

Community management of diet controlled gestational diabetes is safe for women and babies



Barts Health
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INTRODUCTION

- Royal London Hospital has managed Diet Controlled GDM in the community since 2005 with good outcomes for the mothers and the babies.
- GDM on treatment is managed by a hospital based multidisciplinary team of Obstetricians, Diabetologists, Diabetic Specialist midwives, nurses and Dietician.

AIMS

- Ascertain our outcomes in 2021
- Compare outcomes between GDM on diet and GDM on treatment
- Compare our outcomes with previous audits in 2017, 2013 and 2011, and with published studies in literature.

METHODS

- Retrospective audit of women diagnosed with GDM between January and June 2021 (N = 400).
- Data collection was done using electronic patient records.
- We used an excel spreadsheet to collect the information about maternal and neonatal core outcomes gathered from CRS.

RESULTS

Outcome	GDM diet 2021 (1/1-31/6)	GDM Tx 2021 (1/1-31/6)	GDM diet 2017	GDM Tx 2017	GDM diet 2013	GDM Tx 2013	GDM diet 2011	GDM Tx 2011	Basu 2012	Landon 2009	Crowther 2022	
	N=252	N=148	N=408	N=281	N=367	N=120	N=392	N=68	N=195	N=473	Less tight control Fasting < 5.5 1 hr < 8.0 2 hr < 7.0 N=502	Tight control Fasting < 5.0 1 hr < 7.4 2 hr < 6.7 N=598
Number	63%	37 %	59.2 %	40.8%	75%	25%	71.3%	12.3%				
IOL	46.3%	53.7%	43.4%	66.5%	17.7%	28.3%	12.8%	35.5%	34.9%	27.3%	51.7%	52.4%
CS	17.75%	15.25%	29.0%	37.4%	27.8%	23.3%	32.3%	32%	35.9%	26.9%	34.7%	38.0%
Macrosomia	1.5%	2%	7.0%	4.3%	7.6%	3.4%	4.8%	4%	11.3%	5.9%	10.8%	10.2%
Shoulder dystocia	0.5 %	0.25 %	0.74%	1.1%	0%	0%	0.25%	0%	-	1.5%	2.0%	1.3%
Prematurity	6%	2.5%	7.0%	8.9%	6.8%	15.8%	1.2%	1.5%	20%	9.4%		
Hypoglycemia	0 %	0.25%	0.7%	0.7%	0.54%	1.6%	0%	0%	-	16.3%	25.3%	28.2%
NICU admissions	3%	2.75%	11.3%	16.7%	6.5%	6.6%	6.6%	2.9%	6.2%	9%	4.0%	3.7%

MATERNAL CORE OUTCOMES

- Adherence to treatment,
- Type of pharmacological therapy for hyperglycaemia
- Mode of delivery

NEONATAL CORE OUTCOMES

- Large for gestational age
- Small for gestational age
- Gestational age at birth
- Neonatal hypoglycaemia
- Preterm birth
- Neonatal death
- Stillbirth

CONCLUSION

- Prevalence of GDM has increased from 13.2% to 16% in the last 4 years.
- Management of GDM on diet in community is safe as demonstrated by our repeated audits in 2011, 2013, 2017 and 2021.
- Our neonatal outcomes in 2021 - Macrosomia, Preterm delivery , Neonatal hypoglycemia and SCBU admissions were better than 2017 and comparable/better than Landon, Basu studies.