

# Module IV-2

## Gestational diabetes

### Overview

Gestational diabetes is a common manifestation in the latter stages of pregnancy, usually diagnosed between 24 and 28 weeks' gestation. Gestational diabetes increases risks for both mother and baby, and must be treated promptly, targeting excellent blood glucose levels, to decrease these risks and improve outcomes.

For both mother and child, gestational diabetes increases the risk of developing type 2 diabetes in later life. It is more common in certain ethnic populations than in others.

### Goal

To understand the importance of early diagnosis, and prompt and adequate treatment for women who develop gestational diabetes

### Objectives

After completing this module the participant will be able to:

- Discuss the impact of the diagnosis of gestational diabetes and strategies to help the mother
- Define gestational diabetes and recognize diagnostic criteria
- Discuss the policy for universal screening for gestational diabetes
- Describe the pathophysiology of gestational diabetes
- Describe the effects on the gestational state, including symptoms of hyperglycaemia and risks to mother and baby
- Describe the woman at risk of developing gestational diabetes
- Develop a management plan that takes into account obstetric status, diabetes control and culture
- Recognize the need for intensive monitoring
- Discuss strategies for deciding when insulin is needed (refer to [Module III-3, Insulin therapy](#))
- Recognize that nutrition plays a role in the management of blood glucose as well as nourishment for mother and baby (refer to [Module III-5, Nutrition therapy](#))
- Discuss the need for frequent contact with the diabetes healthcare team
- Discuss the need for the management of labour for women with gestational diabetes

- Discuss post-partum follow-up with an endocrinologist, obstetrician, diabetes educator and dietitian
- Discuss the potential for the mother to develop diabetes and the child to develop obesity and/or diabetes
- Advise and provide education on the preventive measures to prevent the development of diabetes – including exercise, diet and weight loss, and the reduction of vascular risk factors such as smoking, hypertension and hyperlipidemia
- Discuss the possibility of future pregnancies, arrange pre-pregnancy assessment, encourage good diet before, or early in, pregnancy (including carbohydrate management), repeat screening at 14-18 weeks' gestation
- Describe the need for regular screening
- Describe the Hyperglycemia and Adverse Pregnancy Outcome study (HAPO)\*

**Teaching strategies**

Short lectures, case presentations, role play

**Suggested time**

2 hours

**Who should teach this module**

Diabetes educator and/or endocrinologist, obstetrician with expertise in this area

**Evaluation of learning**

Multiple choice questionnaire

Present a person's medical history that illustrates a problem, and discuss possible alternatives to solve this from the therapeutic and psychosocial points of view

**References**

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