

## OUTLINE

### New FDA Pregnancy Safety Labeling

Risk summary explained  
Examples

### Teratogenicity

Highest risk medications  
Historical poor outcomes  
Risk reduction strategies

### Top 10 Pregnancy Indications & Medications to Treat

- How to decide on safest, most effective option  
Current preferred drugs for each diagnosis  
Consenting the patient  
Preexisting diagnosis
1. Depression/anxiety preferred medications
  2. Asthma/allergies
  3. Chronic hypertension, including new BP parameters & rational for treatment
  4. Nausea/vomiting: New FDA approved medications, when you need IV treatment & what to use
  5. Gestational diabetes: oral medications vs insulin & best insulin formulations in pregnancy
  6. GI reflux: If not Zantac—what's next?
  7. Insomnia: OTC and prescription medication compatible with pregnancy
  8. Vaginitis: Safest medication by gestational age
  9. Pain: Including opioid prescription reduction strategies
  10. Preterm labor: Prevention medication recommendations just changed

### Vaccines in Pregnancy

Latest info on pros, cons & safety  
Pearls on quick but effective patient teaching/interactions  
Flu shot  
TDAP  
Covid 19 vaccine

### Latest Labor and Delivery Medications News

VTE prevention and Covid 19: Aspirin, lovenox, heparin- when, how much, how long  
Hemorrhage prevention and Covid 19: to TXA or not to TXA  
Treatments for pregnant women with Covid 19

- Medications
- Monoclonal antibodies
- Ventilation

### Over-the-Counter Products in Pregnancy

Overview of uses and safety  
Essential oils: Routes, indications, evidence on effectiveness  
Homeopathics  
Supplements

### Putting It All Together

Case Studies  
Healthcare Provider/ Patient Resource List

#### Live Webinar Schedule (Times listed in Central)

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## OBJECTIVES

1. Evaluate the new FDA pregnancy safety labeling information to treatment conversations with pregnant patients.
2. Analyze evidence-based recommendations for the best medication options to treat pregnant patients, while considering gestational age and comorbidities.
3. Analyze safety of patient's pre-pregnancy medications in pregnancy.
4. Develop a plan of care with pregnant patients, to pharmacologically manage pregnancy complications, considering safety, alternatives, risk, benefit.
5. Distinguish between risks of Covid 19 infection and vaccine in pregnant women.
6. Assess medication appropriateness for a patient with a Covid 19 infection in pregnancy.
7. Develop a nonbiased dialogue for discussing vaccines in pregnancy.
8. Evaluate patient's pain control needs and apply evidence-based recommendations for narcotic alternatives.

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# OB Medication — UPDATE —

## The Latest Pharmacological Options for Pregnancy and Birth

Featuring: **Jamie Otremba, MSN, RN, CNM**, a practicing full scope nurse-midwife with 25 years of maternal child nursing experience

Join us online for this live training!

# OB Medication — UPDATE —

## The Latest Pharmacological Options for Pregnancy and Birth

**LIVE Interactive Webinar**  
**Tuesday, October 11, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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- New **FDA risk categories**/pregnancy safety labeling
- **'Top 10'** pregnancy indications & the best meds to treat them all
- Thresholds to treat **pregnant patients with Covid 19** are different
- **Pregnancy medications in the news:** What's coming and what's going
- Includes up to **6.3 pharmacology CE hours!**

Earn up to **6.3 pharmacology CE hours**

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# OB Medication — UPDATE —

There have been big changes in everything from **FDA medication labeling, recommendations for treating many of the major complications of pregnancy, and Covid 19 infection in pregnancy.**

**Jamie Otremba, MSN, RN, CNM**, a practicing full scope nurse-midwife with extensive maternal child nursing experience, will break down the latest recommendations for the **safest, most effective drugs to treat pregnant and laboring patients** to improve outcomes, reduce risk, and improve patient satisfaction. Join for this comprehensive one-day event...**and earn up to 6.3 pharmacology CE hours!**

You will **take away the necessary tools to reduce complications related to Covid-19 in pregnancy.** Did you know that recent Covid-19 infection is a contraindication to some drugs? Or that the thresholds and medications to treat pregnant patients with Covid-19 are different? Update your Covid-19 understanding on the vaccines, fetal and maternal-newborn transmission, when and how to treat, when to consider ventilation, and talking points for a quick and effective conversation.

But that's not all! Jamie will also deliver the latest from evidence on over-the counter products that patients are using, **hemorrhagic prevention** and the **best meds to treat the 'Top 10' pregnancy indications** seen your own practice!

## Here's What Your Colleagues Are Saying About Jamie!



"Very informative. Jamie is so gifted - presenting material in a way that is understandable and even humorous! Wonderful!" - Colleen, RN

"Jamie is a wonderful and knowledgeable presenter. I would gladly attend any of her workshops!" - Rebecca, APRN

"Jamie is one of the best presenters I have encountered in all my over 20 years of nursing. Thank you!" - Michelle, RN



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## MEET YOUR SPEAKER



**Jamie Otremba, MSN, RN, CNM**, has over 25 years of maternal child nursing experience and is currently practicing full scope nurse-midwifery at a progressive OB/GYN clinic in suburban Minnesota. Jamie has been active in program development and benchmarking in both clinic and hospital settings. She is also one of the medical directors for the Women's and Children's Service Line at a large hospital and medical center in Minnesota. Jamie served as an assistant professor at Minnesota State University and has practiced in women's health care in a variety of settings, including: labor and delivery, postpartum, antenatal, and community health nursing.

She has consulted for area health care facilities on clinical and legal practice topics, and she continues as an investigator for several medication trials pertinent to obstetric and gynecologic issues. Additionally, Jamie has enjoyed sharing her vast knowledge and experiences as a preceptor for both medical and advanced practice nursing students. Her goal is to provide you with the latest pharmacological options for pregnancy and birth to ultimately improve the maternal and fetal outcomes of your own patients.

#### Speaker Disclosure:

Financial: Jamie Otremba has an employment relationship with Allina Health. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Jamie Otremba is a member of American College of Nurse Midwives.

#### Target Audience:

Health care providers who work with childbearing aged women, pregnant women, and on labor and delivery. Appropriate for nurses, nurse practitioners, nurse midwives, family practice providers. Both inpatient and outpatient information will be addressed.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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