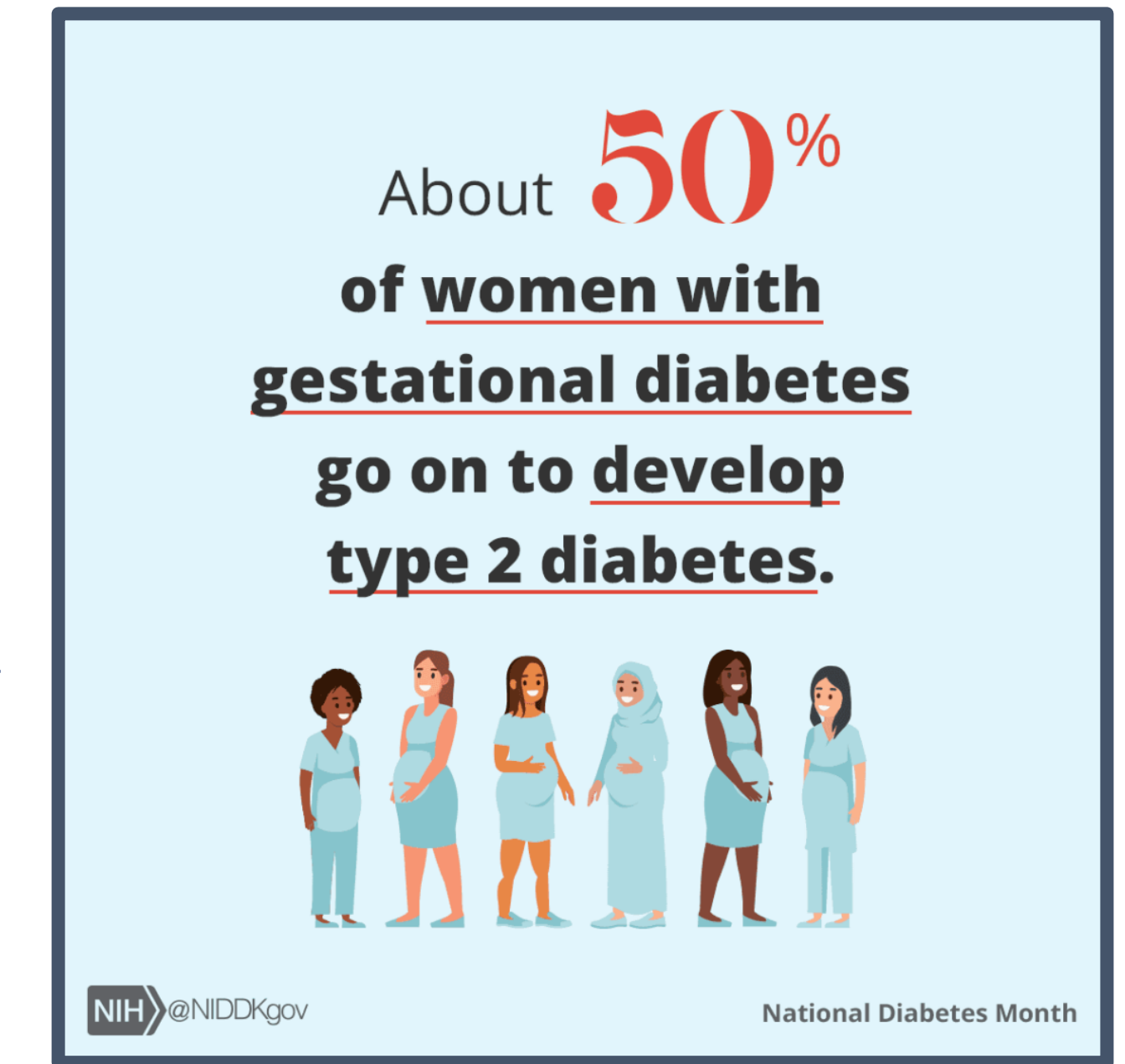


Purpose

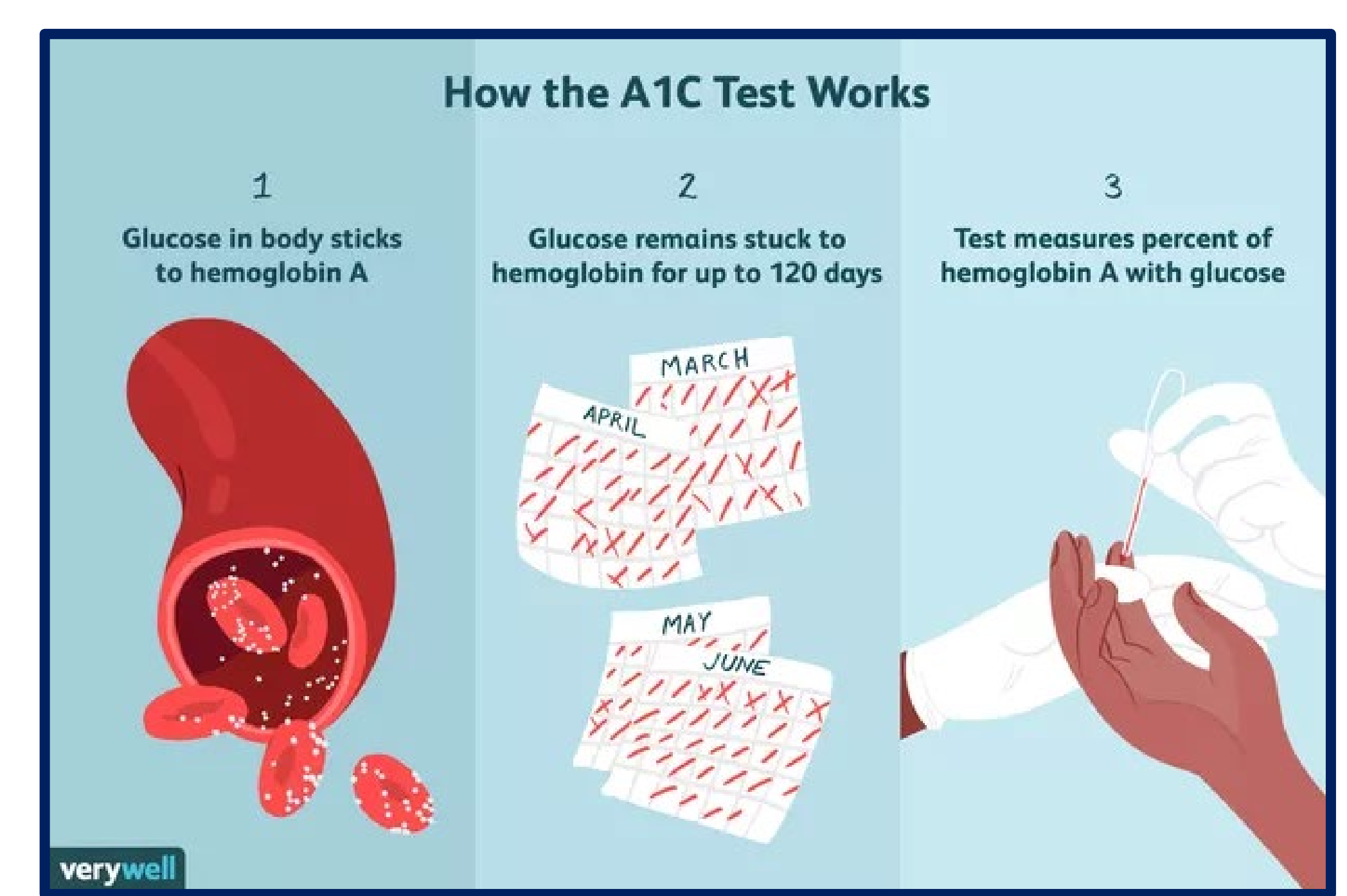
- Implement and measure a quality improvement (QI) intervention in a targeted OB/GYN clinic.
- Increase adherence for postpartum diabetic testing (PDT) for gestational diabetes (GDM).



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**.

