



2024

28th National Research Conference

**An Opportunity for Prevention:
Diabetes and Gestational Hypertension
Disorders in Pregnancy**

**Live Virtual Format November 8-10
(or view as a recorded webinar)**

Your choice in viewing
Live virtual
sessions with live
access to speakers for
questions/answers.

OR

Recorded sessions with
access for a limited time



RNNCEs

Conference Information and Registration
Sweet Success Express - Right Now Nursing CE's, LLC
419-570-6093 - www.rnnces.com

CONFERENCE OVERVIEW

28th Annual National Research Conference: An Opportunity for Prevention: Diabetes and Gestational Hypertensive Disorders in Pregnancy

This year's conference is expanded. We welcome the Preeclampsia Foundation as an educational partner. Our hope is to expand recognition of the work of each of our groups to a broader audience. My work in Sweet Success Express (SSE) and with Professional Education Center (PEC) brought me into connection with Preeclampsia Foundation and their founder, Eleni Tsigas, many years ago. I have marveled at their work and expansion and know that we have the shared goal of improving women's and family health by providing education to both professionals and patients. In addition, I speak for the planning group here, we view both diabetes and hypertension as being "silent partners" in vascular pathology. They separately, and often together, add co-morbidity to pregnancy and lifelong implications for altered health. As practitioners you often address issues from both, so we hope to streamline that with expanded knowledge of both entities.

This conference has always offered an opportunity to improve care and pregnancy outcomes, reducing both maternal and infant morbidity and mortality. We are aware of the need and ability to provide concentrated education to patients in this unique time frame of pregnancy. This conference has also stressed the opportunity for prevention of further health complications from diabetes, we now add the concepts of hypertensive disorders as well. We regret that preconception care is not obtained by the majority of childbearing women, this makes the first prenatal visit essential for review of health and a prompt development of a comprehensive team care plan if disease or risk exists, and we will focus here for either diabetes and/or hypertension. Team members include nurses, advanced practice nurses, midwives, and physicians, but also pharmacists, social workers, diabetes educators, nutritionists, psychologists, and life change specialists. Some wear more than one "hat". The necessity for a coordinated team approach starting with knowledge of guidelines to care; alertness to signs, symptoms, and challenges; and awareness of resources to meet specialized care needs are obvious.

With the addition of Preeclampsia Foundation to this year's conference, we believe the goal of providing broader access to guidelines of care and available resources will be met. We recognize that in present national maternity care, inequities in care exist. Poor access to care is a reality as highlighted by the existence of Maternity Care Deserts. Women with complex needs may have poor access to care and a greater risk of absent specialized care. This conference can expand the number of practitioners with a broader educational base.

An Opportunity for Prevention: Diabetes and Gestational Hypertension Disorders in Pregnancy

New registration opportunity for this year!

One registration allows you flexibility!!

Conference will run as a Live Virtual event on November 8-10, 2024, but will also be recorded. You may choose to watch live or recorded, and mix and match those options.

Recorded sessions will be available after November 20, 2024, and have a 8 week limited viewing time.

The Live Virtual option allows you live interaction/Q&A with the speakers.

The Recorded Sessions, allow viewing to meet your schedule (available starting November 20).

Questions can be submitted to the speakers via e-mail, providing you remote Q&A access.

We encourage early registration and are offering a \$80 Early Bird savings (prior to October 7, 2024).

Conference access for either option will be via e-mail.

The conference will utilize the GoToWebinar.com and Filesanywhere.com platforms. Technical management of the event will be handled by Right Now Nursing CEs, LLC (RNNCEs).

If you wish to have a handout of the presentations you have two options:

A downloadable pdf version by link that you may print; or a printed/bound/shipped handout.

Either for an additional fee. Be sure to register with enough time to receive materials. We ask that you respect that all materials are the property of the speaker.

Continuing Education Certificate Provision:

Sent via e-mail after submission of the on-line evaluation and verification of attendance.

