

Objective	Methods	Conclusion
To explore whether and in what way local Gestational Diabetes Mellitus (GDM) guidelines in England differed between themselves and from NICE guidance	Design: Qualitative observational comparison of local hospital GDM guidelines. Local guidelines were requested via email from 62 English hospital Trusts with follow-up emails to non-responders. Guidelines were compared on key aspects of diagnosis, antenatal and intrapartum management and long-term diabetes testing.	Further research would be needed to see what effect variation in local guidelines has on the diagnosis and treatment of GDM in local populations
Results		

Guidelines were reviewed from 13 Trusts across ten counties. All included the NICE recommendations for GDM testing and management.

Antenatal care: 4/13 did not specify further support unless there was poor glycaemic control; 1/13 offered contact details for a specialist nurse; 7/13 organised appointments with either a specialist nurse or an MDT. Only one hospital specified counselling with a specialist at 36 weeks pregnancy to discuss a birth plan.

Deivery: recommendations varied for maximum gestation before induction (37+0 - 40+6 weeks), maternal blood sugar testing in labour, and treatment plans during and after birth.

Postnatal: some hospitals arranged annual HbA1c while others simply recommend it

Table: Comparison of indications for GDM testing.
AC=abdominal circumference, EFW=estimated fetal weight, OGTT=oral glucose tolerance test, PCOS=polycystic ovarian syndrome, poly=polyhydramnios on ultrasound.

Hospital name	OGTT gestation (weeks)		OGTT Indications in addition to NICE indications			Later Screening for OGTT				Specific guidance for bariatric surgery
	Standard	Previous GDM	PCOS	Previous unexplained stillbirth	Other	AC	Poly	Glycosuria	EFW	
Airedale	24-28	16-18	✓	X	Focus on late onset GDM in South Asian women		✓	✓		HbA1C not OGTT - no specialist plan
Bristol & Weston	28	Dating scan	Considered	Considered	Considered if multiple pregnancy	>95th	✓	✓	>95th	
Derby & Burton	24-28	Dating scan	✓	✓	On glucocorticoids / anti-psychotic medication	>97th	✓	✓	>90th	
Dartford & Gravesham	28	16	X	X			✓	✓		
East Sussex	28		✓	X	SMBG offered if exceptional circumstances		✓	✓		
Harrogate	24-28	Dating scan	✓	X	Previous IUD, on antipsychotic medication	>95th	✓	✓		
Leeds	24-28	Dating scan	✓	✓		>95th	✓	✓	>90th	No OGTT - specialist plan
Maidstone & Tunbridge Wells	28	16	X	✓	On antipsychotic medication		✓	✓	>90th	
North WestAnglia	28	16	✓	X	PCOS using metformin		✓	✓		No OGTT - specialist screening plan
Plymouth	24-28	12	✓	X	Conceived with Clomiphene	>95th	✓	✓		
Sheffield	24-28	Dating scan	✓	✓	Previous shoulder dystocia, age 40 or above	>90th	✓	✓	>90th	
Somerset	26	Dating scan	X	✓	On anti-psychotic medication	>97th	✓	✓		
Southport & Omskirk	24-28	16-18	✓	✓	On anti-psychotic medication, any previous IUD	>95th	✓	✓		No OGTT - no specialist plan