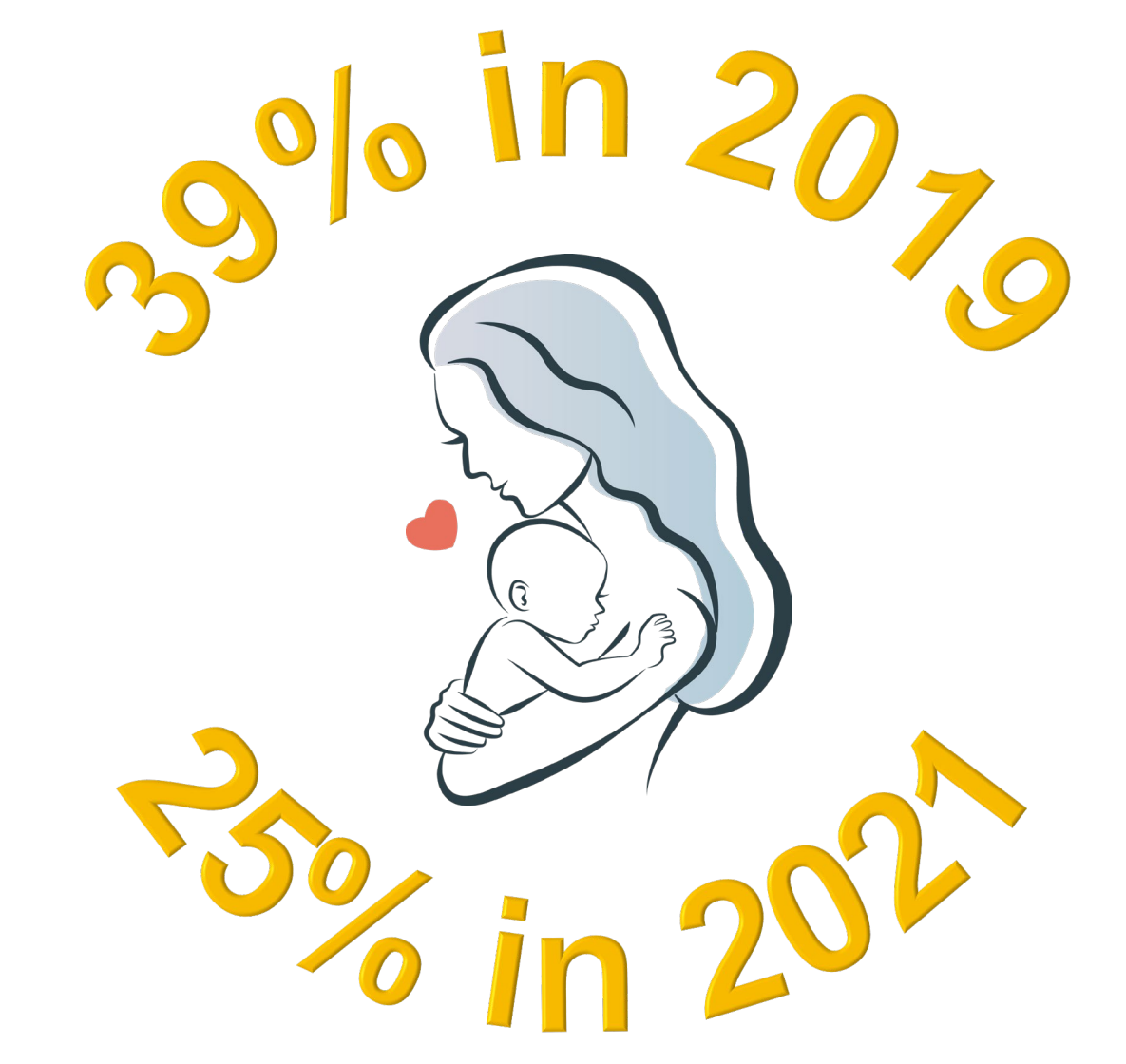
OGTT vs. HbA1C



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



Test Ordered	2019 (Pre)	2021 (Post)
HbA1c	N= 7	N= 9
Resulted?	N= 3	N= 5
OGTT	N= 13	N= 6
Resulted?	N= 11	N=3

- **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)

Conclusions

- 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.

Demographic Data of Participants	Percentage (%)
Age	
18-29	53
30-39	41
40 and up	6
Ethnicity	
White	58
Black	25
Hispanic	8
Other	9
Language	
English	95
Spanish	2
Other	3
Marital Status	
Married	58
Divorced	5
Single	37

Recommendations

GOLD STANDARD

OGTT

BEST ALTERNATIVE

FPG plus HbA1C

MOST COVENIENT

HbA1C

- Quarterly **education** for RNs/providers on PDT importance.
- Ensure **“history of GDM”** to improve **coordination** between OB and PCPs.
- Future randomized trials with **large cohort** for further research.

