



2025

29th Annual National Conference Improving Diabetes and Hypertensive Care and Outcomes in Pregnancy

Live Virtual Format November 7-9 (or view as a recorded webinar)

Optional 5 hour workshop Nov. 7
“All Things Insulin Management in Pregnancy”

Plan to attend on
your schedule!

Sessions will be live
virtual with access to
breakout discussions

OR

Attend via recorded
sessions for a
limited time



RNNCEs

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

CONFERENCE OVERVIEW

29th Annual National Conference: Improving Diabetes and Hypertensive Care and Outcomes in Pregnancy

This year's conference is again with the expanded format. We welcome back 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; we hope to streamline your work 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. We also know that our care is an ideal opportunity for prevention of further health complications from diabetes, and hypertensive/cardiac disorders throughout life as well. We recognize the crisis and recent increase in maternal mortality/morbidity, and the importance of examining the Social Determinants of Health as a prominent factor. This concern points us to ask how and when is care provided with the awareness of Maternal Deserts and the skills of all health teams in pregnancy care. Our goal is to provide both basics in care, and to explore some new research.

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.

The addition of Preeclampsia Foundation provides a broader access to proven guidelines of care and available resources. 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 in disease awareness, diagnosis, management, and continued care for improved outcomes in pregnancy and the lives of these families.

Thank you for joining us and expanding the team!

Overall Conference Objectives:

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

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. Recognize the opportunity for improved lifetime health with awareness and proper management for women with pregnancy complication.
4. Discover the components of both Sweet Success Express and the Preeclampsia Foundation and their tools for professionals and patients.

Specific Objectives for each Lecture:

Specific objectives and are listed with each topic within the agenda

CONTINUING EDUCATION CREDITS

Nurses: Up to 23.5 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 applied for with the Commission on Dietetic Registration.

FACULTY

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

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

Elrod, Beka, BS: National Engagement Director, Mammha, Miami, FL., Louisville, KY.

Gifford, Kimberly, BS: Director of Healthcare Practices Preeclampsia Foundation, Indian Harbor Beach, FL.

Halabu, Sarah. MS, RDN, LDN, CDCES, BC-ADM; Founder, Hello Diabetes and a Private Practice Dietitian & Diabetes Consultant, Naperville, IL.

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.

Inteso, Christina, PharmD, MPH, 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.

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

Nimlos, Allison, MA, CDCES
Licensed Marriage and Family Therapist and a Certified Diabetes Care & Education Specialist, Woodbury, MN.

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

Rana, Sarosh MD, MPH, FACOG: Section Professor of Obstetrics and Gynecology Endowed Chris J. and Marie A. Olson Chair of Obstetrics and Gynecology, President of the Leland J. and Dorothy H. Olson Center University of Nebraska Medical Center for Women's Health The University of Nebraska Medical Center/ Nebraska Medicine, Omaha, NE.

FACULTY (continued)

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

Starkweather, Cindy, RNC, CNM, MSN: Right Now Nursing CEs, Director of Education, Past President of Sweet Success Extension Program, Austin, TX.

Weeber, Tracy, MN, CNS, RNC-OB, C-EFM, C-ONQS: Ambulatory Operations CNS, Enloe Health; Adjunct Faculty, California State University, Chico, CA.

The content of this conference is based on the work of Sweet Success Express; Preeclampsia Foundation; California Diabetes and Pregnancy Program (CDAPP), past work; The Sweet Success model of care; the 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 work of Sweet Success Express and Preeclampsia Foundation.

Technical and management responsibilities for this event are through Right Now Nursing CEs.

PROGRAM PLANNERS

Joann Henry, RNC, MSHS - Advisor

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

Kimberly Gifford, BS - Program Planner, Preeclampsia Foundation Liaison

Christina Inteso, PharmD, MPH, BCACP, CDCES - Program Planner; Breakout Session Coordinator

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

Ellen Seely, MD - Program Planner

Nathan Parke, CEO RNNCEs: Technical Consultant, Virtual Coordinator

CONFERENCE PRESENTATIONS

Live Times are Mountain Standard Time

FRIDAY NOVEMBER 7

INTERACTIVE WORKSHOP_11:00 - 4:00

REACHING GLYCEMIC GOALS IN PREGNANCY
ALL THINGS INSULIN MANAGEMENT

STACY McCULLOUGH, BSN, RN, CDCES

By popular demand our speaker on insulin management in pregnancy is back in a special workshop format for the greater time frame and interaction that was requested.

Multiple subjects with more time, more details, and class interaction and the use of a workbook.

This workshop is for anyone with the task of helping patients with glycemic control.

Topics to be covered include:

Conversion from oral hypoglycemics

Introduction of insulin self care

Managing insulin dosing

Use of CGM devices/insulin pumps

Use of concentrated insulin

Case studies to demonstrate concepts

Workshop Objectives:

- 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.
- Demonstrate mastery of clinical decision making with use of the online workbook and class interaction with instructor.

Online Workbook Provided:

Work through Case Studies with the guidance of Stacy McCullough. Anticipate mastery!

