10 YEARS OF IMPROVING OUTCOMES FOR WOMEN WITH TYPE 1 AND TYPE 2 DIABETES DURING PREGNANCY

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BACKGROUND
Atlantic Diabetes in Pregnancy (DIP) programme
Established in 2005. It comprises a network of hospitals on the Irish Atlantic seaboard, which have diabetes services treating a population of 500,000 with 11000 deliveries annually.
Aims to provide evidence based care for women with Diabetes Mellitus before, during and after pregnancy.
It has a dual role, providing clinical care as well as undertaking observational cohort/time-control studies aiming to enhance knowledge and improve management for women with Diabetes.
The group has published 2 previous audits of pregnancy outcomes and improved clinical care delivery based on results of these audits. This is a third re-audit of outcomes.
The ultimate aim is pregnancy outcome similar to that of non-diabetic women.

PREVIOUS AUDITS

2009
Diabetes Care

2012
Diabetes Care

MATERIALS & METHODS
Process of optimisation of clinical care
1. Local Guidelines & patient education booklets

3. Dedicated combined antenatal/diabetes clinics
4. Specialist delivered care
5. Electronic recording

RESULTS
DEMOGRAPHICS

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Diabetes (to include obesity, pathophysiology & epidemiology)

GLYCAEMIC CONTROL

MATERIAlS OUTCOMES

PREGNANCY PREPARATION

BIRTH OUTCOMES

CONCLUSIONS
• Improved pregnancy preparation and attendance at pre-pregnancy care
• Improved birth outcomes- less malformations, miscarriages, still births
• Better glycaemic control
• Higher BMI and gestational weight gain
• Increase in elective caesarean section deliveries
• No decrease in macrosomia

REFERENCES:

2. Pre-pregnancy care programme (PPC)

Aims of PPC
1. Contraceptive advice
2. Glycaemic targets
3. Folic acid use
4. Hypoglycaemia avoidance
5. Stop teratogenic drugs
6. Blood pressure optimisation
7. Complications- screening/treatment
8. Weight management

BODY MASS INDEX/GESTATIONAL WEIGHT GAIN

| BMI | 28.1 (9.1) | 30.3 (6.6) | 29.6 (6.2) | 0.08 | 0.02 | 0.11 | 0.34 |
| 19 (19.2) | 69 (41.1) | 72 (41.1) | 0.13 | 0.04 | 0.06 |
| 20 (19.2) | 44 (28.2) | 75 (43.4) | <0.01 | 0.5 | <0.01 | <0.01 |
| 4 (17.4) | 17 (43.6) | 17 (43.3) | 0.03 | 0.04 | 0.01 | 0.42 |
| 15 (16.8) | 25.0 (20.0) | 25.0 (20.0) | <0.00 | 0.22 | <0.00 | <0.00 |
| 3 (17.6) | 17.5 (27.7) | 27 (41.0) | 0.07 | 0.48 | 0.06 | 0.06 |

Malformations (4.3%)

Macrosomia (4.3%)

Neonatal intensive care

47 (45.2) | 86 (51.2) | 72 (41.8) | 0.15 | 0.57 | 0.09 | 0.15