Screening for gestational diabetes-implementation of IADPSG in a District general hospital

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Introduction

- Gestational diabetes mellitus (GDM) is a common medical complication of pregnancy.
- GDM is associated with adverse outcomes in mother and baby.
- A retrospective audit in our department in 2015 against NICE (NG3) showed that 40% of patients had late diagnosis of GDM.

Materials and Methods

- International association of the diabetes and pregnancy study groups criteria (IADPSG) for the diagnosis of GDM was implemented in Worthing Hospital in June 2016.
- Retrospective audit
  - June 2016-December 2016
  - Data collected from electronic records Medway Maternity®

Baseline Characteristics

<table>
<thead>
<tr>
<th>Total no of patients</th>
<th>123</th>
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<tbody>
<tr>
<td>Gestational Diabetes</td>
<td>85/123</td>
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<tr>
<td>Previous GDM</td>
<td>38/123</td>
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<tr>
<td>Maternal Age (Mean ± SD)</td>
<td>32 ± 5.6</td>
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<tr>
<td>BMI (Mean ± SD)</td>
<td>29.4 ± 7.7</td>
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<tr>
<td>Gestation at diagnosis (Mean ± SD)</td>
<td>23 ± 10 weeks</td>
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<tr>
<td>Pharmacological intervention (Mean ± SD)</td>
<td>25 ± 8 weeks</td>
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<tr>
<td>Birth Weight (Mean ± SD)</td>
<td>3339.7 ± 606.7 gm</td>
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Missed on NG3 Criteria (n=16)

| Diagnosis of GDM (Mean ± SD) | 13.2 ± 3.5 weeks |
| Pharmacological intervention (Mean SD) | 18.7 ± 4.9 weeks |

Results

Maternal Outcomes (All GDM)

- Termination of pregnancy
- Miscarriages
- Emergency C-section
- Elective C-section
- Delivered spontaneously

Pharmacological intervention started n=16

- Diet 25%
- Metformin 37%
- Insulin 25%
- Combination of metformin + insulin 13%

Conclusions

- Implementation of IADPSG was associated with increase in early diagnosis of GDM. (Mean 23 weeks of gestation)
- 16 patients would have been missed on NICE (NG3) criteria alone
- Pharmacological intervention was required early in these patients. (Mean 18.7 weeks)
- We aim to look at fetomaternal outcomes in 2017.

References

2- Diabetes in pregnancy: management of diabetes and its complications from preconception to the postnatal period NICE guidelines [NG3] : September 2015