“ONE STEP APPROACH FOR DIABETES MELLITUS IN PREGNANCY”

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ABSTRACT

BACKGROUND AND OBJECTIVES

In the Indian context, screening for Diabetes is essential in all pregnant women, as the Indian women have an eleven fold increased risk of developing glucose intolerance during pregnancy. For this, we need a simple procedure which is economical and feasible. Hence this study was undertaken as a screening which is acceptable, economical and feasible to perform.

METHODS:
Type of study- Prospective study.

Sample: 100 pregnant women attending the antenatal OPD in PSG Hospitals, Coimbatore

Data collection: In a predesigned proforma.

Methodology :
Pregnant women with 24-28 weeks of gestation were given 75 grams of oral glucose load GCT, irrespective of their meal & venous blood sample drawn alter 2 hour. These patients were called back within 10 days and FBS

CONCLUSION:

• For universal screening, GCT performed irrespective of last meal timing with 75g glucose load is a patient friendly approach. This method recommended by WHO serves both as a one step screening & diagnostic procedure & is easy to perform besides being economical.

RESULTS:

There was positive correlation between BMI, elderly primi and GDM. 16% of cases did not have risk factors, hence the need of universal screening. The
CONCLUSION:

- For universal screening, GCT performed irrespective of last meal timing with 75g glucose load is a patient friendly approach. This method recommended by WHO serves both as a one step screening & diagnostic procedure & is easy to perform besides being economical.

  sensitivity and specificity was found to be low than the estimated value.

**KEY WORDS: GDM, 75g glucose GCT, 2hr PPG, WHO, OGTT.**

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