CONTINUING EDUCATION CREDITS

Nurses: Up to 27 Hrs Nursing BRN. This program is designed to meet Board of Nursing CE requirements for license renewal in all 50 states. Right Now Nursing CEs, LLC (RNNCEs) is a provider approved by the California Board of Registered Nursing, Provider #17583.

Physicians: Category II CME can be self submitted.

RD/DTR: CPE Prior Approval 27.5 hours with the Commission on Dietetic Registration Activity #185181 and #185364.

CONFERENCE PRESENTATIONS

Live Times are Mountain Standard Time

FRIDAY, NOVEMBER 8

- 7:30 Welcome and Introduction of SSE and Preeclampsia Foundation
CINDY PARKE & ELENI TSIGAS
- 7:50 Identification of Misconceptions and Myths Regarding Both Disease Entities; Importance of Patient Education
BEKAH BISCHOFF
- 8:50 Update on what's new to improve pregnancy outcomes in women with diabetes and chronic hypertension
ELLEN SEELY
- 9:30 The Missed Opportunity Without Preconception Care: The Important First Prenatal visit: Risk Factor Assessment
KIM HERTZFELD
- 10:30 Think Social Determinants of Health instead of Non-Compliance or Non-Adherence
TRACY WEEBER
- 11:30 Team approach to managing complex treatment plans based on risk factors
LIZ MILLER
- 12:30 LUNCH
- 1:00 Motivational Interviewing: The art of evoking and reflecting change
SUSAN DOPART
- 3:00 The role of psychotherapy in the management of chronic illness
JAMIE HUCKINS-BARKER
- 4:00 Sweet Dreams: The role of sleep, its interplay in Diabetes and Hypertension, and importance in pregnancy
SARAH FARABI
- 5:00 Conference Ends Day 1

CONFERENCE PRESENTATIONS

Live Times are Mountain Standard Time

SATURDAY, NOVEMBER 9

- 7:30 Medical Nutrition Therapy in pregnancy complicated by Diabetes or Hypertensive disorders
GEETHA RAO
- 8:45 Is special MNT counseling needed for "GLP-1 surprise" pregnancy
GEETHA RAO
- 9:15 Diabetes and Hypertension in pregnancy diagnosis, management and surveillance
JAMES BEDELL
- 10:15 Real-World evidence for utility of serum sFlt-1/PIGF test in United States after FDA approval
SAROSH RANA
- 11:15 Silent Partners: Co-Morbid conditions with Diabetes and Hypertension in pregnancy
JAMES BEDELL
- 12:15 LUNCH
- 12:45 Pharmacologic Diabetes and Hypertension management during pregnancy
CHRISTINA INTESO
- 1:45 Navigating access and affordability of medications, insulin pumps, and CGM for Diabetes during pregnancy
CHRISTINA INTESO
- 2:45 Technology in Diabetes Care during pregnancy: insulin dosing, CGM devices, and insulin pumps
STACY MCCULLOUGH
- 5:00 Conference ends Day 2

CONFERENCE PRESENTATIONS

Live Times are Mountain Standard Time

SUNDAY, NOVEMBER 10

- 7:30 MotherToBaby: Your go to resource for exposures in pregnancy and lactation
KIRSTIE PERROTTA
- 8:30 Counseling and Planning Management: Delivery timing decisions, IP and transitional PP care strategies in pregnancy complicated by Diabetes and/or Hypertension
CHRISTOPHER NAU
- 9:30 Neonatal care and challenges specific to the neonates of pregnancies affected by Diabetes and HDP
TRACY KARP
- 11:00 Importance of patient education and self-surveillance in signs and symptoms of preeclampsia: Tools from Preeclampsia Foundation
LANEY POYE
- 12:00 LUNCH
- 12:30 Momma's Voices : The role of patient stories in increasing awareness of providers to the common gaps in care
BEKAH BISCHOFF
- 2:00 Postpartum Discharge Care: BP and Diabetes management and Cardiovascular health strategies
CHRISTOPHER NAU
- 3:00 Beyond Pregnancy: Long-term care and education following complicated pregnancies
ANN CELI
- 4:00 What's new in Gestational Diabetes? Open questions, recent evidence, and practice implications
TERI HERNANDEZ
- 5:00 - 5:30 Conference wrap up : Learner Assessment required for CDR CPEUs.