CONFERENCE PRESENTATIONS

SATURDAY, NOVEMBER 8 (AM)

Live Times are Mountain Standard Time

Time in LV/Topic/Objectives (•)/ Speaker(s)

7:30 Welcome from Sweet Success Express and Preeclampsia Foundation

- Discover the components of both Sweet Success Express and the Preeclampsia Foundation and their tools for professionals and patients.

CINDY STARKWEATHER & KIMBERLY GIFFORD

8:00 How Social Determinants of Health Impact Pregnancy

- Review the social determinants of health (SDOH).
- Discuss how SDOH factors impact diabetes and hypertension during pregnancy.

CHRISTINA INTESO

9:00 Cardiometabolic Sequelae to GDM and Preeclampsia

- Recognize pregnancy as a window to future health and future outcomes shared between a history of GDM and Preeclampsia.
- Discuss cardiometabolic risk factors that should be elicited in history collection and addressed through team-based care.

ELLEN SEELY

10:00 Medical Nutrition Therapy in Pregnancy Affected by Diabetes

- Describe the basic components of Medical Nutrition Therapy and education of patient and family.
- Discover tools to help when faced with where to begin with limited resources.

SARAH HALABU

11:30 Diabetes and Hypertension Management During Pregnancy

- Review use of oral diabetes medications during pregnancy.
- Review medication treatment of hypertension during pregnancy.

CHRISTINA INTESO

12:20 LUNCH WITH BREAKOUT SESSION #1

CONFERENCE PRESENTATIONS

SATURDAY, NOVEMBER 8 (PM)

Live Times are Mountain Standard Time

Time in LV/Topic/Objectives (-)/ Speaker(s)

1:15 Real-World Evidence for Utility of Serum sFlt-1/PIGF Test in US; FDA Approval?

- 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/PIGF test in patients with hypertensive disorders of pregnancy- lessons learnt in practice utilization.

SAROSH RANA

2:15 Diabetes and Hypertension in Pregnancy Diagnosis, Management and Surveillance of Co-Morbidities

- Understand the diagnostic criteria of pregestational diabetes, chronic hypertension, gestational hypertension, and preeclampsia.
- Explain the specific tests/studies that are recommended at the first prenatal visit for a patient presenting with pregestational diabetes or chronic hypertension.
- Identify the following pregnancy-related maternal co-morbidities and the role of glycemic control and hypertensive control in minimizing these comorbidities: Retinopathy, Nephropathy, Acute myocardial infarction, Neuropathy, and Diabetic Ketoacidosis.

JAMES BEDELL

3:45 Glycemic Control and Weight Management in Pregnancy with Recent GLP-1 Usage

- Understand that GLP-1's are contraindicated in pregnancy and how to transition from there use.
- Recognize the side effects of discontinuation at start of pregnancy.
- Identify postpartum indications for GLP-1 use.

STACY MCCULLOUGH

4:45 MotherToBaby: Your Go To Resource for Exposure Questions in Pregnancy and Lactation

- Become familiar with the latest research on diabetes, insulin, metformin, labetalol, and ACE inhibitors in pregnancy.
- Review the latest recommendations and available data for vaccines in pregnancy.
- Learn how you and your patients can utilize MotherToBaby when exposure questions arise.

KIRSTIE PERROTTA

5:45 Conference ends Day 1

CONFERENCE PRESENTATIONS

SUNDAY, NOVEMBER 9 (AM)

Live Times are Mountain Standard Time

Time in LV/Topic/Objectives (-)/ Speaker(s)

7:30 "No One Told Me" Living Through What No One Explained

- Learn how patients—even those without medically traumatic outcomes—can experience emotional harm and long-term distress when their concerns, questions, or emotions are dismissed or minimized.
- Recognize the role of healthcare professionals and institutions in offering meaningful follow-up when traumatic events occur.
- Explore ways to remain emotionally present, validate patients' experiences, and provide clear, compassionate information even when systems fail.

BEKAH ELROD

8:30 Counseling, Addressing Trauma in High Risk Pregnancy

- Identify mental health risks with a gestational diabetes or hypertensive disorder diagnosis.
- Recognize how healthcare providers can engage in support of patients at risk of complicated pregnancy to promote mental and physical wellness.
- Gain the introductory concepts of illness self-management.
- Describe the types of mental health interventions available to patients experiencing pregnancy trauma.

ALLISON NIMLOS

9:30 Counseling and Planning Management: Delivery Timing, IP Care and Immediate PP Care Strategies in Complicated Pregnancy

- Review the recommendations for delivery timing in complicated pregnancies.
- Learn how to utilize new automated insulin delivery systems during IntraPartum care.
- Understand the differing approaches in immediate PP care for patients with pregnancy complicated by Diabetes and/or Gestational Hypertension.

CHRISTOPHER NAU

11:00 Neonatal Care and Challenges Specific to the Neonates of Pregnancies Affected by Diabetes and Hypertension.

- 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.

