Completion of Postpartum Glucose Testing in Women with Gestational Diabetes with a 6-week vs 2- to 3-week Postpartum Visit: Preliminary Results

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INTRODUCTION

- About 2-10% of all pregnancies are affected by gestational diabetes mellitus (GDM)[1]
- Women with GDM are 7x more likely to develop type 2 diabetes mellitus compared to those without GDM within 10 years after delivery[2]
- ADA and ACOG recommend glucose testing at 4-12 weeks after delivery to identify women with diabetes or impaired glucose metabolism[3]
- Postpartum glucose screening rates in women with GDM remains strikingly low at 3.4%-38%[4]
- Scheduling an earlier postpartum visit resulted in higher attendance rates; however, there is limited data on how an earlier postpartum visit may impact rates of postpartum glucose testing[5]

OBJECTIVES

- **Primary objective:** Compare completion of glucose testing within 4-12 weeks among women who were scheduled for 6-week versus a 2- to 3-week routine postpartum appointment
- **Secondary objectives:** Compare completion of glucose testing within 12 months in both groups
- **Hypothesis**: An earlier routine follow-up visit leads to higher rates of glucose testing

MATERIALS & METHODS

- Retrospective chart review of all deliveries at UCDMC between 6/2014– 6/2016. IRB approved.
- Inclusion: GDM, 18 years or older, received prenatal care in OB/GYN department
- Exclusion: Known T1DM, T2DM or multiple deliveries within timeframe
- Statistics: T-test, Fisher's exact test, or Chi-Squared test; as appropriate

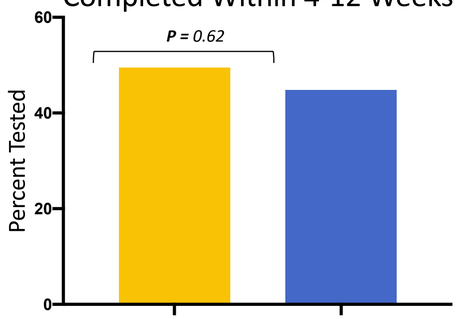
RESULTS

- 1940 charts reviewed: 161 (8.3%) met inclusion criteria
  - 103 (64.0%) scheduled for 6-week visit
  - 58 (36.0%) scheduled for 2- to 3-week visit.
- Overall
  - 77 (47.8%) completed postpartum glucose testing within 4-12 weeks after delivery
  - 62 (38.5%) completed postpartum glucose testing within 12 months after delivery
  - 22 (13.7%) did not complete postpartum glucose testing

Demographics for patients included in either the 6-week or 2- to 3-week return visit cohort

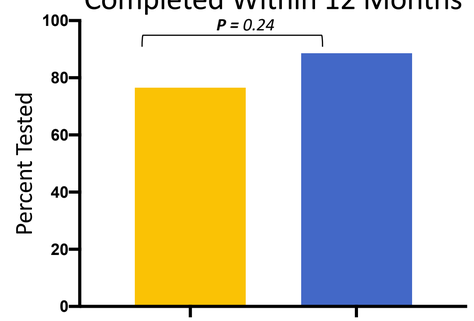
	6-Week Visit (n=103)	2- to 3-Week Visit (n=58)	P-value
Age (years)	33.25 ± 5.72	33.09 ± 5.21	0.86
Gravidity			0.52
1	24 (23%)	9 (16%)	
2	31 (30%)	18 (31%)	
3	20 (19%)	11 (19%)	
4	13 (13%)	5 (9%)	
5	8 (8%)	8 (14%)	
6 or more	7 (7%)	7 (12%)	
Parity			0.94
0	28 (27%)	14 (24%)	
1	40 (39%)	22 (38%)	
2	22 (21%)	13 (22%)	
3 or more	13 (13%)	9 (16%)	
Prior miscarriage	31 (30%)	26 (45%)	0.08
Prior abortion	38 (37%)	25 (43%)	0.40

Postpartum Glucose Test Completed Within 4-12 Weeks



- 51/103 (49.5%) in 6-week group
- 26/58 (44.8%) in 2- to 3-week group

Postpartum Glucose Test Completed Within 12 Months



- 39/51 (76.5%) in 6-week group
- 23/26 (88.5%) in 2- to 3-week group

CONCLUSION

- Scheduling an earlier postpartum visit does not increase completion of postpartum glucose testing among women with GDM
- Other factors (e.g. transportation, childcare) need to be explored to facilitate completion of postpartum glucose screening

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