



Learning Objectives and Education Codes



This section includes all learning objectives and education codes used in *Beautiful Beginnings: Pregnancy and Diabetes*. Instructors who use the PCC Ambulatory Encounter Record need to document all diabetes education in the Patient Education Section of the PCC using the current IHS Patient Education Protocols and Codes (PEPC) for diabetes.

Review *Balancing Your Life and Diabetes*—Learning Objectives and Education Codes for information on PCC documentation using the education codes or visit www.ihs.gov/medicalprograms/healthcare/clinicalguidelines/ProvPtEd.asp.

Session 1

DMCPG-DM **Pregnancy, Diabetes and You: First Steps to a Healthy Pregnancy**

Outcome: **The individual/family will have a basic understanding of the definition and care of pre-gestational and gestational diabetes.**

DMCPG-DM-1 Describe personal feelings about pregnancy and diabetes.

DMCPG-DM-2 State in own words the difference between pre-gestational and gestational diabetes.

DMCPG-DM-3 State the target blood sugar goals for pregnancy.

DMCPG-DM-4 Describe the need for frequent care and follow-up during pregnancy.

DMCPG-DM-5 Identify two or more resources for support during pregnancy.

DMCPGDM-GS State or write a personal plan for care during pregnancy.

Session 2

DMCPG-N **Healthy Eating During Pregnancy**

Outcome: **The individual/family will understand the basics of healthy eating during pregnancy.**

Section 1: **Basics of Healthy Eating During Pregnancy**

DMCPG-N-1 Identify the effect of carbohydrate foods on blood sugar during pregnancy.

DMCPG-N-2 Identify two or more healthy food choices to reach and stay at target blood sugar goals during pregnancy.

DMCPG-N-3 Describe a healthy eating pattern during pregnancy which includes several small meals and snacks throughout the day.

DMCPG-N-GS State or write a personal plan for using food choices to reach and stay at target blood sugar goals and/or manage common concerns during pregnancy.

Section 2: Healthy Eating for Common Concerns During Pregnancy

DMCPG-N-4 Describe one or more ways to check for healthy weight gain during pregnancy.

DMCPG-N-5 Describe one or more ways to relieve nausea, constipation and heartburn during pregnancy.

DMCPG-N-6 Describe one or more ways to manage milk intolerance during pregnancy.

DMCPG-N-7 Describe the use of sugar substitutes during pregnancy.

DMCPG-N-8 Describe the use of vitamins, minerals and other supplements during pregnancy.

DMCPG-N-GS State or write a personal plan for using food choices to reach and stay at target blood sugar goals and/or manage common concerns during pregnancy.

Session 3

DMCPG-EX Moving to Stay Healthy During Pregnancy

Outcome: **The individual/family will understand the basics of safe physical activity during pregnancy.**

DMCPG-EX-1 List two or more benefits of physical activity during pregnancy.

DMCPG-EX-2 Identify two or more kinds of physical activity safe for pregnancy.

DMCPG-EX-3 Identify two or more ways to keep physical activity safe during pregnancy.

DMCPG-EX-GS State or write a personal plan for physical activity during pregnancy.

Session 4

DMCPG-M **Medicine During Pregnancy**

Outcome: **The individual/family will understand their medicine regimen.**

DMCPG-M-1 Describe the use of insulin during pregnancy.

DMCPG-M-2 Describe the use of diabetes pills during pregnancy.

DMCPG-M-3 Discuss the use of prescription, over-the-counter and herbal medicines, as well as traditional practices, during pregnancy.

DMCPG-M-GS State or write a personal plan for the use of medicine during pregnancy.

Session 5

DMCPG-BGM **Blood Sugar Monitoring During Pregnancy**

Outcome: **The individual/family will understand the importance of frequent blood sugar monitoring to reach and stay at target blood sugar goals.**

DMCPG-BGM-1 State target blood sugar goals to decrease the chance of problems for the mother and baby.

DMCPG-BGM-2 State when to check blood sugar during pregnancy.

DMCPG-BGM-3 Demonstrate how to use a logbook during pregnancy.

DMCPG-BGM-GS State or write a personal plan to check blood sugar during pregnancy.

Session 6

DMCPG-SH **Staying Healthy During Pregnancy**

Outcome: **The individual/family will understand the care needed to prevent problems for mother and baby.**

DMCPG-SH-1 Describe two or more things the mother can do for self-care to reach and stay at target blood sugar goals during pregnancy.

DMCPG-SH-2 State two or more potential problems for the mother during pregnancy.

- DMCPG-SH-3** State two or more potential problems for the baby if the mother's blood sugar is high during pregnancy.
- DMCPG-SH-4** Describe two or more tests, procedures or examinations needed during pregnancy.
- DMCPG-SH-5** State two or more guidelines for when to talk right away with a health care provider during pregnancy.
- DMCPG-SH-GS** State or write a personal plan to reach and stay at target blood sugar goals during pregnancy.

Session 7

DMCPG-PP Staying Healthy After Delivery

Outcome: **The individual/family will understand the continued self-care needed after delivery.**

- DMCPG-PP-1** Identify two or more self-care needs after delivery for mothers with pregnancy and diabetes.
- DMCPG-PP-2** Describe two or more things women with pre-gestational diabetes can do to manage diabetes after delivery.
- DMCPG-PP-3** Describe two or more things women with gestational diabetes can do to prevent or delay diabetes after delivery.
- DMCPG-PP-4** State two or more benefits of breastfeeding.
- DMCPG-PP-GS** State or write a personal plan for diabetes self-care after delivery.

