

SFHDiabPD03

Support and review care plans to help women with diabetes prepare for a safe and healthy pregnancy



Overview

This standard covers working with women with diabetes who intend to become pregnant. The plan will be reviewed jointly with the woman, and if she chooses, with her partner or other family support. The plan may also require: -learning how to gain tighter control over blood glucose levels -different medication, including starting insulin therapy for women with Type 2 diabetes and providing continuing support for them taking insulin.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 include women with diabetes and their partners as members of the care team, involve them in decisions about their care, and provide them with sufficient appropriate information for them to participate fully in making decisions
- P2 monitor progress with the care plan in partnership with the woman and her partner, at agreed intervals appropriate to the woman's needs and the risks to be managed
- P3 confirm that any support or interventions by the care team that were agreed in the care plan have been carried out as planned, and agree action with the woman, her partner and with your colleagues where problems have arisen
- P4 in discussion, assess the understanding of the woman and her partner of the woman's diabetes, the risks of diabetes and pregnancy, and what they can do to prepare for a safe and healthy pregnancy, and provide information at appropriate times to reinforce and develop this understanding
- P5 encourage the woman and her partner to use effective contraception until optimal blood glucose control is achieved
- P6 jointly identify and acknowledge the woman's achievements where she has been successful in achieving her targets, and provide positive support and reinforcement when she has not been able to reach her goals
- P7 discuss with the woman and her partner any problems or difficulties in following the plan, and explore how they may be addressed
- P8 discuss any potential adjustments to the care plan with the woman and her partner in a way that enables them to understand benefits and limitations and to make an informed choice
- P9 jointly agree when it is safe to cease contraception and to proceed to try to conceive
- P10 throughout this period, provide support to help the woman and her partner maintain their motivation to
 - P10.1 manage her diabetes and reduce her blood glucose and HbA1c levels
 - P10.2 wait until it is safe before they try to become pregnant
 - P10.3 try to become pregnant, when it is safe to do so, if there are difficulties in conceiving
- P11 communicate with other members of the healthcare team to ensure there is a coordinated approach to providing care and support

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery in relation to diabetes and pregnancy
- K2 theories of the causes of diabetes
- K3 signs and symptoms of diabetes, including WHO criteria for diagnosis
- K4 normal and abnormal blood glucose and HbA1c values
- K5 how to monitor glucose levels, HbA1c, lipids, blood pressure
- K6 the importance and effects of patient education and self management
- K7 the psychological impact of diabetes, at diagnosis and in the long term
- K8 how to gather information from patients about their health
- K9 how to work in partnership with patients and carers
- K10 the social, cultural and economic background of the patient/carer group
- K11 the impact of nutrition, particularly carbohydrates, on diabetes
- K12 the impact of physical activity on diabetes
- K13 the effects of smoking, alcohol and illicit drugs on diabetes management
- K14 the effects of, and how to manage, intercurrent illness
- K15 how to manage hypoglycaemia
- K16 the use of insulin to manage diabetes
- K17 other medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 the risks of a mother's diabetes to the mother and to the child
- K20 the effects of pre-existing long term complications on the risks
- K21 how to manage diabetes before pregnancy
- K22 the medications used to manage diabetes during pregnancy and the medications that are contra-indicated
- K23 how to manage high blood pressure during pregnancy
- K24 the priorities for managing diabetes during each trimester of pregnancy, during labour, and following delivery
- K25 relevant professional guidelines, standards and codes of professional conduct
- K26 the law and good practice guidelines on consent
- K27 your role in the healthcare team and the role of others
- K28 legal frameworks concerning prescribing
- K29 local guidelines on diabetes healthcare
- K30 the arrangements for supporting women with diabetes who are pregnant or who are planning pregnancy
- K31 local referral pathways
- K32 local systems for recording patient information
- K33 audit and quality assurance systems
- K34 sources of practitioner and patient information on diabetes and on pregnancy
- K35 contact details of local and national support groups

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K36 how individuals can access facilities for exercise and physical activity

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

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