3 MEDICAL DISORDERS ASSOCIATED WITH PREGNANCY

3.1 DIABETES IN PREGNANCY

3.1.4.1 QUICK REFERENCE GUIDE – MIDWIFERY CARE OF THE WOMAN WITH DIABETES DURING PREGNANCY AFTER ADMISSION

This Quick Reference Guide must be used in conjunction with its respective Clinical Guidelines, Section B, 3.1. Assessments and care recommended in this guide must be re-evaluated and adjusted if required, in the event of a change in maternal or fetal condition. Midwifery staff should be familiar with the contents of the full guideline.

MATERNAL ASSESSMENT

Blood Pressure:	Twice Daily
Temperature:	Daily
Pulse:	Daily
Vaginal loss:	4 hourly
Uterine activity:	4 hourly
Urinalysis:	Daily
Overnight:	Less than 20 weeks gestation BGL overnight (0200hrs-0400hrs) twice a week Not between 2200 hours and 0600 hours unless indicated
Bowels:	Daily
Blood Glucose Level (BGL):	4 point profile (fasting and two hours post prandial) – as ordered Aim for fasting less than 5.5mmol/L & two hours post prandial less than 7mmol/L Document on MR265 - Diabetes Record **Notify diabetes physician if blood glucose is greater than 10mmol/L**

FETAL ASSESSMENT

Movements:	4 hourly
Heart Rate:	Twice daily
CTG frequency:	as ordered – usually twice weekly STAT if uncontrolled BGL, maternal or fetal tachycardia, maternal hypertension or any deterioration in maternal or fetal condition.
Ultrasound:	as ordered

PROCEDURES TO BE CONSIDERED

Maternal laboratory investigations: Hb A1C
Corticosteroids – inform diabetes physician BEFORE their administration
Ultrasound
CTG

EDUCATION

Diabetes in pregnancy
Plan of care
Caesarean section
Snack cards
Diet: 5 to 6 low fat/GI meals/day
Preterm birth
Special Care Nursery
Breastfeeding and diabetes

ACTIVITY

If maternal condition permits encourage ambulation
Explain that exercise will increase glucose absorption.

DOCUMENTATION

CHECK Diabetes Management Plan sticker

MR265	Diabetes Record
MR265.01	Insulin infusion
MR285	Observation Sheet
MR810	Medication Chart
MR250	Progress Notes
MR410	Neonatal History Sheet

☐ Baby notes prepared
☐ Perinatal Database record updated

REFERRALS TO BE CONSIDERED

Aboriginal Liaison Officer
Activities Coordinator
Diabetes Educator
Dietitian – record on Diabetes Record
Neonatologist
Parent Education
Psychological Medicine
Social Worker