

41st Annual Perinatal Conference Gravidas at Risk

November 15 -16, 2023

[Hickory Metro Convention Center](#)

Hickory, NC

Who Should Participate

Nurses, nurse practitioners, nurse midwives, social workers, educators and other healthcare professionals who are caring for the childbearing family in both inpatient and outpatient settings.



As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Program Overview and Objectives

Gravidas at Risk is an annual 2-day statewide perinatal conference designed to address both inpatient and outpatient care.

Upon completion of this program, participants will be able to:

- Understand the unique nutrition needs in pregnancy and postpartum.
- Manage gestational diabetes with dietary interventions.
- Address dietary concerns with a weight-neutral approach.
- Define Fetal Alcohol Spectrum Disorders (FASD).
- Understand the impact of prenatal alcohol exposure on the developing brain.
- Identify common characteristics of FASD across the lifespan.
- Recognize the contribution of IVF and ART to high risk pregnancy.
- Outline differences in prenatal management as determined by type of multiple gestation.
- List suggested changes in prenatal care for IVF pregnancies.
- List challenges associated with caring for families with a substance-exposed pregnancy.
- Learn mindfulness self-care practices, meditative breathing, and therapeutic stretch exercises to reduce stress and/or burnout.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and a part of the NC AHEC System.



Wake Forest University
School of Medicine

NORTHWEST AHEC
PART OF NC AHEC

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Hotel Information

Hickory Courtyard Marriott
1946 13th Avenue Drive SE
Hickory, North Carolina 28602

A block of rooms has been reserved at the Hickory Courtyard Marriott just steps from the convention center. [Book online](#) or call 828-267-2100 to reserve your room. Reservations must be made by October 24, 2023 to receive the event discount rate of \$154-159 (plus tax) per night.

Faculty

Monica T. Brown, MPH

Associate Director Of Operations
Downtown Health Plaza & Winston East Pediatrics
Winston-Salem, NC

Carol C. Coulson, MD, FACOG

Professor, University of North Carolina at Chapel Hill
Department of Obstetrics & Gynecology
Mountain Area Health Education Center
Director, Division of Maternal-Fetal Medicine
Program Director, Maternal Fetal Medicine Fellowship
Asheville, NC

Jeffrey M. Denney MD, MS, FACOG

Associate Professor
Department of Obstetrics/ Gynecology
Section for Maternal-Fetal Medicine
Atrium Health Wake Forest Baptist
Winston-Salem, NC

Kathryn Gantt, MHS, RD, LDN, RYT 200

Owner, Kathryn Gantt Nutrition
Asheville, NC

Amy Hendricks, BS

Prevention and Training Coordinator
Proof Alliance NC, The Arc of North Carolina
Asheville, NC

Joseph Stringfellow, MD

Obstetrics and Gynecology
Novant Health City Lake OB/GYN
Lexington, NC

Amber Welborn, PhD, RNC-MNN

Assistant Professor
Department of Nursing
Beaver College of Health Sciences
Appalachian State University
Boone, NC

Jill White-Huffman, LCMHC, MFT, LMFT

Licensed Clinical Mental Health Counselor,
Marriage Family Therapist,
Licensed Massage & Bodywork Therapist
Greensboro, NC

Agenda

Wednesday, November 15

- 8 am Registration / Continental Breakfast
- 8:30 am Welcome and Program Introduction
- 8:40 am A Weight Neutral Approach to Nutrition in Pregnancy
Kathryn Gantt, MHS, RD, LDN, RYT 200
- 9:40 am Break, Exhibits Open
- 10 am Fetal Alcohol Spectrum Disorders: The Impact of Alcohol Exposed Pregnancies
Amy Hendricks, BS
- 11:30 am Lunch (included), Exhibits Open
- 12:15 pm Hepatitis B/C
Jeffrey Denney, MD, MS, FACOG
- 1:15 pm Break
- 1:30 pm Practicing Mindful Self-Care for Health Care Professionals through Zen Practice
Jill White-Huffman, LCMHC, MFT, LMBT
- 3 pm Adjourn

Thursday, November 16

- 8 am Registration / Continental Breakfast
- 8:30 am Welcome and Program Introduction
- 8:40 am Mental Health and Pregnancy
Joseph Stringfellow, MD
- 9:40 am Break, Exhibits Open
- 10 am Multiple Gestation and IVF: Implications for Prenatal Care
Carol Coulson, MD, FACOG
- 11 am Lunch (included), Exhibits Open
- 12 pm Centering Pregnancy
Monica T. Brown, MPH
- 1 pm Break
- 1:15 pm Caring for Mothers and Infants with a Substance-Exposed Pregnancy:
Updates and Key Points
Amber Welborn, PhD, RNC-MNN
- 2:15 pm Closing
- 2:30 pm Adjourn – See you next year!

Credits

- 9.0 Contact Hours from Northwest AHEC (5.0 for day 1 and 4.0 for day 2)
- 0.9 CEUs from Wake Forest University School of Medicine (.50 for day 1 and .40 for day 2)
- 9.0 Nursing Contact Hours

Northwest Area Health Education Center (NWAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#). Please note not all programs offer all credits.

Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.

Registration

Limit: 150 participants - Register Early!

\$125 —Registration fee for one day (Wednesday or Thursday)

\$245 —Registration fee for full two day conference

\$230 —Registration fee per person when a group of three or more registrations are scanned and attached to the same email or mailed in the same envelope.

Register and pay online at www.nwahec.org or complete and return the attached registration form.

Payment by credit card (Visa, MasterCard, Discover, and American Express) accepted online. Personal check, corporate check, money order accepted by mail. AHWFB internal transfer accepted by mail or online.

Payment Policy—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

Refund Policy—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. Cancellations must be in writing (fax, email or mail). You may send a substitute in your place.

Note— Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

When planning for an educational activity, registration fees are not based on credit hours or agenda.

Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

For More Information or Assistance

If you have not received your confirmation within 24 hours of the program date or have questions regarding the event, registration or fee(s), please contact Lisa Thomas at 336-713-7729 or email lisathom@wakehealth.edu.

We want to assure that all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please call Lisa Thomas at least five working days prior to the program.

