assistant Director; Conference Organizer; Stretch Break Leader; SSEP Consultant

COURSE DESCRIPTION

Why define the diabetes in pregnancy team? How are health care teams defined? Is the team always the same? Can you define your team?

A team is a group of clinicians working together toward a common goal. For our patients, the goal is optimal short- and long-term outcomes for mother and baby. These teams are defined by the specific services and procedures needed for each individual patient. Therefore, the team is seldom the same. It is a collaboration between the program's diabetes and pregnancy team and specialty practice teams that provide specific services and procedures that core clinicians working alone could not successfully complete. This process creates a balanced team to provide individualized, patient-centered services and care.

The curriculum for this event will bring together expert speakers to provide a comprehensive update and review of current practice standards and contemporary specialty topics related to diabetes and reproductive health team management. Speakers from specialty areas will provide current information about specialty practice services and procedures to enable clinicians to determine the necessary specialty team players indicated when determining individualized patient care. Practical and relevant therapies and management strategies as well as evidence-based preventive interventions across the life stages will be covered. Concepts of prevention, intervention, self-management education, team management and treatment modalities for current clinical applications will be integrated into the program. The goal is to provide the highest quality diabetes and reproductive health management education to assist clinicians in selecting appropriate team players to provide team care for each patient. The content is based on the California Diabetes and Pregnancy Program (CDAPP) Sweet Success model of care and is consistent with the current American Diabetes Association and American College of Obstetricians and Gynecologists recommendations.

The seminar is brought to you by the work of SSEP, a not-for-profit program devoted to the dissemination of high-quality education in this essential topic.

CONTINUING EDUCATION CREDITS

Nurses: Up to 13.5 CE Hrs Nursing BRN: 7.25 Hrs. day one and 6.25 Hrs. day two.

BRN Sponsor: Professional Education Center (Provider #9890), an accredited provider by the California Board of Registered Nursing.

Physicians: Category II CME can be self submitted up to 13.5 Hrs. RD/DTR: Applied to CDR for CPE approval.

THURSDAY - APRIL 23

- 7:30 Breakfast, Exhibits and Registration
7:50 Welcome and Introductions
8:00 Diabetes in pregnancy team management:
Essential components and communication in
comprehensive care THOMAS MOORE
8:45 Discussion of team management THOMAS MOORE
9:00 Oral agents for Gestational Diabetes - Are we stuck
using insulin? LINDA BARBOUR
9:45 Continuous glucose monitoring during pregnancy –
The big picture GREG FORLENZA
10:30 Morning Break and Exhibits
10:45 Navigating nutrition recommendations for
diabetes in pregnancy EMILY DUNN
11:30 Assessment for identification of co-morbidities in
diabetes in pregnancy THOMAS MOORE
12:15 Lunch and Exhibits then a gentle stretch
1:15 Nutrition for women with diabetes in pregnancy
after bariatric surgery GEETHA RAO
2:00 Long-term impact of breast feeding on childhood
adiposity among children exposed to diabetes in
utero TESSA CRUME
2:45 Afternoon Break/Exhibits - Another stretch
3:00 Preconception care & postpartum follow-up in
pregnancy complicated by diabetes
SHELLEY THORKELSON
4:00 Fit after baby: The trajectory of long-term maternal
metabolic health JACINDA NICKLAS
4:45 Q/A Wrap-up
5:00 Adjourn

FRIDAY - APRIL 24

- 7:30 Breakfast and Exhibits
8:00 Welcome and Introductions - Wake up stretch
8:15 Strategies in the management of Type 1 and Type 2
diabetes in pregnancy LINDA BARBOUR
9:00 Glycemia/Nutrition in pregnancy.
TERI HERNANDEZ
10:00 Morning Break and Exhibits
10:15 Neonatal hypoglycemia: State of the science and
primers for moving forward PAUL ROZANCE
11:15 Motivational Interviewing: Helping patients to
conquer the complexity and stress of diabetes in
pregnancy PAUL COOK
12:15 Lunch and Exhibits then a gentle stretch
1:15 Motivational Interviewing in action PAUL COOK
2:15 Overview of insulin pumps, CGM & hybrid closed
loop insulin delivery during pregnancy
JULIE DALEY
3:00 Afternoon Break/Exhibits - Another stretch
3:15 Challenges of vegetarian diet in pregnancy
complicated with diabetes GEETHA RAO
4:00 Q / A Evaluations - Wrap-up
4:15 Adjourn

