



The Trinidad and Tobago Medical  
Association  
in conjunction with  
The UWI Faculty of Medical  
Sciences &  
The Gynecological and Obstetrical  
Society of T&T

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# GDM SCREENING – WHERE ARE WE NOW?

# DEFINITION

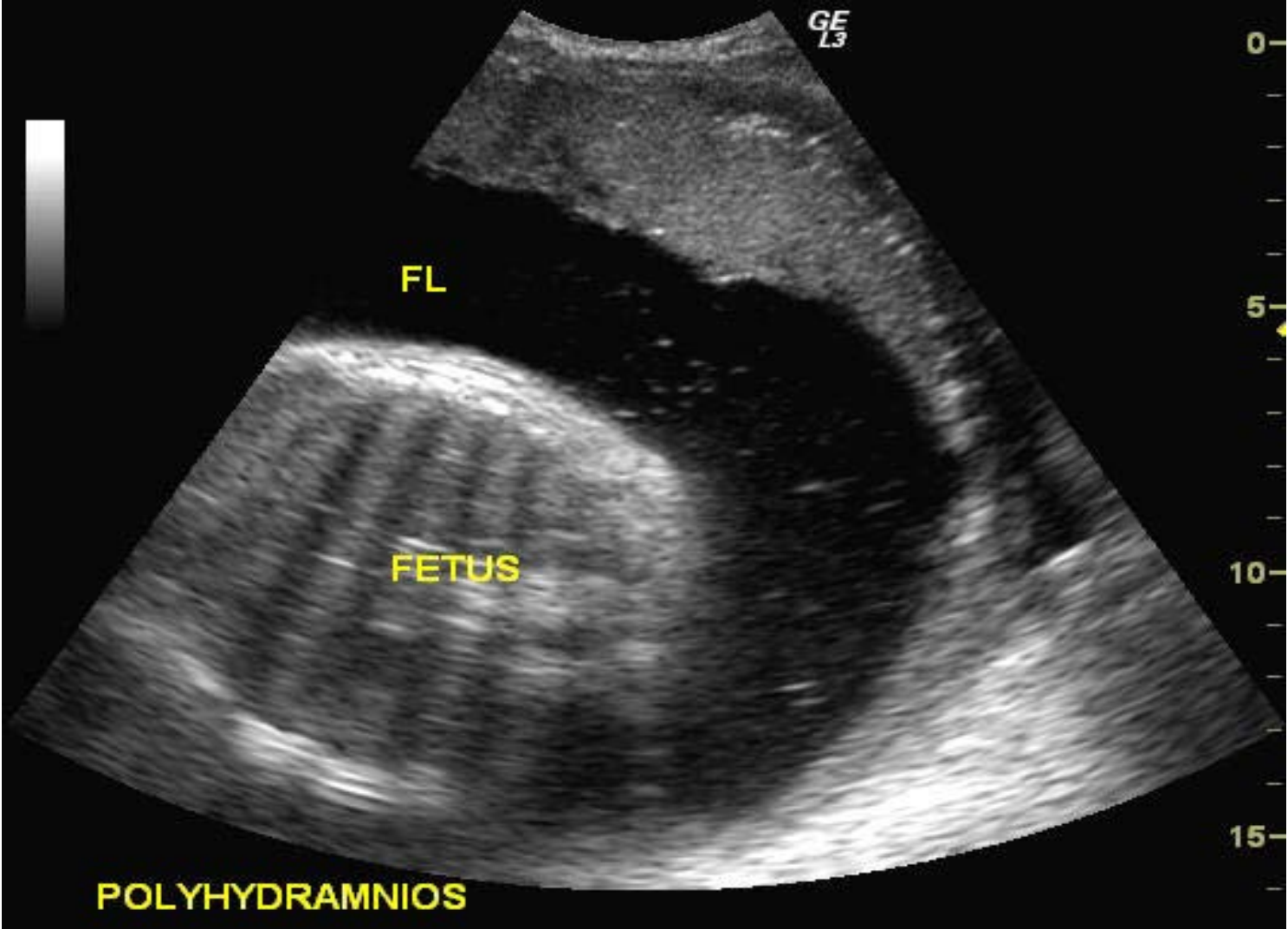
Gestational diabetes is carbohydrate intolerance resulting in **hyperglycaemia** with **onset or first recognition** during **pregnancy**

