Establishing a gestational diabetes mellitus recall register: A South Australian pilot study

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INTRODUCTION

The Gestational Diabetes Mellitus (GDM) Recall Register was established in response to the lack of a systematic, long term follow up of women who have had GDM. The Register aimed to facilitate early detection of prediabetes and diabetes, allowing for earlier intervention, thus reducing diabetes-related complications. A pilot project was conducted from July 2002 to June 2004 to determine the feasibility of establishing a GDM Recall Register, in terms of recruitment, retention over time, and encouraging women on the Register to have regular diabetes check-ups.

RESULTS

Evaluation of Register Update forms (n=53), and results of a follow-up telephone survey indicated that approximately half of the registrants were actively responding by returning their update form (49.1%) and/or having a long term follow up blood glucose test (47.2%). No registrants reported being told by a doctor that they had developed diabetes.

METHODS

Two sites were involved, one private and one public hospital. Women with GDM were recruited to the Register at their routine appointment at the diabetes centre. Registrants were sent a letter approximately 15 months after their expected delivery date to remind them to have their diabetes status checked. Included was a form to notify the Register of the results of any blood glucose test in the past year. As at 30 June 2004, 107 women were enrolled on the Register. External validation analysis using SA Pregnancy Outcome Unit data indicate that this represented 76.9% of all women diagnosed with GDM at the two hospital sites.

CONCLUSIONS

The pilot project showed that the GDM Recall Register has the potential to recruit a high proportion of women with GDM. It has subsequently been expanded to include other sites within SA, resulting in a larger number of women having their diabetes status checked over the long term.