

CRIBSHEET

The Regional Perinatal System Newsletter

WINTER 2004

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Nursing Care Summer
Session

Sweet Success:
Diabetes & Pregnancy
Program, Affiliate
Training & Clinical
Update

Perinatal Bed Availability Activity of the California Perinatal Transport System

The California Perinatal Transport System (CPeTS) was established in 1976 pursuant to California Assembly Bill 4439. This act enabled the development of two dispatch centers to facilitate transports of critically ill infants and mothers with high risk conditions to Neonatal Intensive Care Units (NICUs) and Perinatal High Risk Units. The two organizations providing services to Northern and Southern California are Lucile Packard Children's Hospital at Stanford (Northern Region) and the University of California at San Diego's Regional Perinatal System (Southern Region).

CPeTS can assist health care professionals in the referral of high-risk pregnant women and newborn infants. Updated bed availability is obtained from 123 CCS approved neonatal intensive care units. NICUs participating in this program that includes an array of County, for-profit, non-profit, University affiliated, and HMO owned facilities.

The CPeTS centers have been maintaining reporting of bed availability, now it is possible for each participating facility to report online. This MCAH requirement for self-updating of bed availability became effective on July 1, 2004. It allows CCS approved hospitals to log on to www.perinatal.org and update bed availability every 24 hours, making reporting as timely as possible. A training module was sent to all participating hospitals with information on how to log on to the system and how to update. CPeTS staff, along with MCAH monitor the on-line bed availability system. CPeTS -Southern Region is available to assist with transport triage and technical support. For more information contact CPeTS -Southern Region at (858) 536-5090.

Self-Updating Bed Availability Outcome -Southern Region

By Lizette Lozano

A total of 61 out of 76 hospitals received the self-updating bed availability training packet (80%) after the first mailing. Packets were re-distributed to those who did not initially get them. Main reason for missing packets was staffing attrition.

Fifty-five passwords were given over the phone to hospitals who needed access to the CPeTS website. Along with this, 16 hospitals had problems with their password. To solve the problem our staff accessed the web-site administrative page to update the password. Once the password was updated the nurse manager was guided through the process step-by-step.

Comments about the on-line reporting system have been positive. Some comments were: "I find it very helpful to go on the web and see which hospitals are open for transport." "What's nice about the system is that it is user friendly." "I like having access during any time of the day." "I had no problems; it's real easy." Several times after giving the nurse manager step-by-step guidance their response was, "Ok, that's it?"



SAN DIEGO/IMPERIAL COUNTIES REGION NINE AFFILIATE LIST

Elaine R. Simon, RN, MSN, FNP, CDE

09.00.00 Administrative Office
San Diego and Imperial Counties
Diabetes and Pregnancy Program
9170 Camino Santa Fe
San Diego, CA 92121
(858) 536-5090 FAX (858) 536-5099
Contact Person: Elaine R, Simon RN, MSN,
FNP, CDE
Email ersimon@ucsd.edu

09.01.00 UC San Diego Medical Center
200 West Arbor Drive, 8663
San Diego, California 92103-8663
(619) 543-5963 FAX (619) 543-5350
Contact Person: June Fowler, RN, CDE
E-mail: jgfowler@ucsd.edu
Evelyn Stanfield, RN
E-mail: estanfield@ucsd.edu

09.01.01 UCSD Perlman Medical Center
9300 Campus Pt. Drive, 9433
La Jolla, CA 92037-9433
(619) 543-5963 FAX (619) 543-3703
Contact Person: June Fowler, RN, CDE
Email: jgfowler@ucsd.edu
Evelyn Stanfield, RN, CDE
E-mail: estanfield@ucsd.edu

09.03.00 Sharp Grossmont Hospital
Self Management Training Centers
5555 Grossmont Center Drive
La Mesa, CA 91942
(619) 740-4811 FAX (619) 740-4815
Contact Person: Pat Dodgen-Bower
Email: Pat.Doggenbowe@sharp.com

09.03.01 Sharp Memorial Hospital/Outpatient
Pavillion
Diabetes Self-Management Training Centers
7947 Birmingham Drive
San Diego, CA 92123
(858) 939-5042 FAX (858) 939-6926
Contact Person: Judi Labenski RN, CDE, MSN
Ellen Fleischman RD, CDE

9.03.02 Sharp Chula Vista Hospital
c/o Sharp Self-Management Training Centers
751 Medical Center Court
Chula Vista, CA 91910, CA 91941
(619) 482-5938 FAX (619) 644-4815
Contact Person: Nancy Alexander Wadal RD,
CDE

