

# Enhancing the Care of Pregnant Diabetic Women in Qatar

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## BACKGROUND INFORMATION:

Gestational Diabetes is highly prevalent in Qatar (16.3%) and is predicted to increase due to:

- Rising obesity of women in Qatar
- Introduction of a universal 75mg oral glucose tolerance test

## AIMS/OBJECTIVES:

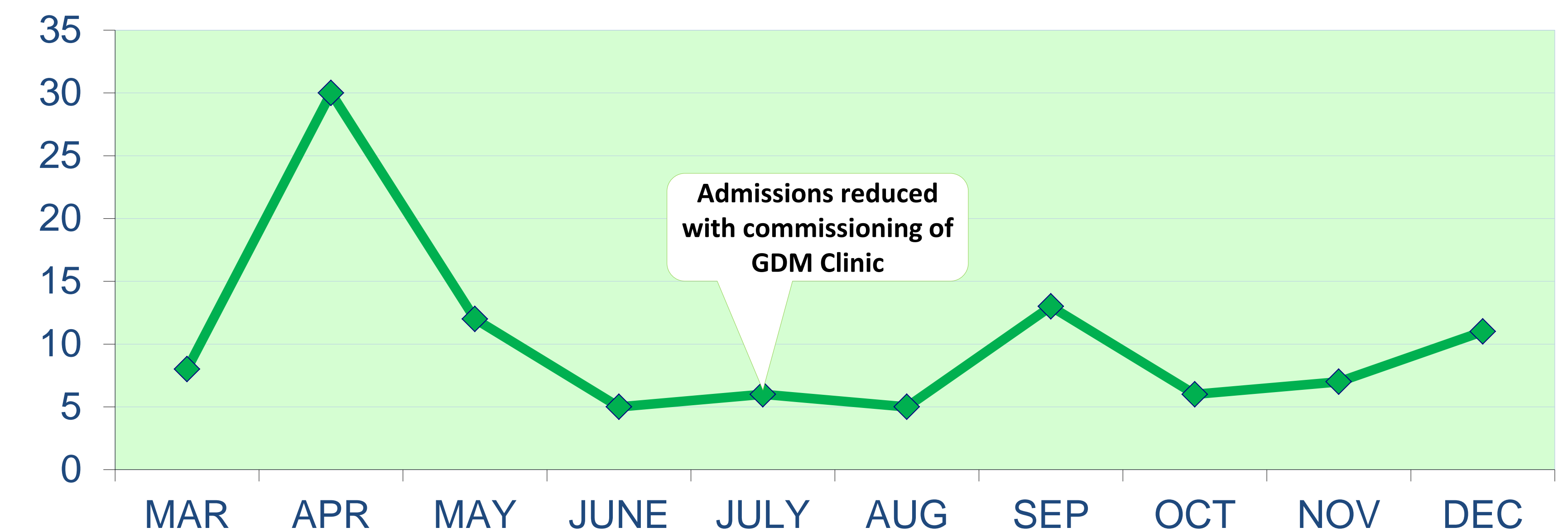
- To optimize Type1 ,Type2,GDM care in Qatar and therefore reduce the obstetric complications
- To reduce the life time complications of GDM (development of maternal Type 2 Diabetes, maternal metabolic syndrome, and childhood diabetes)

