

What happened to patients diagnosed with gestational diabetes mellitus in Hastings antenatal clinic? 5 year review.

Sathiskumar P, Rafique S, Dashora.U, Conquest Hospital, East Sussex Healthcare NHS trust.

Background:

Type 2 diabetes in women who had been diagnosed with gestational diabetes.

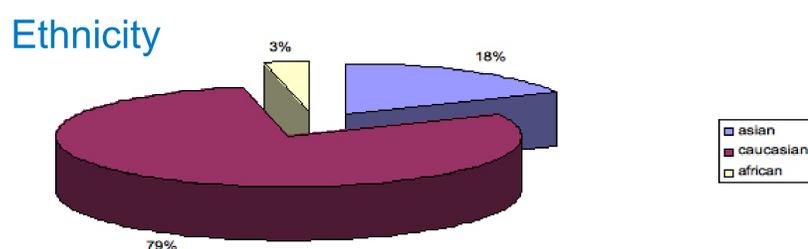
- Incidence varies from 2.6% to 70% over periods from 6 weeks to 28 years.
- incidence of type 2 diabetes increased most rapidly in the first 5 years after pregnancy.

Method:

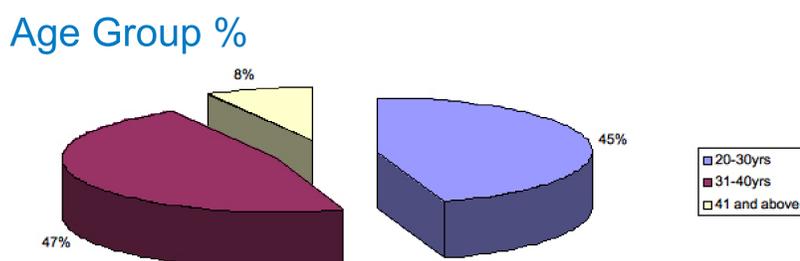
- We looked at the hospital records of patients with GDM who delivered between 2008 and 2009 and followed their records to see if they developed diabetes over the subsequent years.
- We used our hospital biochemistry system to search for Fasting glucose, OGTT or HbA1C test.

Results:

- 38 patients were diagnosed to have Gestational diabetes mellitus.
- 31 were Caucasian, 6 Asian, 1 african in ethnicity



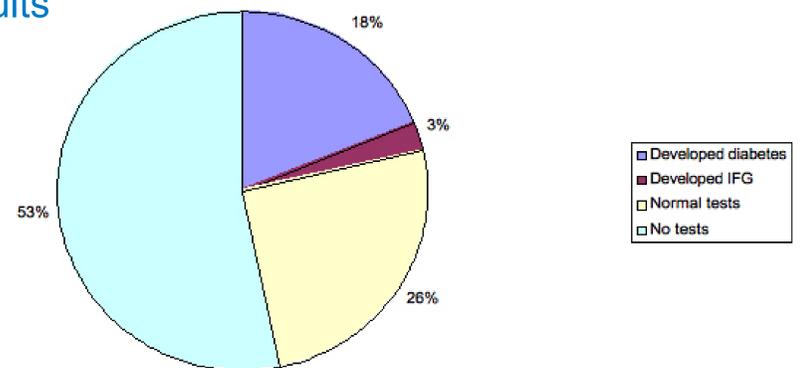
- 17 patients were in the age group of 20-30 years whereas 18 patients were between 30-40 years and 3 patients above 40 years.



- Only 18 patients (47%) had glucose assessments over this 5 year period.
- Out of this 7 (18%) patients developed diabetes and 1 developed impaired fasting glucose.

- Other 10 (26%) patients' tests were normal.

Results



- Only 5 out of this 10 patients had regular monitoring.
- 20 patients did not have any glucose assessment after their diagnosis of GDM.
- 5 patients (13%) had further pregnancy with GDM

Patients developed diabetes

Ethnicity	Age	Parity	bmi
Caucasian	28	1	28
Asian	38	3	29
Caucasian	42	10	33
Caucasian	25	2	36
Caucasian	37	7	42
Caucasian	33	7	NA
Caucasian	37	7	NA

Conclusion:

- Only 47% of our GDM patients had regular follow up tests.
- 18% of our patients with GDM developed diabetes within 5 years.
- We have presented this data to our CCG and planning to adapt yearly HbA1C testing.

References:

1. Gestational Diabetes and the incidence of Type 2 Diabetes: A systematic review. Kim C. Diabetes Care 2002 vol25.1862-1868
2. Risk of development of diabetes mellitus after a diagnosis of gestational diabetes. Feig D.S. CMAJ.2008
3. Diabetes mellitus after GDM. O'Sullivan JB. Diabetes.1991;40