09.03.04 Sharp Mission Park
c/o Sharp Diabetes Self-Management Training
Centers
2201 Mission Avenue Ste 200
Oceanside, CA 92054
(760) 806-5869 FAX (619) 631-3430
Contact Person: Cindy Garvey, RN, MSN, CDE

09.03.05 Sharp Mary Birch Hospital
3005 Health Center Dr.
San Diego, CA 92123
(858) 541-4959
Contact Person: Sue Faren, RN, CNS

09.04.00 Scripps Whittier Diabetes Program
4077 Fifth Avenue
San Diego, CA 92103
(619) 260-7363 FAX (619) 290-6348
Contact Person: Maire Robacker, RN, MSN,
CDE
Email: robacker.maire@scrippshealth.org

9.04.01 Scripps Whittier Diabetes Program
Scripps Memorial Hospital Chula Vista
435 A Street (maildrop 15)
Chula Vista, CA 91910
(619) 691-7482
Contact Person: Cathy Moeller, RD, CDE

09.04.05 Scripps Whittier Diabetes Program
Scripps Memorial Hospital - La Jolla
9888 Genesee Avenue
La Jolla, CA 92037
(858) 626-6381 FAX (858) 626-7345
Contact Person: Stephanie Sathmary, RN, CDE

09.04.06 Scripps Whittier Diabetes Program
9894 Genesee Avenue, Ste. 320
La Jolla, CA 92037
(858) 626-5672 FAX (858) 626-7111
Contact Person:

09.05.00 Scripps Clinic Del Mar
12395 El Camino Real, Ste 317
Del Mar, CA 92130
(858) 794-1242 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.01 Scripps Clinic Encinitas
310 Santa Fe Dr
Encinitas, CA 92024
(760) 753-5594 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.02 Scripps Clinic-La Jolla
9844 Genesee Ave, Ste 400
La Jolla, CA 92037
(858) 453-9200 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.03 Scripps Clinic Rancho Bernardo
15025 Innovation Dr
San Diego, CA 92128
(858) 487-1800, ext 1758 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.04 Scripps Clinic Rancho San Diego
10862 Calle Verde
La Mesa, CA 91941
(619) 670-5400 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.05 Scripps Clinic San Diego
2020 Genesee Ave
San Diego, CA 92123
(858) 268-9500 Fax (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.06 Scripps Clinic Mercy Medical Group
Hillcrest
501 Washington St Ste 600
San Diego, CA 92103
(619) 278-3340 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.07 Scripps Clinic Santee
278 Towne Center Parkway, Ste 105
Santee, CA 92071
(619) 449-6621 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.08 Scripps Clinic Torrey Pines
10666 North Torrey Pines Rd
La Jolla, CA 92037
(858) 544-7844 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.05.09 Scripps Clinic Mercy
Medical Group Bonita
180 Otay Lake Rd, Ste 300
Bonita, CA 91902
(619) 472-1000 FAX (858) 626-7111
Contact Person: Alisa Minear, MS, RD, CDE

09.11.00 North County Health Services
Women's Health Services
323 Sante Fe Drive, Ste 150
Encinitas, CA 92029
(760) 943-9994 FAX (760) 943-1661
Contact Person: Leticia Perra

09.12.00 Pomerado Hospital Diabetes Health
15615 Pomerado Rd.
Poway, CA 92064
(858) 613-4164 FAX (858) 613-4189
Contact Person: Sue Lesani

09.12.01 Palomar Medical Center Diabetes
Health
555 East Valley Parkway
Escondido, CA 92025
(858) 613-4164 FAX (858) 613-4189
Contact Person: Sue Lesani

09.13.00 Sharp Rees-Stealy San Diego -Main
2929 Health Center Drive
San Diego, CA 92123
(619) 446-1520 FAX (619) 446-1692
Contact Person: Julia Charvet, RN, CDE
Email: julia-charvet@sharp.com

09.13.01 Sharp Rees-Stealy Medical Center
2001 4th Avenue
San Diego, CA 92101
(619) 446-1520 FAX (619) 446-1692
Contact Person: Julia Charvet, RN, CDE
Email: julia-charvet@sharp.com

09.13.01 Sharp Rees-Stealy -Otay Ranch
1400 East Palomar St
Chula Vista, CA 91913
(619) 446-1520 FAX (619) 446-1692
Contact Person: Julia Charvet, RN, CDE
Email: julia-charvet@sharp.com



