

Evaluation of Incidence and Outcomes of Diabetes in Pregnancy in Lincolnshire

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Introduction:

Diabetes is the most common pre-existing medical condition seen in pregnancy. Approximately 5% of pregnancies are complicated by diabetes:

- 87.5% having gestational diabetes
- 7.5% having type 1 diabetes
- 5% have type 2 diabetes

That's why it is necessary to develop knowledge and audit antenatal care and pregnancy outcomes comparing with national standards.

Objectives and Methodology:

Our Objectives in this study was to to identify the incidence of diabetes in pregnancy in Lincolnshire, to compare our practice with national standards, and to review their pregnancy outcomes. This was a Retrospective audit were 761 diabetic patients delivered in ULHT between 01/01/2020 to 31/10/2020. We identified pre-existing and gestational diabetic patients. Data was gathered from diabetic midwifery team, and patients' electronic notes then data was analyzed with excel spreadsheet.

Results:

- Incidence of diabetes was 20%
- Diabetic pregnant women with gestational diabetes 87.5%.
- Diabetic pregnant women with type 1 diabetes 7.5%.
- Diabetic pregnant women with type 2 diabetes 5%.
- 7% delivered preterm reasons were for PPRM, abnormal CTG and sepsis.
- Mode of Delivery: VD 45.9, instrumental 8.8% , elective CS 21.9% and emergency CS 23.4%.
- Birth weight more than 4Kg: 10.5%

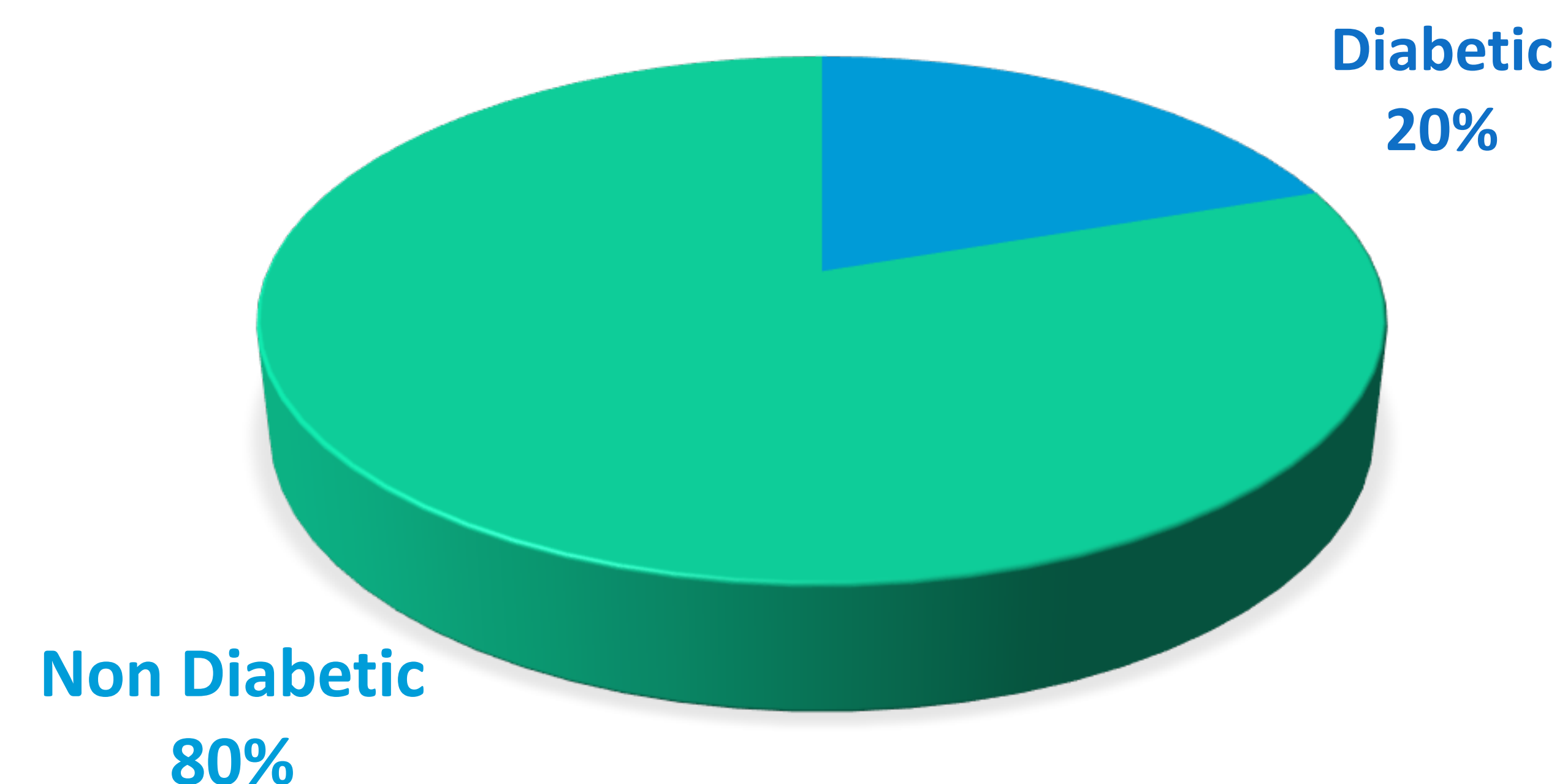
Conclusion:

