STUDY OF FETOMATERNAL OUTCOME IN GESTATIONAL DIABETES MELLITUS

ABSTRACT

BACKGROUND: India being the diabetic capital of the world, Indian women have a high prevalence of Gestational Diabetes Mellitus (16.5%). It can cause a wide range of complications as well as long term implications in both the mother and fetus. A large proportion of women also progress to become overt diabetics in the future hampering with their quality of life by causing morbidity in various forms.

AIM: To study the fetomaternal outcome in women with Gestational Diabetes Mellitus at CHENGALPATTU MEDICAL COLLEGE, CHENGALPATTU and the incidence of glucose intolerance in these women during the postpartum period.

METHOD: All patients attending the antenatal OPD at CHENGALPATTU MEDICAL COLLEGE were offered a 75g Glucose Challenge Test and 400 patients diagnosed with GDM were included in the study from October 2016-September 2017 for a period of one year. Fetomaternal complications were studied and postpartum follow up was done in these patients.

RESULTS: Out of these 400 women, 49% delivered via LSCS, 46% via labor naturalis and 5% via instrumental delivery. 59.5% were on insulin and 40.5% were treated with meal plan. Pre-eclampsia complicating pregnancy was seen in 26%, polyhydramnios was encountered in 17.5%, Urinary tract infection in 11%, preterm labour in 8.8% and PROM in 6.8%. Adverse fetal outcome was seen in 5% of the babies. Birth asphyxia was seen in 7.2%, macrosomia in 13%, shoulder
dystocia in 1.8%. 5.2% of the babies had congenital anomalies. In the postpartum follow up at 6 weeks 22.8% of the study population were glucose intolerant (75g OGTT).

CONCLUSION: Early detection and prompt management of this condition can tremendously reduce the short term and long term complications in both the mother and fetus.

KEYWORDS: Gestational diabetes mellitus, maternal, fetal outcome, GCT (Glucose challenge test), OGTT (Oral glucose tolerance test)

KEYWORDS: Pre-eclampsia, Abruption, HELLP, IUGR, Maternal and perinatal outcome.