SAN DIEGO/IMPERIAL COUNTIES REGION NINE AFFILIATE LIST

Elaine R. Simon, RN, MSN, FNP, CDE

09.13.02 Sharp Rees-Stealy -Mira Mesa
8901 Activity Rd
San Diego, CA 92126
(619) 446-1520 FAX (619) 446-1692
Contact Person: Julia Charvet, RN, CDE
Email: julia-charvet@sharp.com

09.13.03 Sharp Rees-Stealy -La Mesa
5525 Grossmont Center Dr #601
La Mesa, CA 91942
(619) 446-1520 FAX (619) 446-1692
Contact Person: Julia Charvet, RN, CDE
Email: julia-charvet@sharp.com

09.13.04 Sharp Rees-Stealy -Rancho Bernardo
16950 Via Tazona
San Diego, CA 92127
(619) 446-1520 FAX (619) 446-1692
Contact Person: Julia Charvet, RN, CDE
Email: julia-charvet@sharp.com

09.14.00 EBEM Women Clinic
318 25th Street
San Diego, CA 92102
(619) 236-1318 FAX (619) 236-1877
Contact Person: Catherine Rowland, CNM
Beatriz Cardenans, MA

09.14.01 EBEM Women Clinic
3094 El Cajon Blvd
El Cajon, CA 92102
(619) 640-7705 FAX (619) 640-7738

09.15.00 Dr. Michael Wong/ Dr. David Priver
4282 Genesee Avenue, Ste 201
San Diego, CA 92117
(858) 268-0300 or 268-7324 FAX (858) 268-3894
Contact Person: Darlene Spradley

09.32.00 Vista Community Clinic
OB/GYN Care Program
1000 Vale Terrace
Vista, CA 92084
(760) 631-5000 x1263 FAX (760) 631-0870
Contact Person: Madlyne Estupinan

09.32.01 Vista Community Clinic
Tri-City Community Health Center
OB/GYN Care Program
161 Thunder Drive, Ste 212
Vista, CA 92083
(760) 631-5000 x1316 FAX (760) 941-2641
Contact Person: Sylvia Rivas, MA

09.32.02 Vista Community Clinic West
517 N. Horne Street
Oceanside, CA 92054
(760) 631-5009 FAX (760) 721-5649
Contact Person: Maria Huerta

09.34.00 Pioneers Health Center
1121 S. 4th Street, Ste D
El Centro, CA 92243
(760) 337-3000 FAX (760) 337-3010
Contact Person: Rita Shirey, RN, NP

09.34.01 Pioneers Health Center
741 Cesar Chavez Blvd
Calexico, CA 92231
(760) 357-4850 FAX (760) 357-6991
Contact Person: Rita Shirey, NP

09.36.00 Family Health Center of San Diego
Prenatal Care Program
1809 National Avenue
San Diego, CA 92113
(619) 234-8171, Ext. 209 FAX (619) 237-1856
Contact Person: Carol Vululo

09.36.01 North Park Family Health Center
Prenatal Care Program
3544 30th Street
San Diego, CA 92104
(619) 515-2424 FAX (619) 683-7570
Contact Person: Gabriela Armijo

09.36.02 Beach Area Family Health Center
3705 Mission Blvd.
San Diego, CA 92109
(619) 488-0644 FAX (619) 488-0331
Contact Person: Gabriella Armijo

09.36.03 Spring Valley Family Health Center
8788 Jamacha Road
Spring Valley, CA 91977
(619) 667-6737 FAX (619) 462-5584
Contact Person: Rosa Gomez

09.36.04 Chase Avenue Family Health Center
1111 West Chase Avenue
El Cajon, CA 92020
(619) 515-2499 FAX (619) 593-9164
Contact Person: Rosa Gomez

09.37.00 South Bay Women's Health Group
480 4th Avenue, Ste 412
Chula Vista, CA 91910
(619) 427-0238 FAX (619) 422-7660
Contact Person: Marina Looney, LVN, CPSP
Coordinator

09.38.00 Escondido Center for Women's Health
401 East Valley Parkway
Escondido, CA 92025
(760) 737-2020 FAX (760) 741-9380
Contact Person: Martha Villa

09.70.00 Project Dulce-Vista Community Clinic
Whittier Institute for Diabetes
9894 Genesee Ave, 3rd Floor
La Jolla, CA 92037
(866) 791-8154 FAX (858) 626-5680