- Higher GDM rates in ULHT compared to national standards.
- Comparing to previous years our diabetic pregnant patients' rates have increased from 14.8% (2018) to 20% (2020).
- Higher incidence in P1.
- Higher incidence in BMI range 30-39.9
- Different management across both sites of the trust.
- Most common reasons for GTT are BMI, followed by AC>95th centile and Glycosuria.
- Most common reason for preterm delivery was PPRM.
- Folic acid and retinal assessment for pre-existing diabetic patients is below national standards.

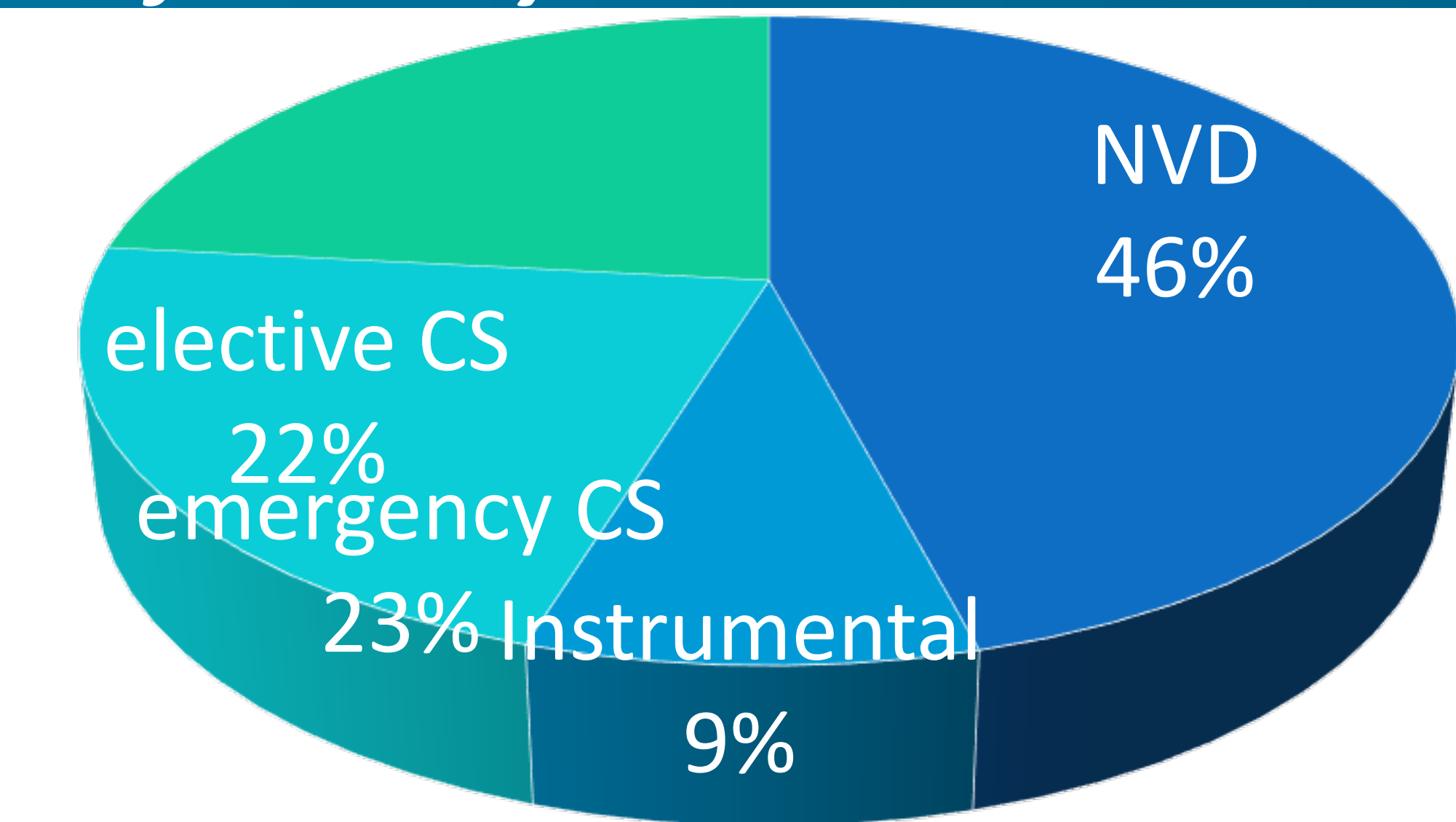
Recommendations:

