Why is the GDM Recall Register Required?

Up to 50% of women who have had GDM will progress to type 2 diabetes within 10 years. However, most existing follow-up systems monitor women with GDM for only a few months post-partum. Long-term follow-up is important. Earlier detection of pre-diabetes and type 2 diabetes with regular screening blood glucose tests, facilitated by the GDM Recall Register, will lead to reductions in diabetes-related complications and costs.

How are women recruited to the GDM Recall Register?

Women with GDM can be invited to enrol with the Register by any health professional providing care during pregnancy. To obtain participant information sheets and consent forms for recruitment to the Register please contact (08) 8161 8739 or email GDMRecallRegister@health.sa.gov.au

Consent and Confidentiality

Informed written consent is obtained from each participant and any information obtained for the Register remains confidential. Outcomes of the Register may be reported, but no information will be released that could lead to any registrant being identified. Registrants have the option of consenting to their general practitioner being informed that they have enrolled with the Recall Register.

What happens next?

Fifteen months after delivery of their baby, registrants are sent a letter reminding them to have their diabetes status checked by their general practitioner. Registrants are also asked to update any changes that have occurred to their contact details and/or diabetes status since the GDM Recall Register was last in contact with them. Each year thereafter, a letter is sent to every registrant reminding her to have their diabetes status checked by her general practitioner.

GP involvement in the GDM Recall Register

Involvement required by general practitioners for the GDM Recall Register is minimal. Reminder letters sent by SA Health every year, encourage women on the Register to visit their general practitioner and request a screening blood glucose test to check their diabetes status.

Maternal follow-up

It is important that women with GDM be counselled with regard to their increased risk of developing permanent diabetes. They should be made aware of the symptoms of hyperglycaemia. Advice should be given about the importance of healthy eating and exercise patterns. Lifestyle modifications that focus on increased physical activity, dietary change and weight loss should be offered to all individuals at high risk of developing type 2 diabetes.

Recommended blood glucose monitoring protocol

The Australasian Diabetes in Pregnancy Society (ADIPS) recommends that women whose pregnancies were affected by GDM should be offered an Oral Glucose Challenge Test (OGTT) between 6 to 8 weeks postpartum in order to exclude permanent diabetes. A repeat test, such as a fasting plasma glucose, should be performed at least every two years thereafter. If the screening test is positive (FPG ≥ 5.5 mmol/L), an OGTT can then be performed.

Subsequent pregnancies

Women should be counselled as to the risk of GDM in subsequent pregnancies and/or development of type 2 diabetes prior to any subsequent pregnancy. Pre-conception screening and earlier screening in pregnancy (13-14 weeks) is advised. A healthy lifestyle is to be encouraged between pregnancies.

References


South Australian GDM Recall Register

The South Australian Gestational Diabetes Mellitus (GDM) Recall Register is coordinated by SA Health to facilitate long term follow up for women diagnosed with GDM.

Purpose of the GDM Recall Register

Women who have had GDM have an increased risk of developing type 2 diabetes. The purpose of the GDM Recall Register is to support early detection and treatment of type 2 diabetes in at-risk women by promoting long-term follow-up.

The Register aims to:

- **Recruit** women who have been diagnosed with GDM, with their consent, to the Register;
- **Encourage** women on the Register to have their diabetes status checked: Reminder letters are sent annually prompting women to visit their general practitioner for a blood glucose screening test;
- **Retain** women enrolled on the Register, over many years.

For more information

CONTACT

GDM Recall Register

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