09.70.01 Project Dulce-Logan Heights
9894 Genesee Ave, 3rd Floor
La Jolla, CA 92037
(866) 791-8154 FAX (858) 626-5680

09.90.00 A Lady's Doctor, Excellence in
OB/GYN
2931 Beyer Blvd, Ste 1402
San Diego, CA 92154
(619) 423-6444 FAX (619) 423-7402
Contact Person: Delta Guitierrez

09.90.01 A Lady's Doctor
344 East "H" St, Ste 1432
San Diego, CA 92114
(619) 422-2121 FAX (619) 422-2427
Contact Person: Delta Guitierrez

09.90.02 A Lady's Doctor
570 19th St
San Diego, CA 92102
(619) 237-1300 FAX (619) 237-1390
Contact Person: Delta Guitierrez

09.90.03 A Lady's Doctor
286 Euclid, Ste 205
San Diego, CA 92114
(619) 263-6141 FAX (619) 263-7237
Contact Person: Delta Guitierrez

09.91.00 Cassidy Medical Clinic
145 Thubder Drive
Vista, CA 92083
(760) 630-5464 FAX (760) 630-5476
Contact Person: Marin Lim





Kit for New Parents: San Diego
Welcome Baby Program
A Project of First 5 San Diego
News & Updates
by Beverly Brashear

Since January 2002, we have ordered over 100,000 Kits for our Partners to distribute to new parents. The Welcome Baby Program continues to support more than 500 Distribution Partners in the following ways:

👉 Partners can place an order for Kits or posters and pads on the RPS web site (www.regionalperinatalsystem.org). From the Welcome Baby Program tab, Partners can type directly onto the pdf Order Form on the "Request a Kit" section and email it to: contact@r-p-s.org Kits are now arriving within 1-2 weeks of placing the order.

👉 Partners can also order kits by calling the WBP office at 858-536-5090 or faxing in an order form to 858-536-5099.

👉 Visits to Partner sites are ongoing and are designed to provide support with kit storage, kit distribution and training. Partner visits are offered as a courtesy.

👉 The WBP evaluation was completed in June 2004. More than 160 Partners recently participated in a "Partner Satisfaction" telephone survey conducted by an outside evaluator. The survey results were very positive. Many partners expressed satisfaction with WBP's activities, training and support.

👉 The training session, "Creating Teachable Moments with the Kit for New Parents" is now available in Spanish. If you are interested in attending a Spanish training please contact our office. Trainings in English will continue on a regular basis. The next English training is expected in Dec. 2004.

👉 The Kits prepared for distribution in SD County now contain an extra packet of items that will be useful to our new parents: a local resource brochure, a magnetic clip (to attach the resource brochure to the refrigerator, if the parent desires), a refrigerator magnet containing emergency numbers, and a growth chart with developmental milestones that will help parents track their child's progress.

👉 First 5 California is preparing new language versions of the Kit: Chinese, Korean, and Vietnamese, expected in Feb/March 2005. They should be ready in fall 2004. They are being produced in DVD format, and the Kit box will be smaller. Transitioning these changes to the English & Spanish versions will follow, but the timeline has not been determined.

👉 The WBP has collected a number of extra loose Kit for New Parent videos, small baby books and pamphlets in both English and Spanish These are available free of charge.

For additional information about the Welcome Baby Program, please contact us.



Maternal and Newborn Nursing Care Summer Session

The next session of the Maternal & Newborn Nursing Care (MNNC) course will be held July 14, 2005 thru August 22, 2005. Classes will be held every Thursday and Friday over the six week period including half a day on 8/22/05. This course prepares nurses, with little or no obstetric background, for clinical preceptorship in the labor and delivery setting. Classes will be held at the Regional Perinatal System's *Chestnut Conference Center* and are taught by clinical nurse educators from the San Diego community. Approximately 72 nursing continuing education credit hours will be provided. The course fee is \$610.00.

For registration information, please contact Anabel Soto or Lizette Lozano at (858) 536-5090.

SPECIAL NOTE:
New address, phone and fax numbers
for Regional Perinatal System.

