

Diabetes and Pregnancy: Are we improving outcomes?

1. Background

- There are over 6000 pregnancies a year in women with pre-existing diabetes.
- Compared with those without diabetes, these women have a 4 fold risk of a baby with a congenital abnormality and 5 fold risk of stillbirth.
- It is over 30 years since we had the evidence that preconception care improves outcomes

2. What is preconception care?

- Advise women to use effective contraception until medically prepared.
- Support women to achieve blood sugars as near to the non diabetic range as possible without hypoglycaemia (NICE 2015 target Hba1c less than 48mmol/mol)
- Prescribe Folic Acid 5mg
- Review medication and prescribe drugs that are safe in pregnancy where possible
- Optimise complications and co morbidities
- Give general lifestyle advice eg smoking cessation and weight loss.

4. 30 years later little has changed

CEMACH (2002-3)

- Only 35% accessed Preconception Care
- Women with diabetes were:
- 4 times as likely to have a baby with an abnormality
 - 5 times as likely to experience a stillbirth

National Diabetes and Pregnancy Audit 2016

- Only 8% women adequately prepared
- Stillbirth rate double and neonatal death 4 times that of a woman without diabetes
- No change since 2014

3. What is possible? St Vincent's Declaration 1989

- Saw the potential for preconception care to reduce risks, and set a 5 year target to "achieve pregnancy outcome in the diabetic woman that approximates that of the non-diabetic woman."

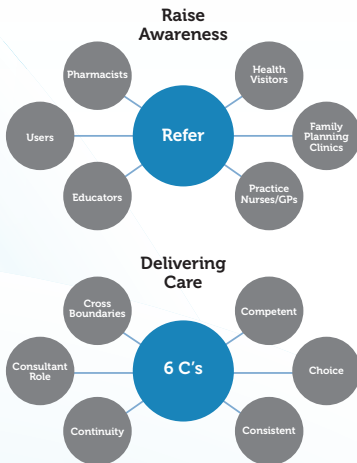


A message from the DPC Toolkit Sponsor

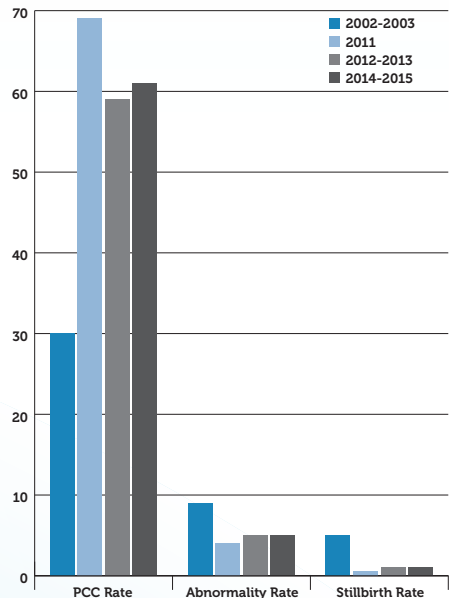
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Diabetes and Pregnancy: What is the way forward?

5. Locally PROCEED: Preconception Care for Diabetes in Derby/Derbyshire (supported by The Health Foundation)



- All professionals in contact with women of childbearing age were encouraged to discuss pregnancy plans and contraception use.
- We developed an innovative integrated model for preconception care providing care flexibly in community based settings using all competent clinicians providing choice but continuity of care.



Compared with 2002-3 there was a sustained increase in the number accessing preconception care, improvement in outcomes, and annual savings of £60000.

6. Nationally

- 20 centres were selected to form a collaborative supported by NHS Digital, HQIP and Diabetes UK. The aims are to share practice and drive quality

7. The Future?

- With these measures it is hoped that the vision of the St Vincent's declaration will be a reality.

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