

**AAMA APPROVAL
FOR 4 CEU HOURS**

Certified Medical Assistant Conference

Promoting Healthy Pregnancies and Beyond

This program is designed to enhance the learning of Certified Medical Assistants (CMAs) working in area health facilities by providing new information on current trends in healthcare.

Proudly sponsored by Northwood Tech.



Web Conferencing via Zoom

Saturday, April 12, 2025

8:00 a.m. - 12:00 p.m.

Conference Agenda

- 8:00 - 8:10 a.m. Welcome and Announcements
- 8:10 - 9:00 a.m. **When Pregnancies Don't Go As Expected**
Presented by Lindsey J. Wimmer
- 9:00 - 9:10 a.m. Break
- 9:10 - 10:00 a.m. **Addiction in Pregnancy**
Presented by Misty Fast and Rosemary Kosin
- 10:00 - 10:10 a.m. Break
- 10:10 - 11:00 a.m. **Perinatal Complications**
Presented by Sarah Tyler Peterson and Kayla Lombard
- 11:00 - 11:10 a.m. Break
- 11:10 a.m. - 12 p.m. **Prenatal Nutrition and WIC**
Presented by Sarah Kosmalski
- 12:00 p.m. Wrap up and Evaluations

Program Learning Objectives

8:10 a.m. - 9 a.m.

When Pregnancies Don't Go As Expected

Lindsey J. Wimmer, DNP, CPNP, Executive Director, Star Legacy Foundation

Objectives:

- Discuss the experience of perinatal loss for families.
- Describe interventions to support families enduring perinatal loss.
- Identify resources for health professionals and families during perinatal loss

9:10 a.m. - 10 a.m.

Addiction in Pregnancy

Misty Fast, LCSW, Therapist, Northwest Passage; Rosemary Kosin, BWS, LSW, Community Services-Social Worker, Washington County (MN)

Objectives:

- Identify the common adverse outcomes associated with the most commonly used substances during pregnancy.
- Collaborate with an interprofessional team to counsel and support women during treatment for substance use during pregnancy for better outcomes.
- Explain details of a harm reduction tool kit.

10:10 a.m. - 11 a.m.

Perinatal Complications

Sarah Tyler Peterson, CNM, APNP; Kayla Lombard, RN, Western Wisconsin Health

Objectives:

- Become familiar with the most common perinatal complications.
- Identify warning signs associated with these complications.
- Display basic knowledge of typical supportive measures, treatments and management strategies.

11:10 a.m. - 12 p.m.

Prenatal Nutrition and WIC

Sarah Kosmalski, RDN, CD, CLS, Public Health Nutritionist, St. Croix County Health and Humans Services

Objectives:

- Understand the role of WIC during Pregnancy: Explain how the WIC program supports pregnant individuals, including services and resources available.
- Identify Key Nutritional Needs During Pregnancy: Highlight essential nutrients, dietary recommendations, and common nutritional challenges faced during pregnancy.
- Explore WIC Food Packages for Pregnant Individuals: Provide an overview of the food packages offered through WIC, including their purpose and how they meet nutritional needs during pregnancy.