9170 Camino Santa Fe
San Diego, CA 92121-2254

Phone: 858.536.5090

Fax: 858.536.5099



Order Form and Mailing List Update

Name/Credentials

Agency/Affiliation

Mailing Address

City

State

Zip

Phone

Fax

Email

Please send me RPS information about:

- Board and Advisory Council
- Committee Activities
- Perinatal Nurse Leaders Council
- Perinatal Nurse Educators
- Maternal & Newborn Nursing Care
- Educational Opportunities
- Other _____

Please send me CDAPP information about:

- Classes
- Affiliation
- Guidelines for Care
- Education Material
- GDM Screening & Diagnosis Worksheet
- Other _____

Please send me information about
The Kit for New Parents on:

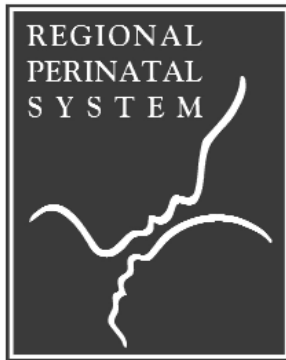
- Becoming a Distribution Partner
- Ordering Kits
- Other _____



Mail or Fax to:

Regional Perinatal System
9170 Camino Santa Fe
San Diego, CA 92121-2254
Fax: (858) 536-5099

www.regionalperinatalssystem.org
email: regionalperinatal@ucsd.edu



UCSD Medical Center
Regional Perinatal System
200 W. Arbor Drive, mail code 8410
San Diego, CA 92103-8410

A Regional Perinatal Program of California, supported in part through contracts with the State of California, Department of Health Services, MCH Branch with Federal Title V Funds

UPCOMING CONFERENCES

VITAL STATISTICS CONFERENCE

February 2, 2005

*Call Regional Perinatal System @
(858) 536.5090

Association of Labor Assistants and Childbirth Educators (ALACE)

presents:

Labor Assistant Training & Certification

Full Three Day Workshop

February 25-27, 2005

San Diego, CA

*Contact Sherry Downen @ (858) 353.0995

AWHONN 2005 CONVENTION:

The Power of Nursing

June 11-15, 2005

*For information call (202) 261.2400 or log on to
website at www.awhonn.org

UPCOMING CLASSES

MATERNAL NEWBORN NURSING CARE (MNNC)

SUMMER SESSION, 2005

July 14, 15, 21, 22, 28, 29 and

August 4, 5, 11, 12, 18, 19 and 22 (half day), 2005

Call Regional Perinatal System

BASIC FETAL MONITORING

July 21, 2005

*Call Regional Perinatal System @

(858) 536.5090 or log on to

www.regionalperinatalsystem.org

Sweet Success: Diabetes & Pregnancy Program, *Affiliate Training & Clinical Update*

May 2 - 3, 2005

Advanced Training

May 4, 2005 (half day)

*Call Regional Perinatal System

@ (858) 536.5090

Illustrations

Artwork courtesy of Regional Perinatal System

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UPCOMING CLASSES

SAVE THE DATES!

MATERNAL NEWBORN NURSING CARE (MNNC)

Summer Session, 2005

July 14, 15, 21, 22, 28, 29 and
August 4, 5, 11, 12, 18, 19 and 22 (half day), 2005

Call Regional Perinatal System @
(858) 536.5090 or log on to
www.regionalperinatalssystem.org

BASIC FETAL MONITORING

January 20, 2005

July 21, 2005

Call Regional Perinatal System @
(858) 536.5090 or log on to
www.regionalperinatalssystem.org

SPECIAL NOTE:

New address, phone and fax numbers for
Regional Perinatal System.

**9170 Camino Santa Fe
San Diego, CA 92121-2254**

Phone: 858.536.5090

FAX: 858.536.5099

UPCOMING CONFERENCES

SAVE THE DATES!

VITAL STATISTICS CONFERENCE

February 2, 2005

Call Regional Perinatal System @
(858) 536.5090

Association of Labor Assistants and Childbirth Educators (ALACE)

presents:

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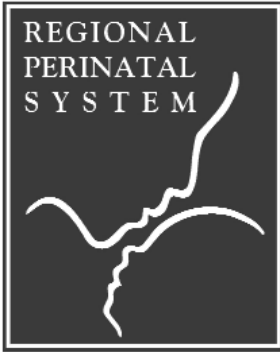
AWHONN 2005 CONVENTION:

The Power of Nursing

June 11-15, 2005

For information call (202) 261.2400 or log on to
website at www.awhonn.org

SAN DIEGO & IMPERIAL COUNTIES



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UCSD Medical Center
Regional Perinatal System
200 W. Arbor Drive, mail code 8410
San Diego, CA 92103-8410

A Regional Perinatal Program of California, supported in part through contracts with the State of California, Department of Health Services, MCAH Branch with Federal Title V Funds