Experiences of women, hospital clinicians and general practitioners with gestational diabetes mellitus postnatal follow-up: A mixed methods approach

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Problem: For women diagnosed with gestational diabetes mellitus (GDM), specific follow-up is recommended as an important public health strategy to prevent or delay progression to type two diabetes. Factors underlying poor follow-up are not well understood, however quality of communication is important.

Aims: Explore women’s, hospital clinician’s and general practitioner’s perspectives, practices and preferences to promote completion of recommended postnatal GDM follow-up.

Method: Three-phase, exploratory mixed-methods approach, interpreted with intergroup communication theory.

• Phase one: Perspectives - Interviews of mothers (n=13), hospital clinicians (n=13) and general practitioners (n=16).
• Phase two: Practices - Chart audit (n=86).
• Phase three: Preferences - Online clinician survey

Results: Study findings provide direction for seven pragmatic strategies to promote GDM follow-up.

Conclusions: This research informs seven practical recommendations to help promote completion of recommended postnatal GDM follow-up.

Next steps: Piloting a midwifery led intervention to evaluate these seven recommendations to promote completion of GDM follow-up.

Recommendations to support completion of GDM postnatal follow-up:

• Give women written information about GDM at the time of diagnosis.
• Continue to discuss GDM follow-up following the birth.
• Advise women to book a long postnatal appointment to ensure time for GDM follow-up.
• Create hospital discharge summaries for all women.
• Provide women with their discharge summary when they leave hospital.
• Include GDM diagnosis information in the discharge summary.
• Prioritise GDM follow-up plans and advice at the top of the summary.

Join the research: If you would like to get involved in this research and join the team email:

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