

### Overview

This seminar will discuss updates in the care of mothers, babies and families. Special focus will be on empowering outcomes. Topics include: dilemmas in 22 week deliveries, extremely low birth weight infants, effects of prenatal support and education on breast feeding, 2024 hot topics in risk management, gestational diabetes, doula awareness, neonatal withdrawal, pelvic floor therapy and supporting physiologic birth.

### Audience

This activity is designed to meet the educational needs of OB/GYN, internal medicine, family medicine physicians, residents and pediatricians. It may also meet the educational needs of midwives, nurse practitioners, physician assistants, nurses, students and other health care professionals working in a hospital, prenatal clinic or office setting.

### Location

Hilton Garden Inn is located at 6165 Levis Commons Blvd., Perrysburg, Ohio in the Levis Commons shopping district, with convenient access from I-475/US 23.

### Accommodations

If overnight accommodations are required, contact Hilton Garden Inn, 419-873-0700, toll-free 877-STAY-HGI (887-782-9444) or online at StayHGI.com.

### Faculty

#### Mischel Balazs, MSN, NNP-BC

Lead Neonatal Nurse Practitioner  
ProMedica Russell J. Ebeid Children's Hospital  
Toledo, Ohio

#### Molly Brixey, MSN, RN, CPHRM

Associate Vice President  
Clinical Risk and Workforce Safety  
ProMedica  
Toledo, Ohio

#### Nikolina Docheva, MD, FACOG

Obstetrics and Gynecology  
Maternal Fetal Medicine  
ProMedica Toledo Hospital  
Toledo, Ohio

#### Meredith Edwards, CD(DONA)

Certified Birth Doula  
Lindsey, Ohio

#### Patrick Ethington, DO

Neonatologist  
ProMedica Toledo Hospital  
Toledo, Ohio

#### Lisa Grubb, RN

Obstetrical Nurse  
ProMedica Defiance Regional Hospital  
Defiance, Ohio

#### Kathryn Rodeman, MD

Endocrinology, Internal Medicine  
ProMedica Toledo Hospital Maternal Fetal Medicine  
Toledo, Ohio

#### Megan Schlachter, MSN, APRN, FNP-C, IBCLC

Certified Nurse Practitioner  
Lactation Consultant and Parent Instructor  
ProMedica Toledo Hospital  
Toledo, Ohio

#### Heather Wahl, MD, FACOG, MSCP

Gynecology, Women's Health  
ProMedica Physicians Pelvic Health  
Sylvania, Ohio



#### Continuing Medical Education Department

Conrad Jobst Tower, Suite 730  
2109 Hughes Drive  
Toledo, Ohio 43606



PROMEDICA'S CONTINUING MEDICAL EDUCATION  
DEPARTMENT PRESENTS

# 46th Perinatal Conference

EMPOWERING OUTCOMES

Thursday, April 25, 2024

Registration: 7 a.m.

Conference: 7:45 a.m. – 4:45 p.m.

Hilton Garden Inn Conference Center

6165 Levis Commons Blvd.

Perrysburg, Ohio 43551



46th **Perinatal**  
**Conference**  
EMPOWERING OUTCOMES  
April 25, 2024



**Registration due by:** Friday, April 19, 2024 or until maximum capacity is reached.

**Fee:** \$80 \*Fee includes continental breakfast, lunch, afternoon snack and conference materials.

**Registration options:** \*Online registration is preferred.

**ONLINE** promedica.cloud-cme.com or by scanning the QR code above.  
(Chrome internet browser required.) Credit cards only.

**FAX** 419-479-6003 (Credit card number required to process registration.)

**EMAIL** kimberly.roberts@promedica.org

**PHONE** Phone registrations will not be accepted.

If you wish to register by fax or email, complete the form below.

**Registration Form:**

Please print clearly.

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Office Phone \_\_\_\_\_

Email Address (required) \_\_\_\_\_

Employer \_\_\_\_\_

Please check if you prefer a vegetarian meal.

Please check if you require assistance with hearing, vision or mobility.

**Please Check Your Primary Discipline:**

MD/DO  Nurse  CNM  PA  NP  Other \_\_\_\_\_

Resident  Student

**Method of Payment:**

Payment is required to process registration.

Visa  MasterCard  Discover  American Express

Employer check – Payable to ProMedica CME

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Amount \$ \_\_\_\_\_

Signature of Credit Card Holder \_\_\_\_\_

Billing Address \_\_\_\_\_

**CME NO LONGER ACCEPTS CASH OR PERSONAL CHECKS.**

**Agenda**

7 a.m. Registration and Continental Breakfast

7:40 a.m. Welcome and Introductions

7:45 a.m. Dilemmas in 22 Week Deliveries

**Nikolina Docheva, MD, FACOG**

- Discuss maternal and fetal indications for periviable delivery.
- Review the considerations of periviable delivery for maternal health and future reproductive outcomes.
- List the benefits and risks of obstetric interventions for anticipated or inevitable periviable birth.