## CURRENT STATUS OF THE CLINIC:

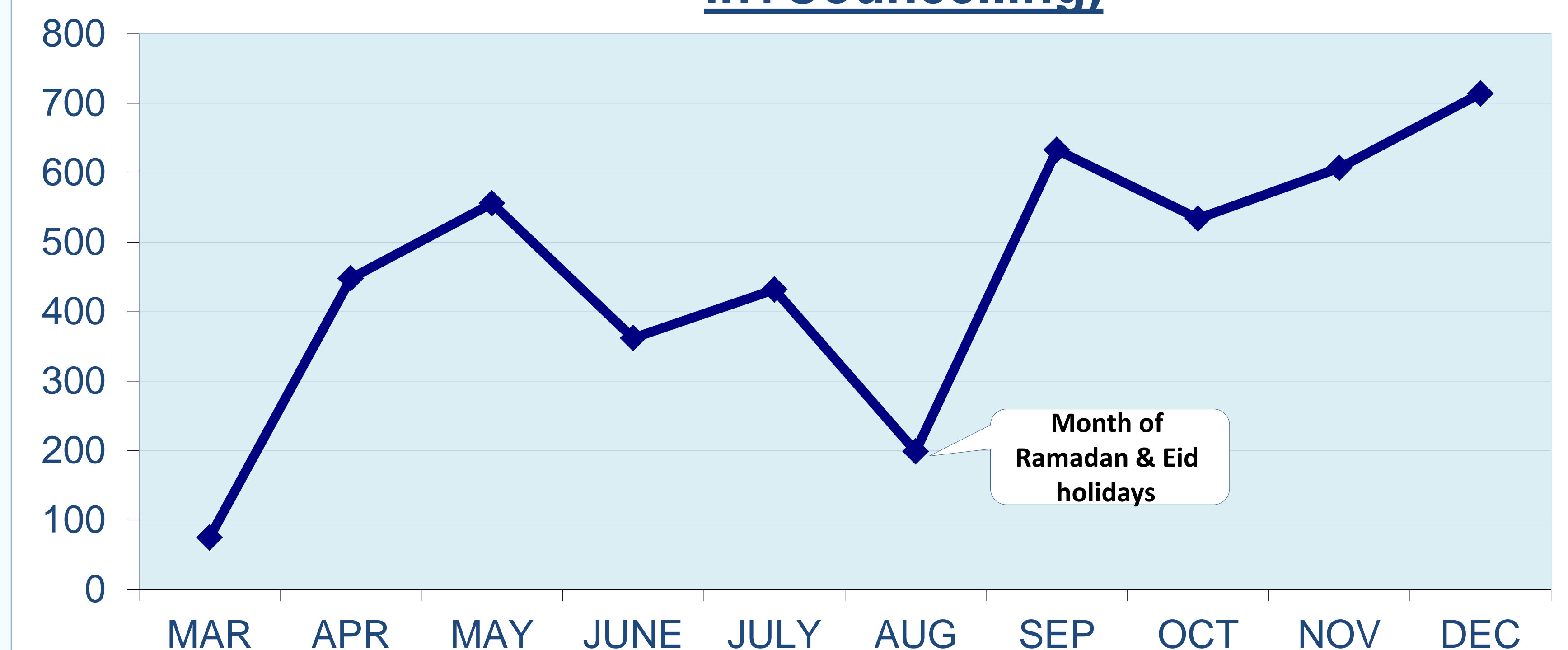
- Clinic officially opened 26<sup>th</sup> March 2013
- Average 40 patients per day
- Introduction of new screening test: Universal 75mg oral glucose tolerance test
- Introduction of the oral hypoglycemic agent (Metformin)
- Patient educational material available for patient use
- Walk-in patients are accepted from emergency or out-patient

GDM- Related Complications	Qatar (%)	Current Best Case (%)
Pregnancy-induced hypertension	19.1	8.6
Preeclampsia	7.3	2.5
Cesarean delivery	27.9	26.9
Macrosomia	10.3	5.9
Birth trauma	8.0	0.6
Jaundice	12.6	9.6
Hypoglycemia	NR	16.3
Perinatal death	1.5 (prelim)	0

## GDM CLINIC Admission - 2013



## GDM Clinic - Total Seen (Seen as Booked + Walk-in+Councelling)



## CONCLUSIONS

1. With opening of integrated clinic ,better care given
2. Reduced the number of admissions by changing model of care from in-patient to out-patient
3. Education and counseling is enhanced
4. A diabetic guideline also was developed with a joint agreement between the Obstetrician, Endocrinologist & primary health care physicians