

Health care professionals perspective regarding GDM in a resource constraint society, a study from Pakistan



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Background

Gestational Diabetes Mellitus (GDM) offers an important opportunity for prevention of type 2 diabetes (T2DM). The prevalence of GDM is increasing in Pakistan, however there is lack of consensus among health care professionals regarding GDM care in Pakistan.

Objective

To assess the practices regarding various aspects of diagnosis and management of GDM amongst health care professionals (HCPs) involved in the care of pregnant women.

Methodology

This cross sectional study was conducted in various primary, secondary and tertiary care hospitals of Pakistan. A self-completion questionnaire was administered to family physicians, Internists, obstetricians, diabetologists and endocrinologists after taking the consent for participation. Participants age, gender, number of years in practice and speciality was noted. The questionnaire included questions regarding various aspects of diagnosis, management and follow up practices regarding GDM. Knowledge regarding existing guidelines of GDM were also assessed. Data was entered in SPSS Version 20.0 and analyzed.

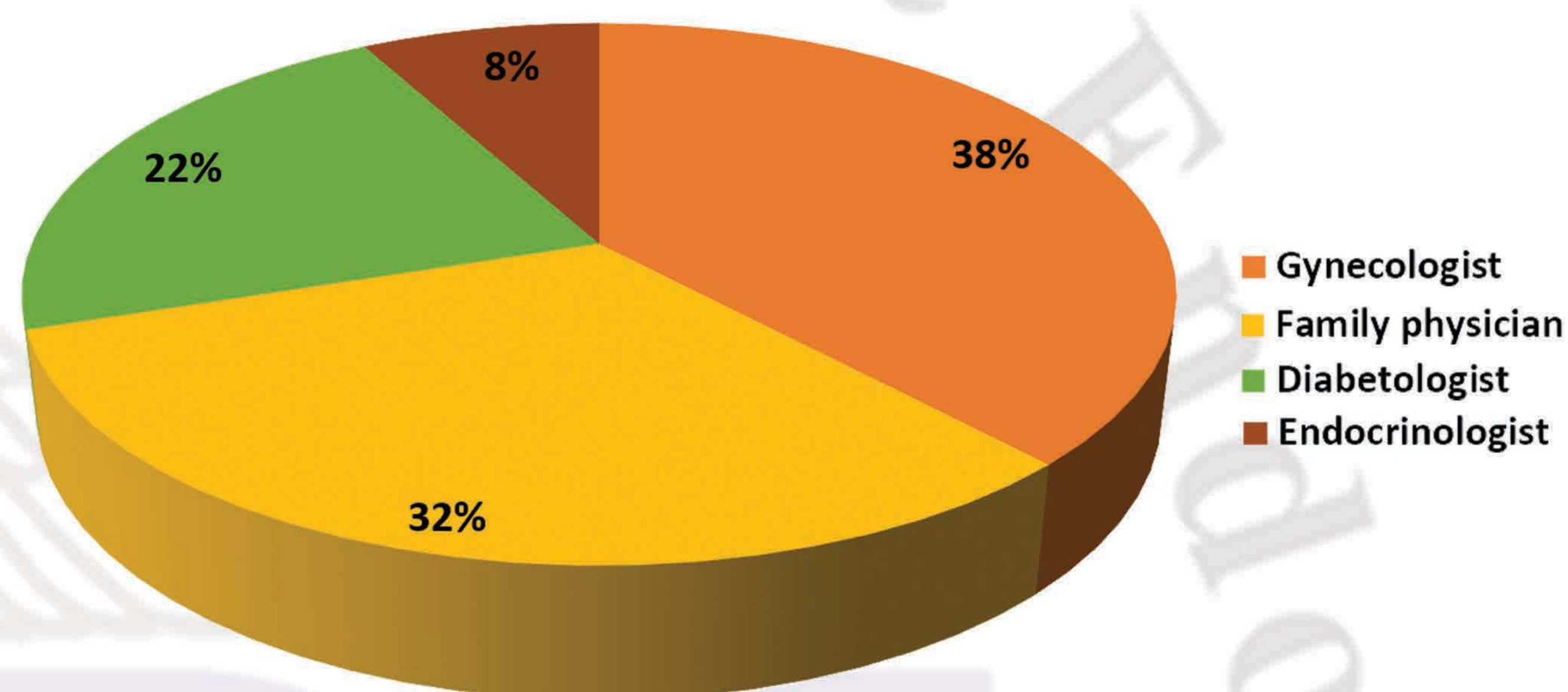
Results

Basic characteristics of study participants

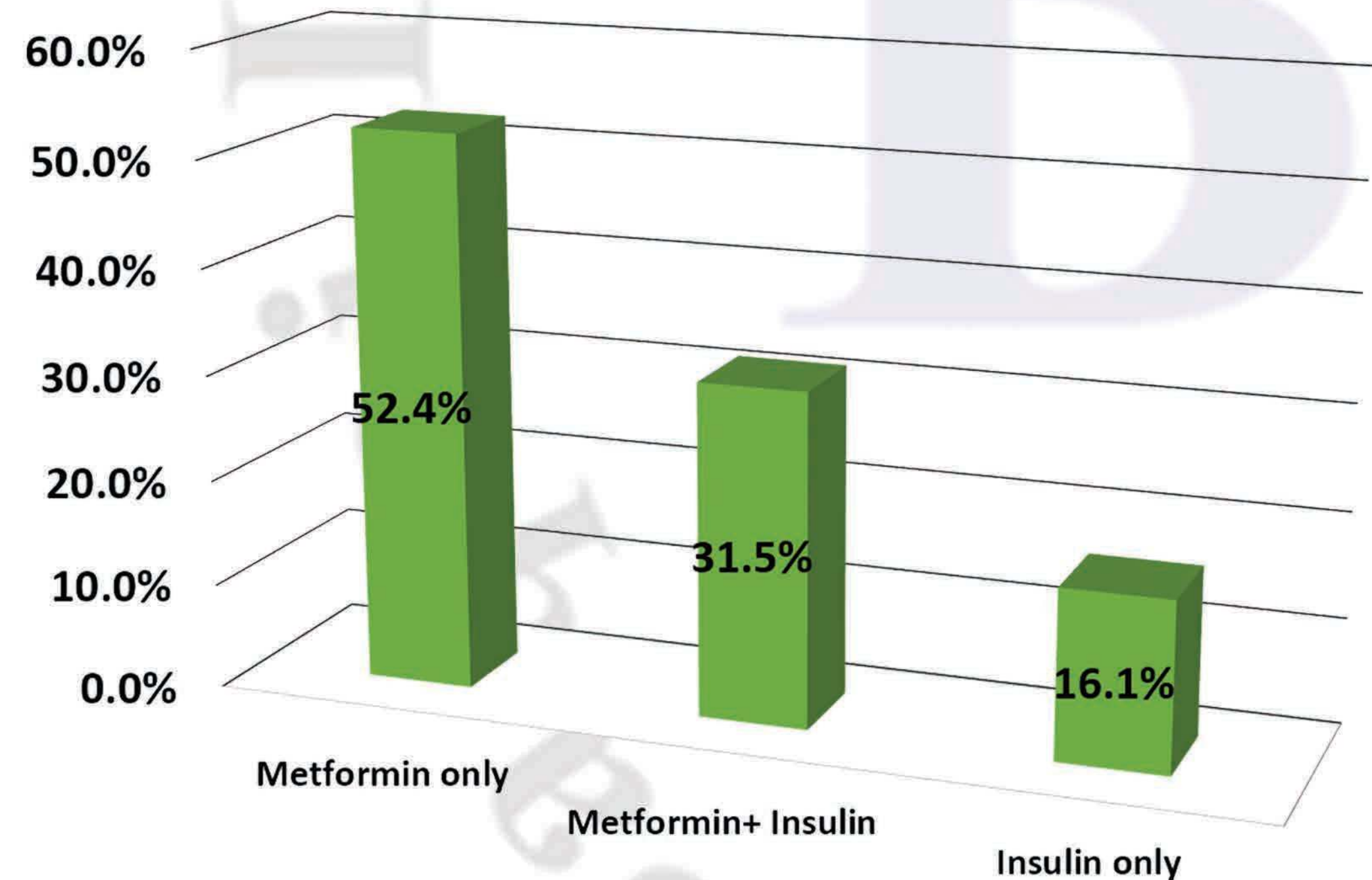
Total no. of participants	250
Male	105(42%)
Female	145(58%)
Age (years)	39±12
Practice(No of Years)	
<5 years	83(33.2%)
>5 years	167(66.8%)
Type of practice	
Primary	96(38.4%)
Secondary	62(24.8%)
Tertiary	92(36.8%)

