3 MEDICAL DISORDERS ASSOCIATED WITH PREGNANCY

3.1 DIABETES IN PREGNANCY

3.1.3 DIABETES EDUCATION

Key words: diabetes education, diabetes classes

AIM

To ensure all women with diabetes have access to appropriate comprehensive education programmes, both individual and in the group setting.

KEY POINTS

1. All women with Gestational Diabetes who are referred to the Diabetes Service shall be offered a gestational diabetes education class as soon as possible after diagnosis.
2. All women with pre existing diabetes shall be offered a pregnancy and diabetes education class.
3. Diabetes education classes shall be culturally appropriate and adapted to meet individual needs.
4. Diabetes and pregnancy education classes shall be facilitated by the diabetes midwife and dietician.

EDUCATION SESSIONS

Education sessions are facilitated by a diabetes midwife and dietitian and are conducted routinely. Contact the diabetes service to book classes.

GESTATIONAL DIABETES

CLASS CONTENT

As classes are adapted to suit individuals- the content may vary.

- What is diabetes?
- Basic physiology - the role of food and insulin.
- The effects of diabetes on pregnancy.
- The effects of pregnancy on diabetes.
- The role of healthy eating in blood glucose control.
- The role of exercise in blood glucose control.
- Breastfeeding and GDM.
- Lifestyle changes.
- Postnatal issues.
- Future risk of diabetes.
- Advice regarding planning future pregnancy and contraception.
- Managing the psychological/psychosocial aspects of coping with diabetes.
- Providing women access to equipment and supplies to effectively manage their diabetes.
- Self-monitoring blood glucose.\(^1\)
- Self-insulin administration and insulin adjustment (if required).

**TYPE 2 DIABETES**

**CLASS CONTENT**

*Education includes aspects of the following as appropriate:*\(^2\)

- What is diabetes? The types of diabetes
- Basic physiology - the role of food and insulin.
- Insulin requirements in each trimester\(^3\)
- The effects of diabetes on pregnancy\(^4-6\)
- The effects of pregnancy on diabetes
- The role of healthy eating in blood glucose control\(^7\)
- The role of exercise in blood glucose control
- Self monitoring blood glucose / equipment check
- Review of type 2 medications in regards to suitability in pregnancy
- Self insulin administration and insulin adjustment / equipment check\(^3\)
- Lifestyle changes
- Postnatal issues
- Advice regarding planning future pregnancy and contraception
- Managing the psychological/psychosocial aspects of coping with diabetes
- Providing women access to equipment and supplies to effectively manage their diabetes

**TYPE 1 DIABETES**

**CLASS CONTENT**

*Education includes aspects of the following as appropriate:*\(^2\)

- What is diabetes? The types of diabetes
- Basic physiology - the role of food and insulin.
- Insulin requirements in each trimester\(^3\)
- The effects of diabetes on pregnancy\(^4-6\)
- The effects of pregnancy on diabetes
• The role of healthy eating in blood glucose control
• The role of exercise in blood glucose control
• Self monitoring blood glucose / equipment check
• Self insulin administration and insulin adjustment / equipment check
• Breast feeding & hypoglycaemia – insulin adjustment
• Lifestyle changes
• Postnatal issues
• Long and short term complications of diabetes.
• Advice regarding planning future pregnancy and contraception
• Managing the psychological/ psychosocial aspects of coping with diabetes
• Providing women access to equipment and supplies to effectively manage their diabetes

REFERENCES:
