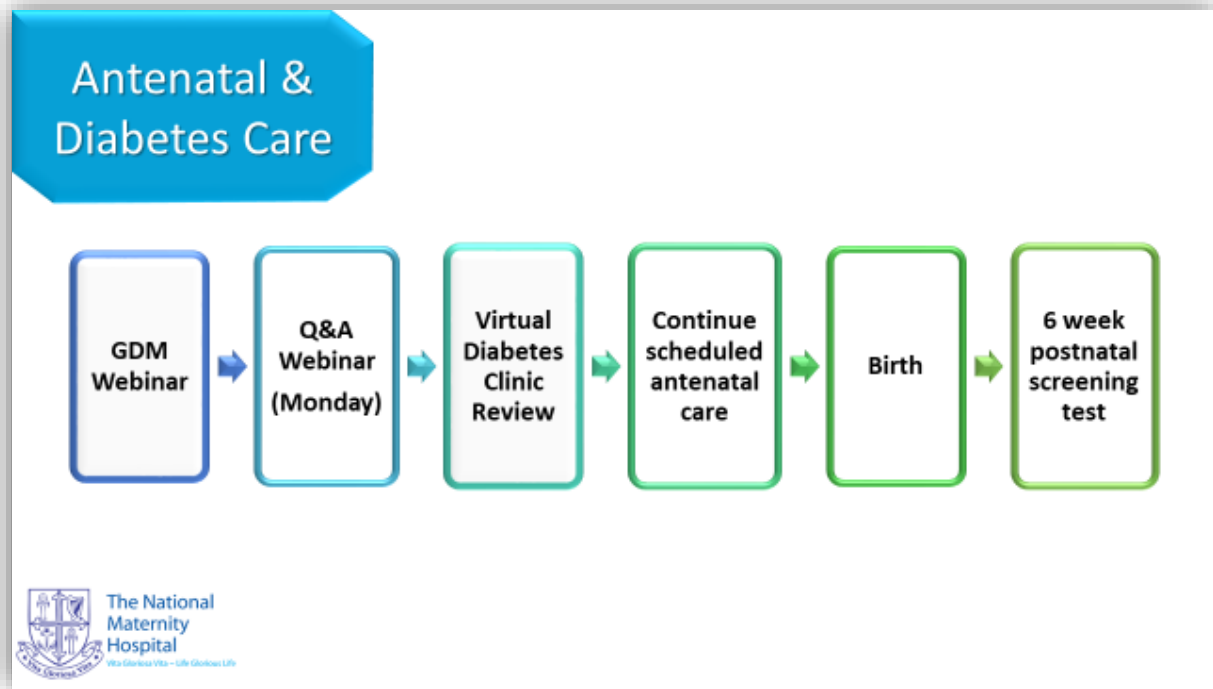




Pathway of Care for Gestational Diabetes at The National Maternity Hospital



GDM Webinar

You will receive a phone call from one of the diabetes specialist midwives informing you of your blood glucose test results. On this call, we will invite you to attend our Gestational Diabetes Webinar. This is a live webinar hosted by a Diabetes Midwife Specialist and the Dietitian. In this session, we will teach you all you need to know about understanding, treating and monitoring gestational diabetes. This is one hour long, is held at 09:30 on a Wednesday morning and can be accessed online at a location that suits you.

Q&A Webinar (Monday)

Once you have implemented the changes discussed in the webinar and started monitoring your blood glucose levels, you may have some questions. We have a follow up Q&A session at 11:30 on a Monday morning. On this call, the Diabetes Midwife Specialist and Dietitian will be on the live webinar to answer any questions you have.

Virtual Diabetes Clinic Review

You will have a virtual clinic review; you will be sent a link to your mobile phone to log into "Attend Anywhere". This is a platform that allows you to have a video call with a Diabetes Midwife Specialist, it is a video call, so you will be able to see each other. On this call we will review your medical notes, ultrasound scans, and we can review the blood glucose levels you have uploaded through your app.

You will also have an opportunity to ask questions and we will discuss how your diabetes care is progressing. If needed, you can speak to the Dietitian one to one for individual dietetic advice. You may also be reviewed by the Advanced Midwife Practitioner if there is a concern about your blood glucose levels being raised. If medication is indicated, it will be discussed in collaboration with you on this call.



Continue Scheduled Antenatal Care

Your diabetes in pregnancy virtual care does not replace your scheduled antenatal care. If you remain on diet and physical activity therapy, you will continue to attend your scheduled antenatal clinic appointments and any scan appointments you may have.

If you require medication to help control your blood glucose levels in pregnancy, your antenatal care will be transferred to the care of the diabetes in pregnancy team. The diabetes clinic is held on a Friday morning and has specialist Obstetricians, Endocrinologists, Midwives and Dietitians to look after you and your baby.

Birth

When you come in to have your baby, the doctors and midwives looking after you will be aware that you have gestational diabetes and will support you in the delivery and postnatal period. The specialist midwives will advise you on when to stop taking your blood glucose levels in the postnatal period.

6 Week Postnatal Screening Test

You will be advised to have a blood test to screen for diabetes done at 6 weeks postnatal. This will be done either in the hospital or with your General Practitioner. If these blood glucose levels are elevated, you will be offered an appointment to see the Endocrinologist here in the National Maternity Hospital. It is recommended that you have testing done for diabetes every year for five years after you deliver your baby. This can be done with your General Practitioner.

If you become pregnant again, you will have a test at your booking visit for gestational diabetes.