Purpose

- Implement and measure a quality improvement (QI) intervention in a targeted OB/GYN clinic.
- Increase adherence for postpartum diabetic testing (PDT) for gestational diabetes (GDM).

Background & Significance

- Patients diagnosed with gestational diabetes mellitus (GDM) are at a significantly increased risk for developing type 2 diabetes mellitus (T2DM) later in life.
- Recommended OGTT is time consuming and has an extremely low adherence rate.
- The HbA1C and FPG are quick and could increase testing.

Methods

- **Design:** QI project using quantitative retrospective chart review.
- **Collection period:** January to March 2019 compared to post QI intervention in July to September 2021
- **Participants:** People ≥18 years, diagnosed with GDM in last pregnancy, postpartum up to one year
- **Exclusion criteria:** diagnosis of diabetes type 2 or type 1 prior to pregnancy
- **Data collected:** demographic data, OGTT, hemoglobin A1C, result

Results

<table>
<thead>
<tr>
<th>Test Ordered</th>
<th>2019 (Pre)</th>
<th>2021 (Post)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HbA1c</td>
<td>N= 7</td>
<td>N= 9</td>
</tr>
<tr>
<td>Resulted?</td>
<td>N= 3</td>
<td>N= 5</td>
</tr>
<tr>
<td>OGTT</td>
<td>N= 13</td>
<td>N= 6</td>
</tr>
<tr>
<td>Resulted?</td>
<td>N= 11</td>
<td>N= 3</td>
</tr>
</tbody>
</table>

- **107** participants included at a mean age of **29 years** and duration of 0-50 weeks following childbirth.
- Testing was done in **31.8%** of people over both time periods.
- **3** patients results were elevated and referred for DM management.
- **39%** tested for DM in pre-intervention time period (2019)
- **25%** tested for DM post-intervention time period (2021)

Recommendations

- **Patient adherence remains extremely low** regardless of testing option.
- **Despite widespread knowledge and education of providers, tests are consistently not being ordered & completed.**
- Hemoglobin A1C in combination with FPG or alone in place of OGTT is still reliable option to test for postpartum DM.

OGTT vs. HbA1C

- **107** participants included at a mean age of **29 years** and duration of 0-50 weeks following childbirth.
- Testing was done in **31.8%** of people over both time periods.
- **3** patients results were elevated and referred for DM management.
- **39%** tested for DM in pre-intervention time period (2019)
- **25%** tested for DM post-intervention time period (2021)