Patient Education Materials from SSE

Various Products see their website:
RNNCEs.com for details on all products

Diabetes in Pregnancy Patient Handbooks

Two Titles, each Available in both English and Spanish
Gestational Diabetes and Type 2 Diabetes in Pregnancy

LA DIABETES
GESTACIONAL
Manual del Paciente



Food Guide Pictorial and Charting



Patient Education Materials from Preeclampsia Foundation

Various Products see their website:
Preeclampsia.org for details on all products

Educational Illustrated Signs & Symptoms Tear Pads and Posters (English/Spanish)

Educational Brochures: Preeclampsia & Heart Disease

Postpartum Preeclampsia Discharge Bracelet (English/Spanish)



FACULTY

Bedell, James L., DO: Senior Physician, Maternal Fetal Medicine, Kaiser Permanente, Northern California, Modesto, CA

Bischoff, Bekah; Program Manager, MOMMAs Voices, Preeclampsia Foundation, Melbourne, FL.

Celi, Ann, MD; Bringham and Women's Hospital, Division of Maternal Fetal Medicine, Boston MA.

Dopart, Susan B., MS, RDN, LD, CDCES, Wellness Coaching, Motivational Interviewing, Life Style Solutions, www.susandopart.com.

Farabi, Sarah Schwarz, PhD, RN: Assistant Professor Goldfarb School of Nursing; St. Louis, MO.

Hernandez, Teri, PhD, RN: Professor and Associate Dean for Research and Scholarship, University of Colorado College of Nursing, Department of Medicine, Division of Endocrinology, Metabolism, & Diabetes, Nurse Scientist | Children's Hospital Colorado, Associate Director, CCTSI Early Life Exposure Research Program, Denver, CO.

Hertzfeld, Kimberly, MS, CNM: Midwifery, Obstetrics and Gynecology, Women's Health, Mercy Health, Toledo, OH.

Huckins-Barker, Jamie PhD: Licensed Clinical Psychologist, Division of Behavioral Medicine, Department of OB/Gyn, University Hospitals Cleveland Medical Center; Assistant Professor, Department of Reproductive Biology, Case Western Reserve University School of Medicine, Cleveland, OH.

Inteso, Christina, PharmD, BCACP, CDCES: Clinical Pharmacy Specialist- Corewell Health, Grand Rapids, MI.

Karp, Tracy, MS, NNP-BC: Neonatal Nurse Practitioner, Educator and Consultant. Salt Lake City, UT.

McCullough, Stacy BSN, RN, CDCES: MacDonald Women's Hospital, Department of Maternal Fetal Medicine, University Hospital Cleveland Medical Center, Cleveland, OH.

Miller, Liz, RN, MS, CDCES: Diabetes Manager, Diabetes Specialist, Perinatal Diabetes Center The Womans Hospital of Texas, Houston TX.

Nau, Christopher, MD: Assistant Professor, Department of Reproductive Biology Case Western Reserve University School of Medicine; Division of Maternal Fetal Medicine, Cleveland, OH.

Parke, Cindy, RNC, CNM, MSN: Right Now Nursing CEs, Director of Education, Past President of Sweet Success Extension Program, Toledo, OH; Naples, FL.

FACULTY

Perrotta, Kirstie, MPH: Teratogen Information Specialist, MotherToBaby, San Diego, CA.

Poye, Laney, MA: Director of Communications and Engagement, Preeclampsia Foundation Melbourne, FL.

