

# RAC R PERINATAL COMMITTEE 9.9.25





# ATTENDANCE

## Baptist Beaumont

- Maternal: A. Coble, M. Defee
- Neonatal: M. Bordelon

## Christus St. Elizabeth

- Maternal: A. Waguespack
- Neonatal: K. Huebel

## Medical Center of SE Texas

- Maternal: A. Goss
- Neonatal: S. MacCammond

## UTMB Angleton Danbury

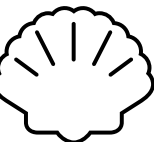
- Maternal: A. Horne
- Neonatal: A. Horne

## UTMB Galveston

- Maternal: L. Spencer, J. Wagen; K. Stewart (virtual), O. Owens (virtual)
- Neonatal: A. Shapley (virtual)

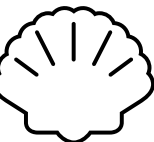
TCHMB OB  
COMMITTEE  
MEETING  
UPDATES  
7.24.25

- CMS updated OB Condition of Participation including organization and staffing, delivery of care and staff training; also revised the existing QAPI CoP with specific requirements for OB services
- Collaboration with Texas AIM Sepsis bundle- next learning session for our cohort is 10/23 & 10/24
- Next TCHMB meeting 9.25.25



TCHMB NEO  
COMMITTEE  
MEETING  
UPDATES  
7.18.25

- All hospitals should have received the enrollment invitation for LASSO-TX- there will be 3 in-person learning sessions (February, June and October 2026) as well as monthly coaching calls, QI tools and expert faculty support. Enrollment deadline is 11/15/25
- Next meeting 9.19.25



- House Bill 37, “Everly’s Law” took effect September 1, 2025
- Designated hospitals must offer supportive bereavement services, counseling options, cooling cots
- PAC to implement a program to recognize hospitals that provide bereavement care training to hospital personnel

**Next meeting 12/17/2025 at 9 AM**

PAC  
MEETING  
9/4/2025



# DSHS PERINATAL LEVEL I MEETINGS

\* 10.1.25 2PM

\* 11.5.25 2PM



# DSHS PERINATAL LEVEL II-IV MEETINGS

\* 9.17.25 2PM

\* 10.15.25 2PM

\* 11.19.25 2PM



## TETAF & MIGHTY NETWORKS



\* Applications are open for  
NANN and AWHONN  
Emerging Leaders  
programs

\*When to use case review  
and when to use aggregate  
review in trauma PI -  
Trauma System News





## What is Type II Diabetes?

Diabetes is a chronic health condition that impacts how your body turns food into energy. When you eat food, the body breaks it down into sugar (glucose) to be absorbed into the bloodstream. In response to high blood sugar levels after a meal, the pancreas will release insulin to let the blood sugar into your body's cells for use as energy. Diabetes stops the cells from responding to insulin causing too much blood sugar to stay in your bloodstream. Over time, this may cause serious health problems like heart disease, kidney disease, and vision loss.



## Risk Factors

"About **50%** of women with gestational diabetes go on to develop type 2 diabetes, but there are steps you can take to prevent it."  
-Centers for Disease Control & Prevention (CDC)

Other risk factors include:

- Family history of diabetes
- Overweight or obesity
- Insulin resistance or prediabetes before getting pregnant



## Lowering Your Risk

- Breastfeed your baby.
- Visit the doctor to have your blood sugar tested 6-12 weeks after delivery and then every 1-3 years.
- Adhere to a healthy diet. Make half your plate non-starchy vegetables, choose fruits, lean protein, whole grains, and keep hydrated with water.
- Limit consumption of processed foods, trans fat, sugary beverages, and alcohol.
- Stay active. Regular exercise can help lower blood sugar levels by improving insulin sensitivity.
- Reach a healthy body weight after delivery.

## Signs & Symptoms of Type II Diabetes

Diabetes symptoms may go unnoticed for a long time because they are not always noticeable. For this reason, it is important to know the risk factors and monitor blood sugar levels routinely with your doctor.

Some symptoms include:

- Frequent urination
- Increased hunger and thirst
- Blurry vision
- Very dry skin
- Sores that heal slowly
- Frequent infections

Sources:  
VeryWell Health Type 2 Diabetes After Gestational Diabetes infographic:  
<https://www.verywellhealth.com/type-2-diabetes-after-gestational-diabetes-6543158>  
Gestational Diabetes, CDC:  
<https://www.cdc.gov/diabetes/basics/gestational.html>



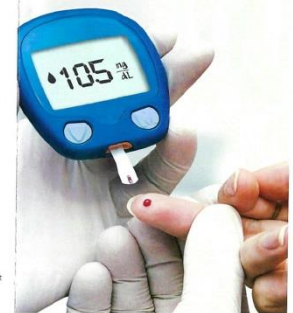
## Contact

**Methodist Hospital  
Dietitian's Office  
210-575-0928**

**Please contact your doctor if you need to book an appointment for diabetes screening.**



## REDUCING THE RISK OF TYPE II DIABETES AFTER GESTATIONAL DIABETES





# Whole Woman Wellness:

## THE FIVE PILLARS OF HOLISTIC HEALTH

Physical • Emotional • Spiritual • Social • Intellectual Wellness



**Thursday,  
September 11**  
11 a.m. – 12:30 p.m.



**Virtual class**  
via Microsoft Teams

OR



**In-Person**  
**Parkland Memorial Hospital**  
(for Parkland staff only)  
5200 Harry Hines Blvd.  
Dallas, 75235

### REGISTER TODAY!

*Must register for virtual attendance*



<https://bit.ly/41Gqe02>



**Parkland**

*Care. Compassion. Community.*



**With speaker:**  
**Calandra Eddington, BSN, RN**  
Senior RN  
Parkland Health

*Explore the five pillars of holistic health  
and how they influence overall well-being.*

We will examine evidence-based practices tailored to women at various life stages and assess lifestyle strategies such as nutrition, movement, stress management, and social connection. Additionally, we will apply practical tools to support balance and prevent burnout. By the end of the session, each participant will develop a personalized wellness framework to integrate these pillars into their daily life for long-term vitality.



### This is a scheduled CE educational offering by Parkland Health:

Parkland is accredited by the American Nurses Credentialing Center's Commission on Accreditation as a provider of nursing continuing professional development.

To receive CE contact hours, you must attend 95% of this course.



### FOR QUESTIONS

Email [Darlene.Madriz@phhs.org](mailto:Darlene.Madriz@phhs.org)  
or call 469-419-2811

**UPCOMING  
LUNCH & LEARNS**



\*Congenital heart disease

\*Trauma informed care

\*Late onset sepsis

\*Maternal health in TX

\*Science of opioid addiction

# COMMITTEE PROJECT DISCUSSION

## MATERNAL

- ❖ Sepsis
- ❖ HTN

## NEONATAL

- ❖ STS
- ❖ Increase percentage of newborns breastfeeding at discharge

Guest speaker: Olivia Owens, MSN, RNC-MNN, IBCLC





UNTIL WE MEET AGAIN....

- ❖ RAC R Medical Director meeting  
this Friday, 9.12.25
- ❖ Next General Assembly and  
Perinatal Committee meeting  
12.9.25

