



## 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 in caring for these women in order to optimize perinatal outcomes.

### Objectives

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

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

## Registration

### Extended Deadline:

**March 26, 2009**

- Late registration starts 3/29/10 subject to a \$30.00 fee
- Payment must be received by April 5, 2010

### Confirmations:

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

### Cancellations:

- Refunds less a \$30.00 fee will be given only when requested in writing by April 5, 2010
- Substitutions for paid participants are permitted, please notify us with any name changes.

### Continuing Contact Hours:

- Nurses: 7 CEU units per day
- No contact hours given for less than one full day.
- License # must be included on registration for CEU credit.

Registration fee includes CEU's, breakfasts, lunches, snacks and notebook

### Free Parking

### Recommended

- Sweater/jacket
- Comfortable clothing

## Region 6.2

California Diabetes and  
Pregnancy Program  
Basic Affiliate Training



# Diabetes & Pregnancy Training

April 12 and April 13, 2010  
8:00 am – 4:30 pm

*At*  
**The California Endowment Center**  
**1000 N. Alameda St**  
**Los Angeles, CA 90012**  
**Mohave-LA Room**

## Agenda

April 12, 2010

### Morning:

- 7:30-7:45 Registration/Breakfast
- 7:45- 8:00 Welcome/Vendor Remarks
- 8:00-8:30 Overview of Sweet Success the Team Approach
- 8:30-9:45 Pathophysiology of Diabetes in Pregnancy
- 9:45-10:00 Break
- 10:00-11:00 Nutrition Guidelines
- 11:00-12:00 Psychosocial Concerns And GDM
- 12:00-12:50 Lunch

### Afternoon:

- 12:50-1:50 Food and Culture with Gestational Diabetes
- 1:50-3:00 Medical Management of Diabetes and Pregnancy
- 3:00-3:15 Break
- 3:15-4:15 Medical Nutrition Therapy For Pre-Existing Diabetes and Pregnancy
- 4:15-4:30 Post test & Evaluations Question & Answers

## Agenda

April 13, 2010

### Morning:

- 7:30-7:45 Registration/Breakfast
- 7:45-8:00 Welcome/Vendor Remarks
- 8:00 – 9:15 Concepts of Insulin Management
- 9:15-9:45 Tools for Patient Compliance Post Partum Toolkit
- 9:45-10:00 Break
- 10:00-11:15 Pre-Conception Care
- 11:15-12:15 Nursing Education
- 12:15-1:05 Lunch

### Afternoon:

- 1:05-2:00 Exercise During Pregnancy With Diabetes
- 2:00-3:00 Understanding Culture: Helping Families to Heal
- 3:00-3:15 Break
- 3:15- 4:15 Infant of the Diabetic Mother
- 4:15-4:30 Post test and Evaluations Questions & Answers

Registration Prices (check one)			
	Affiliates	1 day	\$105.00
	Affiliates	2 day	\$160.00
	Non-Affiliates	1 day	\$165.00
	Non-Affiliates	2 day	\$210.00

**Affiliate = Certified Program with approved MOU**

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Name

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Position/Title

\_\_\_\_\_  
Institution

\_\_\_\_\_  
Address

( ) \_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail

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Fax

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Affiliate Number & Location

\_\_\_\_\_  
License #

Please make checks payable to:

South Bay Perinatal Access Project  
1124 W. Carson Street L-5  
Torrance, CA 90502  
(310) 222-3651  
Fax: (310) 618-6892  
[SoBayPeriP@labiomed.org](mailto:SoBayPeriP@labiomed.org)