



**The Virginia
Diabetes Council**

Presents

GDM and Beyond:

Management of Gestational Diabetes and Prevention of
Type 2 Diabetes

• **Friday, May 11, 2007** •

Abingdon, VA

Program Description and Learning Objectives

This course is designed for nurses, nurse practitioners, dietitians, certified diabetes educators, and other health care professionals. This program will provide information about Gestational Diabetes (GDM) care during pregnancy, methods of promoting positive outcomes and preventing long-term consequences for women and their children.

At the conclusion of this conference the participants will be able to:

- Identify preventative health care practice recommendations and potential barriers for women and the offspring of pregnancies complicated by diabetes.
- Describe how insulin requirements and mechanisms for blood glucose control change during pregnancy, labor and the postpartum period for pregnant women with diabetes.
- Explain how cultural, social, and ethnic considerations influence GDM and type 2 diabetes preventative care practices and control.
- Summarize current recommendations for the diagnosis, management, and potential adverse effects of Gestational Diabetes Mellitus (GDM) for the mother and child.
- Discuss meal planning, physical activity, nutritional guidelines and special nutrition needs of women whose pregnancies are complicated by diabetes.
- Identify teaching learning principles, methods, and resources for GDM education programs.
- Identify emergency situations when the primary care provider should be notified.

Continuing Education

An application has been submitted to the Virginia Nurses Association for 5 CEUs for RNs and NPs; and the Virginia Dietetic Association for a maximum of 6 CPEs for RDs or DTRs after completing this course. Please contact Sara Cunningham at the Virginia Diabetes Council at (434) 996-7934 or by email: adm@virginiadiabetes.org

Program



Agenda

8:15 - 9:00	Registration, Exhibits, and Coffee
9:00 - 9:15	Welcome/Introductions
9:15 - 9:45	Keynote: Public Health Implications of Gestational Diabetes <i>Dr. Sue Cantrell, MD., President of University of Appalachia /Dean of University of Appalachia College of Pharmacy</i>
9:45-10:30	Pathophysiology and Complications of Gestational Diabetes <i>Linda C. Pearce, RN, C, BSN, MEd., CDE Montgomery Regional Hospital</i>
10:30 - 10:45	Break and Exhibits
10:45 - 11:45	Cultural Considerations <i>Pam Lindsey, RN, MSN Montgomery Regional Hospital</i>
11:45-1:00	Lunch Provided and Exhibits
1:00-2:00	Nutrition Recommendations for the Patient with GDM <i>Melissa Mullins, RD, CDE, MS Diabetes Health Center Abingdon Hospital</i>
2:00-2:45	Group Teaching of GDM <i>Elizabeth Glynn, RD, MS, CDE Inova Diabetes Center</i>
2:45-3:00	Break and Exhibits
3:00-4:00	Medical Management of GDM <i>Pat Selig, Ph.D., FNP, CDE</i>
4:00-4:15	Closing and Evaluations

Bios

Eleanor Sue Cantrell, MD, has been recognized as a *Local Legend* recipient from Virginia who among female physicians demonstrated commitment, originality, innovation and creativity in her field of medicine. Dr. Cantrell is the past Director of the Lenowisco Health District, a position she has held since 1991, serving the counties of Lee, Scott and Wise and the City of Norton. In her role as director she has been involved in many projects including Title V Maternal Child Health, Title X Family Planning, and the Diabetes Control Project, and the Cardiovascular Risk Reduction Project. Dr. Cantrell was appointed President of the University of Appalachia and is the Dean of the University's College of Pharmacy.

Linda C. Pearce, BSN, MEd, RN, C, CDE is the Diabetes Education Coordinator, at Montgomery Regional Hospital Diabetes Education Program. Linda brings a wide variety of experiences and expertise in nursing and diabetes education. Linda has received the Outstanding Diabetes Educator of the Year Award in Mississippi five times. She has given numerous professional talks and has many publications to her credit.

Pam Lindsey, RN, MSN is a nurse at Montgomery Regional Hospital, and offers an understanding of the cultural considerations of those individuals living in Southwest Virginia.

Melissa Mullins, RD, CDE, MS in Clinical Nutrition. Melissa is the Program Coordinator of Diabetes Education Center, Johnston Memorial Hospital in Abingdon, Virginia.

Elizabeth Glynn, RD, CDE MS. Liz is an Advanced Practice Diabetes Nutrition Educator at the Inova Diabetes Center, Fairfax, Virginia. She provides outpatient education of adults and children regarding meal planning. She is a Certified insulin pump trainer and provides nutrition training for patients using the insulin pump. She is a preceptor for Virginia Tech dietetic interns and is presently writing a diabetes weight loss book.

Pat Selig PhD, FNP, CDE has worked with the adult and pediatric population for more than 25 years. She is a family nurse practitioner and Diabetes Case Manager for the Virginia Commonwealth University Medical Center. Dr. Selig holds an adjunct faculty position at the VCU School of Nursing.

Meeting Location



**Southwest VA Higher Education Center
Virginia Highlands Community College
One Partnership Circle
Abingdon, VA 24210
276-619-4300**

Directions:

Take I 81 north to Exit 14, bear right off the ramp toward Abingdon, go ¼ mile, and turn right at stop light onto Route 372E.

Take I 81 south to Exit 14, bear right off the ramp toward Abingdon, go ¼ mile, and turn right at stop light onto Route 372E.

Take Highway 19 south to the stop light at West Main Street (Highway 11), turn right, go one mile to the second stop light, turn left onto Jonesborough Road, left again at stop light onto Route 372E.

Suggested Hotel Accommodations

(Please make your own reservations)

Hampton Inn - \$66/night rate
(276) 676-2829

***Register for the program early,
space is limited.***

Registration form

(Please print clearly; name, title, and employer will appear on your nametag)

Name: _____
(Last) (First) (MI)

Address: _____

City: _____ State: _____ Zip: _____

Telephone: W(____) _____

H(____) _____

Email: _____

NP____ RN____ CDE____ RD____ DTR____

Other: _____

Employer: _____

Registration Fee

- \$65
- \$40 Students *(dated, signed statement by advisor indicating full-time status on university letterhead required at time of payment)*

**Registration form and check/money order (no credit cards) must be received by May 1.
Payment after this date or at the door is \$75 (\$50 students). No refunds after May 1.**

Please enclose check/money order for \$65 (\$40 for students) made payable to:

Virginia Diabetes Council (VDC).

www.virginiadiabetes.org

Mail to: Sara Cunningham, VDC

P.O. Box 801417

Charlottesville, VA 22908-1417

Questions? adm@virginiadiabetes.org or Phone: (434) 996-7934