You may photocopy this form for additional registrants

REGISTRATION: Perinatal Diabetes: Defining Team Management

NAME _____
 License# _____ Are you a CDE? Yes No
 MD DO CNM RN LPN/VN RD MSW/LCSW
 HOME Address _____
 City _____ State _____ Zip _____
 Day Phone (____) _____
 E-mail address: _____
 My clinical practice area is: _____
 Check Payable to: Sweet Success Extension Program (SSEP)
    
 Card #'s _____ Exp. _____

EASY REGISTRATION:
Register on-line
 @ www.sweetsuccessexpress.org
 Call 800-732-2387 Today With
 Any Major Credit Card
 24 Hour Registration: FAX 530-343-3575
 OR
 Mail Your Registration To:
 SWEET SUCCESS EXPRESS
 P.O. Box 7447 Chico, CA 95927-7447

REGISTRATION OPTIONS: Check Box(es) on Left below then checkout with fees

- MAIN CONFERENCE: April 23-24**
Individual Conference Day
- Conference Day One April 23 only
- Conference Day Two April 24 only
- I Prefer a Vegetarian Lunch

Conference Amenities...
 Conference Syllabus; Morning Coffee; Light
 Breakfast; Lunch; & PM Refreshment; Exhibitors
 Confirmation, Map, and Receipt are emailed.

**If you did not receive confirmation, or are registering within
 14 days of program - Please call to confirm space availability.

PROGRAM FEES & DISCOUNTS: Insert Appropriate Fee(s) below

CHECKOUT:

Become a SSEP New Member - Join now: \$65 for Individual Member \$ _____
 Pay Fee Now and save with conference discounts (see membership details on back cover)

Already a SSEP Member: MBR# _____ (Required for discount)
 Complete Conference Discount for new and existing members \$20 \$ (_____)

Employee or student of University of Colorado: Conference discount \$20 \$ (_____)

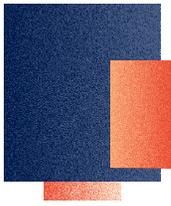
Early Bird Discounted rate (If Received Online, Ph/Fax or Postmarked by 3/23/20)
 Full Conference Fee: Physician \$349 Other Licensed Professionals \$309 \$ _____
 One Day Registration: Physician \$209 Other Licensed Professionals \$189 \$ _____

Regular Registration on or after 3/24/20: Add \$30 \$ _____

Registration within 48 hours of conference & AT DOOR:
 Add \$50 to Regular Registration \$ _____

Check payable to SSEP or Credit Card (above) TOTAL DUE \$ _____

CANCELLATIONS: Up to 7 days before the program choose: Registration fee refund minus \$50 fee or full value credit letter. Cancellation within 7 days: No monetary refund. Send a substitute or request a credit letter (minus \$50 fee) which will allow you to apply fees to another SSEP program. If program cannot be held due to circumstances beyond our control (natural disaster, strike, etc.) and seminar is able to be rescheduled, registrants may choose admission to the rescheduled program or a credit voucher good for any future SSEP program. SSEP reserves the right to substitute a qualified speaker(s) in response to emergency circumstances beyond our control.



SSEP/Sweet Success Express
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**Perinatal Diabetes:
 Defining Team Management
 SSEP Associate Training Program**

WHO SHOULD ATTEND?

