

Should Isolated Mild Polyhydramnios (DVP 8-11 cm) Prompt screening for Gestational Diabetes.

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INTRODUCTION

- Polyhydramnios is excess of amniotic fluid for a given gestation in pregnancy.1% of the pregnancies.

➤ **Mild** >=8 to <12
➤ **Moderate** >=12 but <15
➤ **Severe** >=15

AIMS AND OBJECTIVES

- To determine if women with isolated mild polyhydramnios (DVP 8-11 cm) are at increased risk of gestational diabetes mellitus (GDM) based on OGTT or home blood glucose monitoring (HBGM).
- The goal was to assess cost-effective management and optimise resource utilisation within our trust.

METHODOLOGY

This audit was done in two cycles.

- **Sample size:** 138
- **Time Period:** August 2021 to August 2023.
- **Data collection:** Medical notes of patients were reviewed , data was entered into a structured proforma and then analysis was done.
- **Inclusion criteria:** Women with Mild Polyhydramnios (DVP 8-11) diagnosed in third trimester .
- **Exclusion criteria:** Women with DVP >11 at first diagnosis.

7 women were excluded as mild polyhydramnios in them was diagnosed before third trimester.

RECOMMENDATION

Continue to offer GDM testing for all women with isolated mild polyhydramnios diagnosed in third trimester as the percentage of women without any risk factors being identified as GDM was 18/54 (33%).(5/17 in first cycle and 13/37 in second cycle).

RESULTS –FIRST CYCLE

- There were 23 women with risk factors out of which 11 women developed GDM.(48%).
- There were 17 women without any risk factors out of which 5 women developed GDM.(29%).

RESULTS –SECOND CYCLE

- 37 (41%) women had no risk factors for GDM and 54 had risk factors most common being BMI>30 (with negative screening test for GDM).
- 13 women of 37 without risk factors were diagnosed with GDM.(35%).
- 21 women had HBGM.
- 16 women were not screened for GDM either due to spontaneous resolution of polyhydramnios or due to late diagnosis of polyhydramnios.

- Majority of women were 34wk1 day -37wks of gestation.
- Polyhydramnios resolved in 46% women while persisted in 34% women.
- 77% of women had SDP between 8-9.Only 4% had SDP > 10.

ANALYSIS OF WOMEN DIAGNOSED WITH GDM

- Polyhydramnios resolved in 7/13 women diagnosed as GDM after strict glycemic control.
- 10/13 women diagnosed with GDM on HBGM; while 3/13 on OGTT as polyhydramnios in them presented less than 32 weeks.
- 10/13 women had polyhydramnios in range -8-9 ; 2/13 had poly in range (9.1-10) and only 1 had more than 10.
- No maternal or fetal complications were identified in women with mild polyhydramnios.
- 5 women delivered by LSCS and 8 delivered vaginally .