- Research the reasons of much higher rates of Diabetes in pregnancy in Lincolnshire.
- Audit the reasons of different management across the trust.
- Ensure folic acid 5mg given at conception, retinal assessment and HbA1c are done and documented

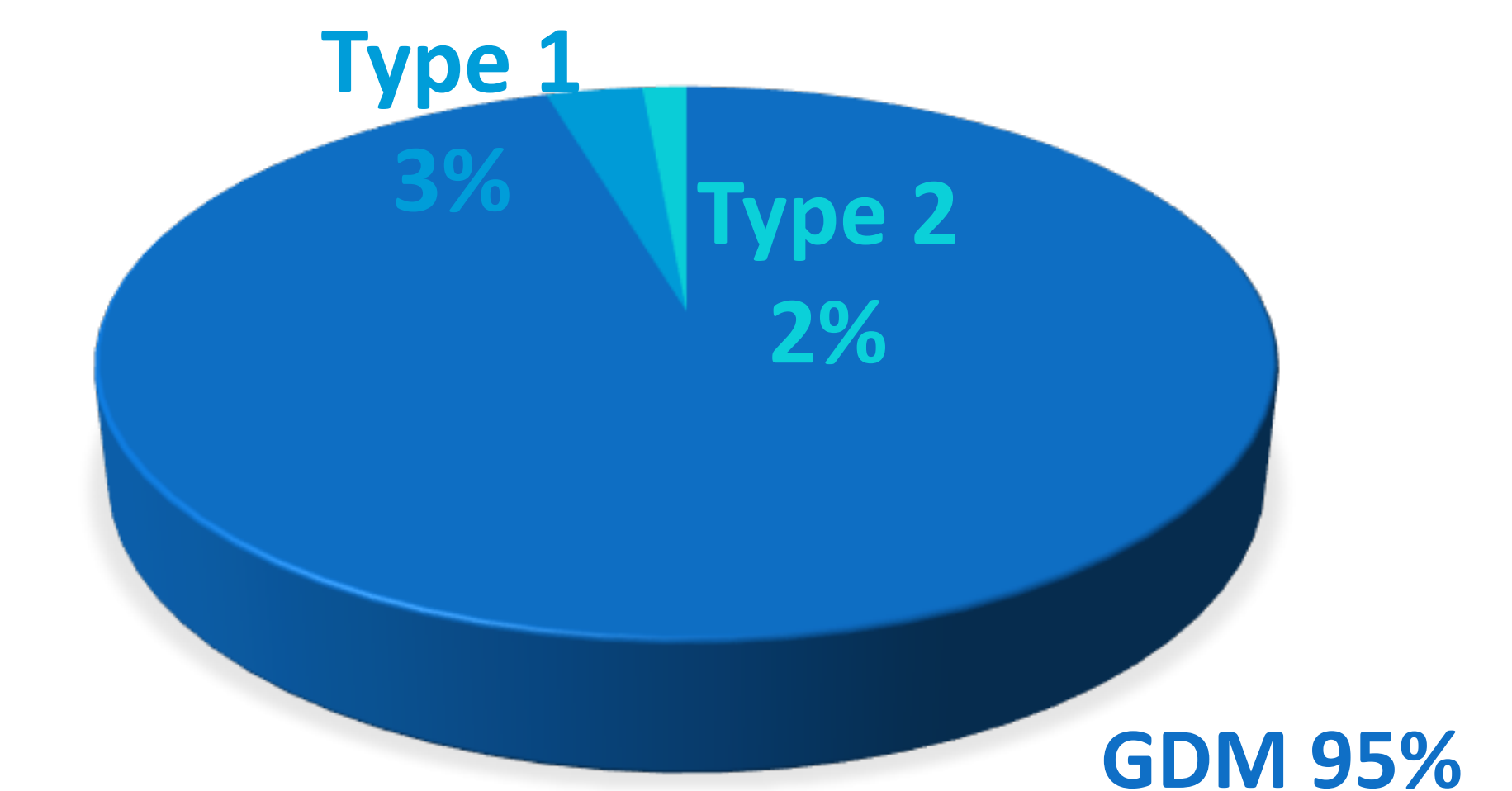
Incidence:



Mode of Delivery:



Types of Diabetes:



Management of Diabetes:

