

NZCOM CONSENSUS STATEMENT

Gestational Diabetes

This Consensus Statement was ratified at the AGM 2006

Original Statement ratified 1996

References updated 2009

The New Zealand College of Midwives (Inc) considers that midwives have an essential role in alerting women to the factors in their history or health status that would advocate screening for gestational diabetes during pregnancy. These factors are:

- ethnicity (Maori, Pacific Island, Indian, Chinese)
- maternal obesity (pre-pregnancy BMI on average over 30kg/m² but level dependent on ethnicity)
- family history of diabetes
- maternal age over 30
- glycosuria on two or more separate occasions in the current pregnancy
- previous gestational diabetes, unexplained stillbirth or neonatal death, macrosomia
- multiple pregnancy

Women with pre-existing diabetes mellitus require close medical supervision throughout pregnancy.

Gestational diabetes which is not controlled is associated with increased pregnancy complications for the woman and her baby.

Midwives have a responsibility to inform women that increasing obesity and lifestyle factors in New Zealand society is leading to an increased incidence of diabetes. All women should be offered screening between 24- 28 weeks gestation for gestational diabetes but it is the woman's decision whether she wishes to be screened following this discussion.

Pregnancy is a time when diabetes may manifest itself in women with pre-disposing factors. Diagnosis of Gestational Diabetes in pregnancy followed by dietary advice, increased exercise and weight management decreases the incidence of complications for the woman and her baby in relation to the current pregnancy and may delay the onset of Type 2 diabetes later in the woman's life.

When diabetes is controlled during pregnancy, it may also reduce the risk of the baby developing diabetes and obesity later in life.

References:

- Title: Gestational Diabetes Mellitus in New Zealand Technical Report March 2007
- Author: Gestational Diabetes Mellitus Technical Working Party
Facilitators: David Simmons & Norma Campbell
- Source: NZCOM <http://www.midwife.org.nz>
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- Authors: David Simmons, Janet Rowan, Rosemary Reid, Norma Campbell; on behalf of the National GDM Working Party
- Source: New Zealand Medical Journal. 14-Mar-2008 - Vol 121 No 1270

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The purpose of New Zealand College of Midwives Consensus Statements is to provide women, midwives and the maternity services with the profession's position on any given situation. The guidelines are designed to educate and support best practice. All position statements are regularly reviewed and updated in line with evidence-based practice.