Rana, Sarosh MD, MPH, FACOG: Professor of Obstetrics and Gynecology Section Chief, Maternal-Fetal Medicine. Chief Obstetrical Transformation Officer, Urban Health Initiative, The University of Chicago Medicine, Chicago, IL.

Rao, Geetha, MS, RD, CDCES, CPT, CLE, CDTC: Clinical Dietitian/Certified Diabetes Care and Education Specialist, Texas Children's Hospital- Pavilion For Women, Houston, TX.

Seely, Ellen, W, MD: Director of Clinical Research, Endocrinology, Diabetes and Hypertension Division, Bringham Women's Hospital, Professor, Harvard Medical School, Boston, MA.

Tsigas, Eleni Z. Chief Executive Officer Preeclampsia Foundation, Meburne, FL.

Weeber, Tracy, MN, CNS, RNC-OB: Ambulatory Operations CNS, Enloe Health; Faculty Member, Chico State University, Chico, CA.

PROGRAM PLANNERS

Joann Henry, RNC, MSHS - Advisor

Cindy Parke, RNC, CNM, MSN - Program Planner; Conference Director/Organizer

Eleni Tsigas - Program Planner

Laney Poye, MA - Program Planner

Teri Hernandez, PhD, RN - Program Planner; Conference Organizer

Geetha Rao, MS, RD, CDCES, CPT, CLE, CDTC - Program Planner

Liz Miller, RN, MS, CDCES - Program Planner

Nathan Parke, CEO RNNCEs: Technical Consultant, Virtual Coordinator

The content of this conference is based on the work of SSE, Preeclampsia Foundation, California Diabetes and Pregnancy Program (CDAPP) Sweet Success model of care, the current American Diabetes Association Standards of Medical Care, The American College of Obstetricians and Gynecologists, and The Society for Maternal-Fetal Medicine.

The seminar is brought to you by the combined efforts of Sweet Success Express and Preeclampsia Foundation.

Technical and management responsibilities for this event are the responsibility of rough Right Now Nursing

COURSE OBJECTIVES

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

Overall Objectives:

1. Examine the multiple components of care for pregnancy complicated by Diabetes and/or Hypertensive disorders, and the opportunity for not only improved pregnancy outcome but future preventative health care.
2. Explore increased awareness and diagnosis, complex treatment plans, and follow up care in the Postpartum period and beyond.
3. Discover the components of both Sweet Success Express and the Preeclampsia Foundation and their tools for professionals and patients.

Specific Objectives:

- Identify and explain common misconceptions and myths related to disease entities in maternal health from both patients' and providers' perspectives.
- Develop strategies for healthcare providers to communicate medical concepts clearly and effectively, avoiding medical jargon to ensure patients understand their health conditions and treatments.
- Emphasize the role of thorough and compassionate patient education in dispelling myths and misconceptions, leading to better health outcomes and increased patient trust.
- Initiate aspirin therapy in high-risk women to decrease risk of preeclampsia
- Establish the aim for new blood pressure goals in pregnancy
- Explain the admission question list and necessary follow up questions for comprehensive history taking.
- Recognize risk factors elicited in history collection and beginning framework of team care based on these factors.
- Describe the difference between non-adherence and non-compliance.
- Explain how SDOHs influence our patients and the care they receive.
- Review one systems approach to multi-disciplinary team coordination to high risk patient care.
- Appreciate efforts made in consistent care with regards to patient compliance or non-compliance of recommended therapeutics.
- Gain understanding of the "spirit" and key principles and theoretical basis of Motivational Interviewing (MI) to apply to their own practice.
- Recognize the skills of evoking and reflecting change.
- Identify mental health risks with a diabetes diagnosis.
- Gain the introductory concepts of illness self-management.
- Describe the types of mental health interventions available to patients with gestational diabetes in need of care.
- Discuss the role of sleep disturbance in management of diabetes of pregnancy.
- Describe the relationship between sleep disturbance and hypertensive disorders of pregnancy.
- Describe the basic components of Medical Nutrition Therapy and education of both the family and practitioners for ability to manage.
- Review specific counseling appropriate with a patient with a recent weight loss regime in preconception.
- Understand the diagnostic criteria of pregestational diabetes, chronic hypertension, gestational hypertension and preeclampsia.

