

# Quality Improvement Project

## -Increasing Awareness About The Risk of Type 2 Diabetes In Patients With Gestational Diabetes

### INTRODUCTION

#### Gestational Diabetes

- 10% of pregnant women in the United States
- 50% chance to develop Type 2 Diabetes (American Diabetes Association, 2021)



**Practicum Location:** Inova Endocrinology.

**Target Population:** Twenty-five patients with a history of Gestational Diabetes seen for medication management at the Inova Endocrinology.

### OBJECTIVES

**Objective#1:** At least 80% of women with GDM seen at our endocrinology clinic will complete screening tests for persistent hyperglycemia 6 to 12 weeks following delivery during the 8 week project duration.

**Objective#2:** Screening tests are completed in women with recent history of GDM 3 to 6 months post-delivery.

**Objective#3:** Increase awareness about the risk of diabetes and promote diabetes prevention measures.

### PROJECT DESCRIPTION

- Identified women with GDM seen at endocrinology clinic.
- Contacting the participants via email and phone to educate them about the risk of Diabetes.
- Post-partum screening for persistent hyperglycemia. 2-hour oral glucose tolerance test (OGTT) or HbA1c were the screening tests between 6 weeks and 6 months post-delivery.
- Documentation and management of data collected in excel sheet
- Create a summary of the project results and communicate with collaborating stakeholders.

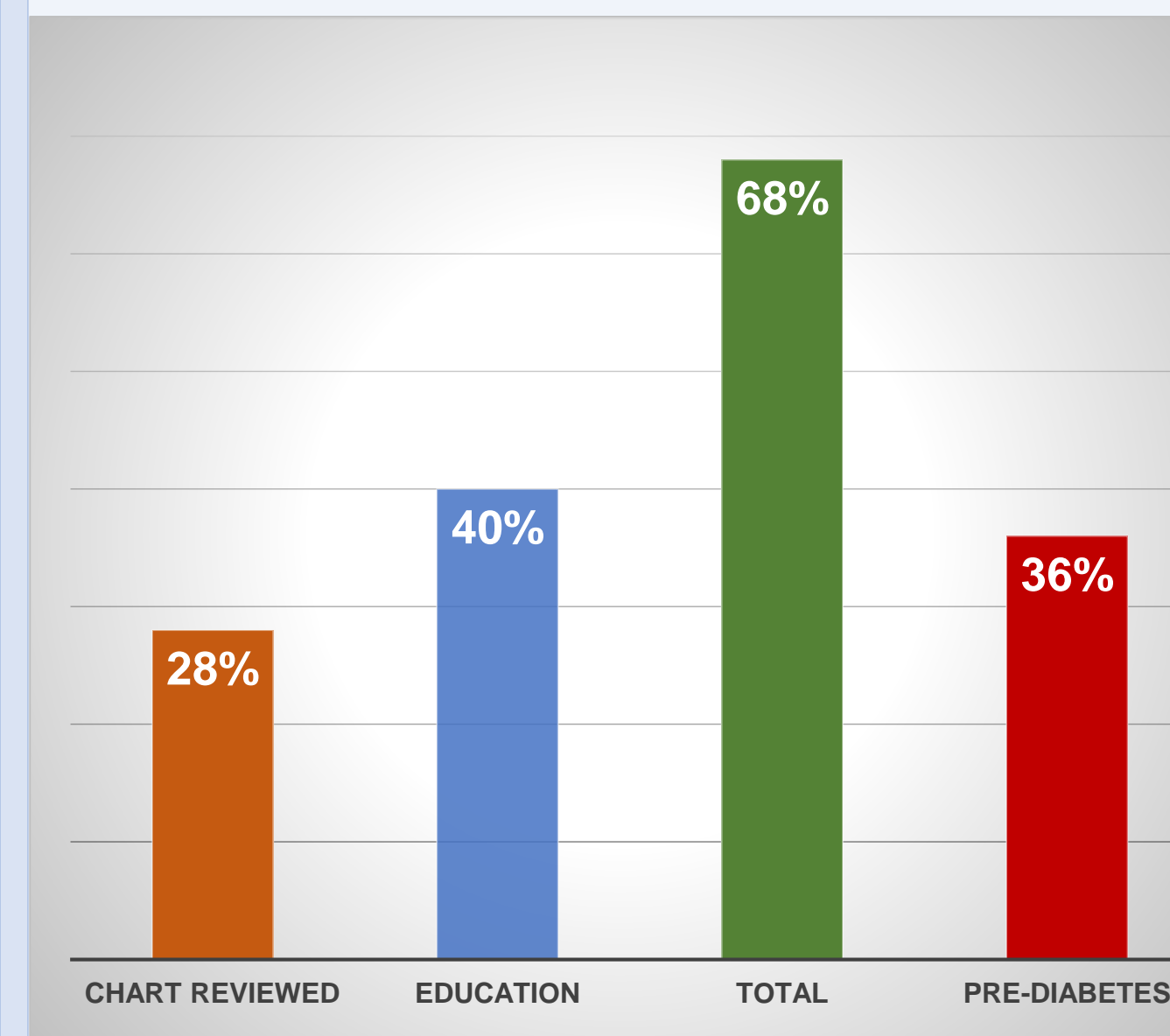
### EVALUATION AND OUTCOMES

#### Evaluation

- Twenty-five patients participated in the project
- HbA1c results of patients post-delivery
  - Chart review-7(28%)
  - Outreach and education -10(40%)

#### Outcomes

- 68% of women with GDM seen at endocrinology had HbA1c testing
- The project interventions and education increased HbA1c testing by 12%
- 36% of women diagnosed as prediabetes



### CONCLUSIONS

#### Limitation

During the pandemic, we modified our protocol for testing to include HbA1c at 6-12 weeks post-partum and repeat HbA1c 3 months

#### Recommendations

- Post-partum diabetes screening
- Promoting lifestyle modification

In women, gestational Diabetes is a risk factor in developing future Type 2 Diabetes. The 36 % of women diagnosed with prediabetes will benefit from a comprehensive diabetes prevention program in making lifestyle changes related to eating healthy, increasing activity, stress management, and coping with challenges.

### REFERENCES

- American Diabetes Association. (2021). Gestational Diabetes. <https://www.diabetes.org/diabetes/gestational-diabetes>
- Virginia Department of Health. (2018). Diabetes burden in Virginia. [https://www.vdh.virginia.gov/content/uploads/sites/25/2016/05/Diabetes-in-Virginia-2017\\_final\\_7\\_17.pdf](https://www.vdh.virginia.gov/content/uploads/sites/25/2016/05/Diabetes-in-Virginia-2017_final_7_17.pdf)