# GDM

- IS IT **IMPORTANT**?
- HOW TO **DIAGNOSE** ACCURATELY
- HOW TO **TREAT** EFFECTIVELY
- HOW TO **PREVENT** SUCCESSFULLY







# WHY IS IT IMPORTANT?

## MATERNAL

- PRE-ECLAMPSIA
- EXACERBATION OF MEDICAL COMPLICATIONS
- OBSTRUCTED LABOUR
- CAESAREAN DELIVERY
- FUTURE DIABETES WITH CVS COMPLICATIONS

## FETAL

- MACROSOMIA
- BIRTH TRAUMA
- PERINATAL MORBIDITY
- PERINATAL MORTALITY



# HOW DO WE DIAGNOSE?

- **SCREENING**

- RISK FACTORS

- PLASMA GLUCOSE TESTS

# SCREENING RISK FACTORS

- BMI > 30 kg/m<sup>2</sup>
- previous macrosomic baby weighing ≥ 4.5 kg
- previous gestational diabetes
- family history of diabetes (1<sup>st</sup> degree relative)
- family origin (South Asian, Black Caribbean  
Middle Eastern)

# SCREENING - PLASMA GLUCOSE MEASUREMENT

- Multitude of tests
- Multitude of recommendations

# SCREENING

## Multitude of tests

- FPG
- 75 G O'Sullivan's
- 3 Hr OGTT
- 2Hr OGTT
- OGTT 100G
- OGTT 75G

## Multitude of recommendations

- WHO 1999; 2013
- ACOG
- CDA
- ADA
- IADPSG
  
- Et al.....

# WORLD MAP



The **urgent need** for universally applicable simple screening procedures and diagnostic criteria for gestational diabetes mellitus – lessons from projects funded by the World Diabetes Foundation

K Nielsen, M.de Courten, A. Kapur

Glob Health Action. 2012; 5: 10.3402

# HEALTH SYSTEM BARRIERS

- Lack of trained healthcare providers
- High staff turnover
- Lack of standard protocols
- Lack of consumables and equipment
- Lack of or poor referral systems, feedback mechanisms and follow up systems





# GDM SCREENING

- **WHERE ARE WE NOW?**



# HOW TO ESCAPE?



# HOW TO ESCAPE?

- PRE PREGNANCY IDENTIFICATION
- PRE-PREGNANCY MEASURES
- SELECTIVE OR UNIVERSAL SCREENING
- 1 STEP OR 2-STEP TESTING
- WHICH TEST?

# Prepregnancy Overweight and Obesity

The Relative Contribution of Prepregnancy Overweight and Obesity, Gestational Weight Gain, and IADPSG-Defined Gestational Diabetes Mellitus to Fetal Overgrowth

M.Black, D. Sacks, A. Xiang, J. Lawrence  
Diabetes Care. 2013;36(1):56-62.



# TREAT EFFECTIVELY

- COUNSELLING
  - LIFESTYLE CHANGES
- ORAL MEDICATIONS
- INSULIN
- CO-MANAGEMENT NEPH/OPHTH/ENDOCRIN/  
SOCIAL WORKER

# TREAT EFFECTIVELY

- ANOMALY SCAN – 20 WEEKS
- HOME GLUCOSE MONITORING
- T3 SCANS – A.FLUID / FETAL GROWTH
- DELIVERY 38 WEEKS
- SENIOR STAFF (OBS/MIDWIFE/PAEDS)



# PREVENT SUCCESSFULLY

- POST – PARTUM CARE
- LONG TERM FOLLOW UP





*Happy New Year*

**2014**