COURSE OBJECTIVES

- Explain the specific tests/studies that are recommended at the first prenatal visit for a patient presenting with pregestational diabetes or chronic hypertension.
- Identify patients who may be at increased risk of preeclampsia using BP trends in early pregnancy.
- Understand the role of angiogenic biomarkers in diagnosis and prognosis of preeclampsia.
- Review strategies for implementing sFlt-1/PlGF test in patients with hypertensive disorders of pregnancy- lessons learnt from University of Chicago.
- Identify the following pregnancy-related maternal comorbidities and the role of glycemic control in minimizing these comorbidities: Retinopathy, Nephropathy, Chronic hypertension, Acute myocardial infarction, Neuropathy, and Diabetic ketoacidosis,
- Identify the following pregnancy-related maternal comorbidities that can occur in the setting of hypertension in pregnancy: Gestational diabetes, Planned pre-labor cesarean, Postpartum hemorrhage.
- Review use of oral hypoglycemic medications during pregnancy.
- Review medication treatment of hypertension during pregnancy.
- Discuss strategies to improve medication and device affordability in pregnancy.
- Gain understanding of use and application of insulin during pregnancy with special focus on ultra-rapid acting and concentrated insulins.
- Discuss CGM guidelines for use in pregnancy, including data interpretation and clinical insights.
- Describe closed-loop insulin pump delivery, understanding of different devices and data interpretation used for clinical treatment decisions.
- Recognize when to switch to concentrated insulin and/or convert to manual mode.
- Learn how you and your patients can utilize MotherToBaby when an exposure question arises.
- Understand the latest research on trending exposures, including maternal vaccinations and weight loss medications.
- Describe current guidelines for IP care planning, counseling, and management for women with diabetes or HDP.
- Know the impact on the neonate born to mothers with either maternal diabetes or hypertensives disorders.
- Recognize the impact of the combination of maternal diabetes and hypertensive disorders on the care of these infants.
- Recognize how healthcare providers can engage in support of patients at risk of preeclampsia to promote mental and physical wellness.
- Emphasize the role of thorough and compassionate patient education in dispelling myths and misconceptions, leading to better health outcomes and increased patient trust.
- Understand the differing approaches in immediate postpartum care for patients with Type 1 and Type 2 diabetes.
- Describe the idea of pregnancy as a window to future health and how diabetes fits into this same paradigm.
- Discuss the state-of-the science related to screening and diagnosis of early GDM.
- Describe patterns of glycemia during pregnancy characterized across multiple recent studies in which CGM technology was employed, and emerging clinically meaningful CGM metrics.

REGISTRATION:

An Opportunity for Prevention: Diabetes and Gestational Hypertensive Disorders in Pregnancy
Live Virtual event on November 8-10, 2024: Recorded version available after November 20

Registration allows attendance at either the Live Virtual Event or Recorded Webinars
ACCESS TO BOTH THE LIVE VIRTUAL AND RECORDED WEBINARS WILL BE PROVIDED WITH REGISTRATION

Take advantage of significant savings by registering before October 7, 2024

PREFERRED REGISTRATION IS ONLINE WITH A CREDIT CARD: WWW.RNNCES.COM

Registration form below is for those not using the preferred online system:

OR Registration via fax for groups: Make copies of this form and complete the below information for each participant. DO NOT SEND CREDIT CARD INFORMATION ON FORM, Instead send an e-mail to info@rnnces.com. Do not include payment or Credit Card information. An invoice to pay securely online will be generated, via RNNCEs PayPal.