TRACY KARP

12:00 LUNCH AND BREAKOUT ROOM #2

CONFERENCE PRESENTATIONS

SUNDAY, NOVEMBER 9 (PM)

Live Times are Mountain Standard Time
Time in LV/Topic/Objectives (•)/ Speaker(s)

1:15 Importance of Patient Education and Self-surveillance in Signs and Symptoms of Preeclampsia:

Tools from Preeclampsia Foundation.

- Understand preeclampsia, its signs and symptoms, and common misconceptions and myths related to disease entities in maternal health.
- Develop strategies for healthcare providers to communicate medical concepts clearly and effectively, avoiding medical jargon to ensure patients understand their health conditions and treatments.
- Gain awareness and access for the tools of Preeclampsia Foundation

KIMBERLY GIFFORD

2:15 Beyond Pregnancy: Long-term Care and Education Following Complicated Pregnancies

- Describe the idea of pregnancy as a window to future health and how diabetes and hypertensive disorders fit into this same paradigm.
- Recognize how to partner with patients and other health care professionals to optimize continued management for those experiencing complicated pregnancy.

ANN CELI

3:15 Maternal Mortality and Morbidity in Worsening Times; Proven Strategies for Improvement, the Work of CMQCC

- Describe updated maternal mortality and morbidity findings and realities causing further concerns.
- Examine care algorithm tools available through CMQCC for improving safety and outcomes.

TRACY WEEBER

4:15 What's New in Gestational Diabetes and Hypertensive Disorder: Open Questions, Recent Evidence, and Practice Implications

- Describe patterns of glycemia during pregnancy characterized across recent studies in which CGM technology was employed, and clinically meaningful CGM metrics.

TERI HERNANDEZ

5:15 Conference wrap up

Improving Diabetes and Hypertensive Care and Outcomes in Pregnancy

REGISTRATION AND CONFERENCE DETAILS:

USE EARLY BIRD registration and get up to an \$80 discount!

SAVE by registering prior to October 10, 2025
Combining the Workshop with the two day conference also saves \$\$.

One registration allows you flexibility!!

The conference and 5 hour workshop, will run as a Live Virtual event November 7-9.

You may choose workshop or conference only, or save with the combination.

It will also be recorded in its entirety.

You can even mix and match these options.

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

We have planned for two breakout sessions for increased interaction in a small group discussions, over each lunchtime.

(Registration required, but at no extra charge)

The Recorded Sessions allow viewing to meet your schedule available starting November 21.

They have a limited 8 week viewing time.

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

Conference access will be via e-mail. The conference will utilize the GoToWebinar.com, Filesanywhere.com, and SurveyMonkey.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 by link that you may print (\$30); or a printed/bound/shipped handout (\$50); Either for an additional fee.

We ask that you respect that all materials are the property of the speaker.

CE Provision, both BON and CDR, Sent via e-mail after submission of the on-line evaluation/verification of attendance.

REGISTRATION:

Improving Diabetes and Gestational Hypertensive Disorders in Pregnancy
Live Virtual event on November 7-9, 2025: Recorded version available after November 21.

Registration allows attendance at either the Live Virtual Event or Recorded Webinars

You may choose to watch in part or whole with either option. Attendance will be verified

ACCESS TO BOTH THE LIVE VIRTUAL AND RECORDED WEBINARS WILL BE PROVIDED WITH REGISTRATION

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

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

Registration via fax for groups: Make copies of this form and complete the below information for each participant.

DO NOT SEND CC 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 or by check will be generated.

REGISTRATION via enclosed check for individual or groups mailed. Preference is online registration.

Copy this form, 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 10/9/25

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

RECEIPT FOR ALL, VIA EMAIL; If no receipt is received within 72 hours please notify info@rnnces.com

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:

EARLY BIRD REGISTRATION: Save\$\$\$ Postmarked by 10/9/25

Workshop and two day conference \$ 359 \$ _____

Two day Conference only \$ 279 \$ _____

Workshop only \$ 109 \$ _____

Regular Registration: On or after October 10, 2025

Workshop and two day conference \$ 439 \$ _____

Two day Conference only \$ 329 \$ _____

Workshop only \$ 129 \$ _____

☐ I will attend one or both of the lunchtime breakout sessions \$ _no charge_

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

Download PDF Add \$30 \$ _____

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



2025

Improving Diabetes and Hypertensive Care and Outcomes in Pregnancy

WHO SHOULD ATTEND?

**Community Health Workers - Midwives -
All OB Nurses, Office & Clinic Staff-
Diabetes Educators - Social Workers - RDs-
Doulas- Students in Nursing and Dietetics-
Residents in Primary Care,
Medicine, OB, Peds-
CDCES holders 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 again this year! The conference will again be a “Live Virtual Event”, but with flexibility. You can attend the Live Virtual, alternatively utilize recorded session; or create your own hybrid schedule, and attend both ways!

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

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 21, and have an 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. Your attendance will be verified. We ask that you encourage your associates to support our 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 Board of Nursing CE and Commission on Dietetic Registration credits, managed by Right Now Nursing CEs