8:30 a.m. Extremely Low Birth Weight Infants: Improving Outcomes of the New Forefront in Viability

**Patrick Ethington, DO**

- Describe advances in edge of viability care.
- Review outcome, survival data.
- Discuss antenatal interventions to improve outcomes.

9:30 a.m. Break and Exhibits

10 a.m. The Effects of Prenatal Support and Education on Breast Feeding

**Megan Schlachter, MSN, APRN, FNP-C, IBCLC**

- Describe the role of Prenatal education and support in lactation outcomes.
- Cite strategies to incorporate into practice to help encourage breastfeeding for patients.

11 a.m. 2024 Hot Topics in Risk Management

**Molly Brixey, MSN, RN, CPHRM**

- Explain two potential implications of Artificial Intelligence (AI) in health care risk management.
- Analyze consideration surrounding the dissemination of medical advice through social media platforms and its impact on health care risk management, with a focus on identifying reliable sources and mitigating misinformation.

11:45 a.m. Gestational Diabetes

**Kathryn Rodeman, MD**

- Review the diagnostic criteria for gestational diabetes (GDM) and the difference between GDM vs pre-existing diabetes in pregnancy.
- List medications utilized to manage diabetes in pregnancy and understand the process for picking which medication is most appropriate for each patient.
- Describe the impact GDM has on mother's health, including increased risk for developing type 1 and type 2 diabetes, metabolic syndrome and cardiovascular disease.
- Discuss appropriate post-partum management and lifestyle changes to help avoid developing type 1 and type 2 diabetes, metabolic syndrome and cardiovascular issues later in life.

12:30 p.m. Lunch and Exhibits

1:15 p.m. Doula Awareness

**Meredith Edwards, CD (DONA)**

- Discern the reasons why doulas are hired by clients in our current cultural climate and how they are beneficial to the labor and delivery experience.
- Explain the specific work of doulas: the scope of their practice and how hospital staff can find value in their role.
- Consider the prevailing legislative direction for doulas and how it will affect the future of birth support in Ohio.

2 p.m.

Neonatal Withdrawal

**Mischel Balazs, MSN, NNP-BC**

- Discuss opiate drug use in mom and how it affects baby.
- Describe the Eat Sleep Console process for Neonatal Opiate Withdrawal Syndrome (NOWS).
- Review the use of marijuana use in pregnancy and postpartum.

2:45 p.m.

Break and Exhibits

3 p.m.

Pelvic Floor Therapy

**Heather Wahl, MD, FACOG, MSCP**

- Describe what pelvic floor therapy is and what is offered by pelvic floor physical therapists.
- Identify when patients need to be referred to pelvic floor physical therapy based on history and physical exam findings.
- Review how to refer a patient to pelvic floor physical therapy.

3:45 p.m.

Supporting Physiologic Birth

**Lisa Grubb, RN**

- Cite benefits of prenatal body balancing after participating in the Spinning Babies Parent Class.
- Define how the muscles and fascia affect labor and birth and benefits of body balancing prior to induction/labor.
- Review the mechanics of the mobile pelvis during labor, peanut ball positions for birth, optimizing pushing positions by unlocking the sacrum during the second stage of labor.
- Identify the benefits of shared decision making during pregnancy and birth and culture of labor support.

4:30 p.m.

Closing Remarks/ Evaluation

4:45 p.m.

Adjournment

**Educational Credits**

ProMedica is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. ProMedica designates this live educational activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit. AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 7.25 hours of AMA PRA Category 1 Credit™ for completing this program. Nurses may use AMA PRA Category 1 Credit™ for licensure renewal.

**Refund/Cancellation Policy**

The registration fee, minus a \$25 administrative fee, will be refunded if a cancellation is received (in writing or by phone) no later than Friday, April 19, 2024. Refunds will not be given for failure to attend. Substitutions may be made at any time (in writing or by phone) without an additional charge. If this meeting is cancelled for any reason, including labor strikes or acts of nature, liability is limited to a full refund of registration fees.

For more information, please call the ProMedica Continuing Medical Education Department at 419-291-4649.

**The planning committee would like to promote a non-profit organization. This year Sufficient Grace Ministries has been chosen.** Sufficient Grace Ministries provides comfort through Perinatal Hospice and Bereavement Services to women and families who have lost a baby through miscarriage, stillbirth, or infant death. We ask you help support this non-profit, non-denominational organization by bringing in needed items. More information will be provided prior to the conference. We are also going to have some change donation bins available at the conference to collect and deliver monetary donations to Sufficient Grace Ministries.

**For your comfort, please bring a sweater or jacket to the conference.**