OR REGISTRATION via enclosed check for individual or groups.

Copy this form, and complete the below information for each participant.
Then mail with payment by check to:
RNNCEs/ 6725 W. Central Ave./ Suite M, PMB 327/Toledo, OH 43617
Early Bird registration must be postmarked by 10/7/24

Phones answered 9A-3P ET M-F Call 419-570-6093 for further needed information.

NAME _____

License# _____

Credentials: MD DO CNM RN CDCES RD RD/LDN MSW/LCSW

My clinical practice area is: _____

Home Address _____

City _____ State _____ Zip _____

Day Phone (____) _____

E-mail address: _____

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

CHECKOUT:

REGISTRATION: Save\$\$\$ with Early Bird Registration: Postmarked before 10/7/24 \$325 \$ _____

Printed/Bound/Mailed Handout with EB discount Add \$40 \$ _____

Download PDF Add \$25 \$ _____

Regular Registration on or after October 7, 2024 \$405 \$ _____

Printed/Bound/Mailed Handout Add \$50 \$ _____

Download PDF Add \$25 \$ _____

Check payable to RNNCEs **TOTAL DUE** \$ _____

Mail to RNNCEs/ 6725 W. Central Ave./ Suite M, PMB 327/ Toledo, OH 43617

If mailing registration, and paying the Early Bird amount, be sure it is postmarked by October 7.



2024

An Opportunity for Prevention: Diabetes and Gestational Hypertension Disorder in Pregnancy Improved Pregnancy Outcomes and Future Health Opportunity

WHO SHOULD “ATTEND”?

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

CANCELLATION POLICY: Up to 10 days before the program choose: Registration fee refund minus \$75 fee, with return of the handout. Cancellation within 2 days of live event: no monetary refund, replace registration with recorded webinar option. Conference management reserves the right to substitute a qualified speaker(s) in response to emergency circumstances beyond our control.

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

SWEET SUCCESS EXPRESS (SSE) teams up with PREECLAMPSIA FOUNDATION SWEET SUCCESS EXPRESS, a branch of Right Now Nursing CEs is collaborating with Preeclampsia Foundation to bring you an expanded conference this year! The conference will again be a “Live Virtual Event”, but with more flexibility as you can alternatively utilize recorded session; creating your own hybrid schedule.

The “Live Virtual Event” gives you the opportunity to “attend”, and have access to our wonderful group of speakers for Q&A interchange.

Set aside three days in your schedule to devote to this exciting continuing education. Guest speakers will accept your questions during the live sessions and via e-mail, to allow for personal interaction.

OR, if your schedule fits better, view any segment as a recorded version.

(Recorded webinars will be available after November 20, and have a limited eight week viewing window.

Speakers may be available for e-mail questions and interchange).

We realize there will be the ability to share these important resources, without registration, but understand that continuing education credits can be given only to those with paid registration, and who have returned a completed evaluation form. The viewing log in the appropriate system will verify attendance. We ask that you encourage your associates to support our unique efforts with regards to Diabetes and Hypertensive Disorder education in pregnancy, by encouraging their separate registration.

SWEET SUCCESS EXPRESS has the goal to provide education you can use.

Education that makes a difference in the care of families affected by Diabetes or Hypertension in Pregnancy.

“JOIN” TO EXPERIENCE OUR EXPANDED EVENT

SSE (RNNCEs) and PREECLAMPSIA FOUNDATION have longed shared common goals:

- Increase awareness of the disease state in pregnancy and beyond
- Improve care with increased knowledge and resources for both care providers and patients
- Impart self-management technique approaches with matched sensitive and effective patient education
- Recognize pregnancy as an opportunity for diagnosis then education and life style changes, not just for pregnancy health but beyond for these potentially chronic conditions
- Healthy moms and families

Registration and conference details, including CA BOD CE credits, managed by Right Now Nursing CEs