**Physicians & Midwives, Residents in
 Medicine, OB, Peds, AP - LD - Postpartum
 Nurses, OB Office & Clinic Staff
 Diabetes Educators, RDs - Social Workers
 Students in Nursing and Dietetics
 CDEs needing renewal credits**

The conference secretariat and organizers cannot accept liability for personal accidents or loss of or damage to private property of participants and accompanying persons, either during or indirectly arising from this conference. Participants should make their own arrangements with respect to health and travel insurance.

CANCELLATIONS: Up to 7 days before the program choose: Registration fee refund minus \$50 fee or full value credit letter. Cancellation within 7 days: No monetary refund. Send a substitute or request a credit letter (minus \$50 fee) which will allow you to apply fees to another SSEP program. If program cannot be held due to circumstances beyond our control (natural disaster, strike, etc.) and seminar is able to be rescheduled, registrants may choose admission to the rescheduled program or a credit voucher good for any future SSEP program. SSEP reserves the right to substitute a qualified speaker(s) in response to emergency circumstances beyond our control. Professional tuition, travel/meal expenses may be tax deductible, consult your tax expert.

Neither program planners nor presenters have any commercial conflict of interest.

Program Location - Lodging

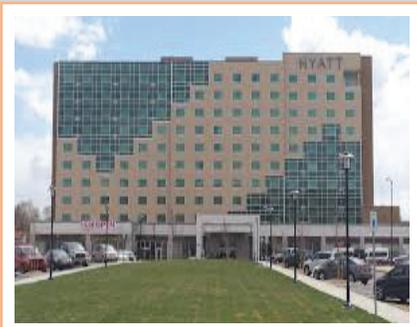
PROGRAM LOCATION: University of Colorado Anschutz Medical Campus Fulginiti Pavilion for Bioethics & Humanities 13080 E. 19th Ave. Aurora, CO 80045

HOTEL: Hyatt Regency Aurora-Denver Conference Center 13200 E 14th Place, Aurora, CO 80011. Utilize Passkey (see website) to reserve a group rate room. SSEP rates of \$139/\$164/\$189 per night Single-Double/Triple/Quad room. Hotel phone: (720) 859-8000

RESERVE EARLY! Room block usually sells out; rate is not guaranteed after April 2, 2020. HOTEL AMENITIES: "Access Aurora from our convenient location near AMTRAK and Denver International Airport (DEN). Light Rail stations are within walking distance, SkyRide keeps you connected to flights and our onsite rental car kiosk covers everything else. Reach your personal vehicle quickly from our large nearby lot and enjoy affordable rates."

PARKING: Hotel guests have \$12/night self park/ \$20 valet cost (fee is on your own)

TRANSPORTATION: Options for transportation from the airport include taxi, Lyft/Uber, Skyride, and various shuttle services.



Hyatt Regency Aurora-Denver Conference Center 13200 E 14th Place, Aurora, CO 80011

Discover an Aurora hotel with a close location to Denver International Airport (16 miles) Anschutz Medical Campus (1 mile), Light Rail stations (walking distance) and downtown Denver (9 miles).

Sweet Success Extension Program has collaborated with the University of Colorado | Anschutz Medical Campus; Department of Medicine, Division of Endocrinology, Metabolism & Diabetes with the goal to provide education to improve outcomes for women and their families affected by diabetes in reproductive and pregnancy health.

SSEP

Mission: Improve outcomes and the quality of life for mothers with diabetes and their offspring

www.sweetsuccessexpress.com

INDIVIDUAL MEMBERSHIP BENEFITS:

- Quarterly Newsletter
 - On-line & Phone Consults
 - Discounts on Sweet Success Conference Registration
 - 1 Set GDM 'Guidelines at a Glance'
- Join the SSEP team as an Individual Member (\$65 fee)

JOIN NOW as a package **SAVE** on this conference registration!

Further information and registration is available through the SSEP website:

www.sweetsuccessexpress.org or the Professional Education Center website: www.proedcenter.com or by calling PEC at 800-732-2387