Data presented as mean±SD, n(%)

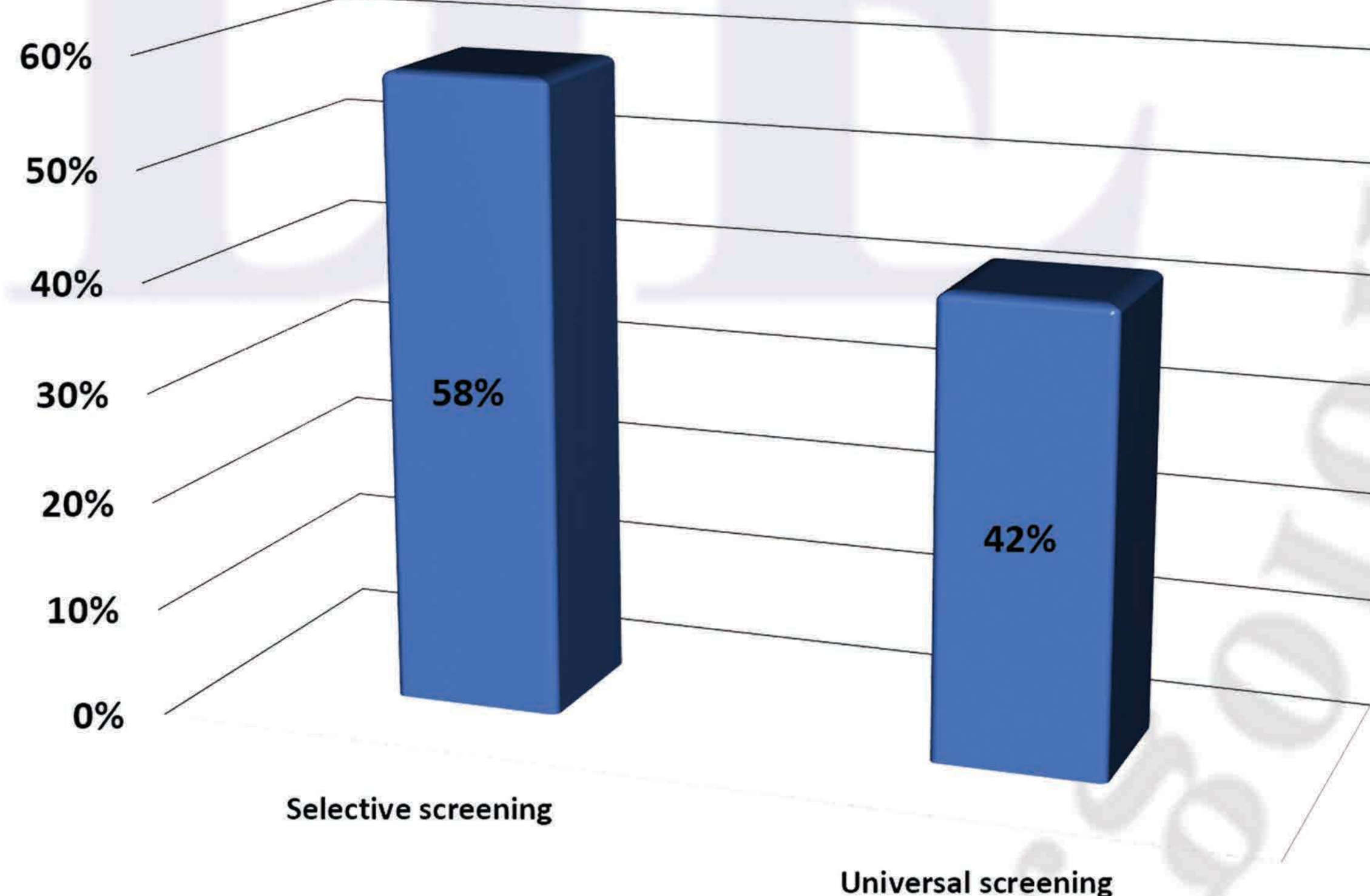
Speciality of participants



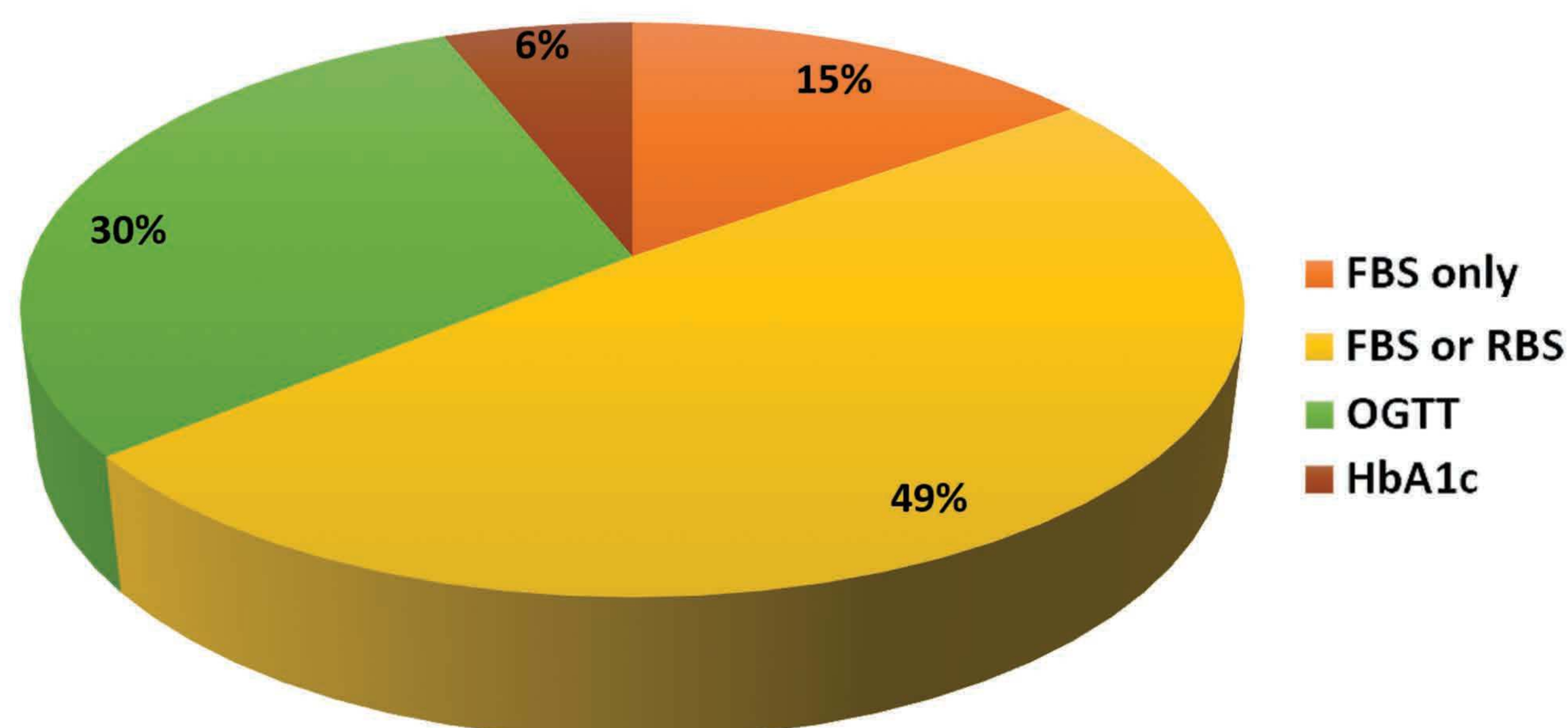
Therapeutic agents used for management of GDM



Universal / Selective screening



Criteria used for diagnosing GDM



Conclusion

There is lack of uniformity among health care professionals regarding diagnosis and management of GDM in Pakistan. There is a need to develop local guidelines regarding GDM in Pakistan so that GDM care can be optimized in Pakistan.

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