

## SFHDiabPD10

### Identify symptoms of gestational diabetes and refer a woman for further assessment



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#### Overview

This standard covers identifying symptoms of gestational diabetes in a pregnant woman and referring them to a qualified healthcare professional for further examinations and a diagnosis. You may identify these symptoms while you are supporting the woman during her pregnancy. The woman may be accompanied by her partner, or by family or friends, and these companions should be involved in the discussion to the extent that the woman wishes them to be.

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 communicate with the woman, and any companion she chooses to accompany her, in an appropriate manner, recognising the stressful nature of a potential diagnosis of diabetes during pregnancy
- P2 ask appropriate questions that will enable you to assess whether the woman may have developed gestational diabetes
- P3 obtain/confirm the individual's and their family's relevant medical history, and the individual's recent and past medications
- P4 explain clearly to the woman what is involved in a further assessment and obtain their informed consent to the process
- P5 minimise any unnecessary discomfort and encourage the woman's full participation in the assessment
- P6 carry out baseline observations and diagnostic tests relevant to confirming the presence of diabetes, or review information from these observation and tests where they have already been carried out as part of ante-natal care
- P7 where diabetes is indicated, raise the possibility of this diagnosis with the woman and refer them to an appropriate qualified healthcare professional for further investigation
- P8 assess the woman's understanding of the information you have given them, and where necessary confirm the main points, and the next steps they, and the healthcare team, need to take
- P9 record your findings and your referral in a form that can be followed by other members of the care team, the woman and her partner

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### Knowledge and understanding

*You need to know and understand:*

- K1 national guidelines on diabetes management, education and service delivery
- K2 causes of diabetes
- K3 signs and symptoms of gestational diabetes
- K4 normal and abnormal blood glucose values
- K5 how to monitor glucose levels and 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, and how to manage, intercurrent illness
- K14 the medications used to manage diabetes
- K15 professional guidelines, standards and codes of professional conduct that are relevant to you
- K16 the law and good practice guidelines on consent
- K17 your own role in the healthcare team and the role of others
- K18 local guidelines on gestational diabetes healthcare
- K19 relevant local referral pathways
- K20 local systems for recording patient information
- K21 audit and quality assurance systems
- K22 sources of practitioner and patient information on diabetes

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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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<b>Developed by</b>	Skills for Health
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<b>Relevant occupations</b>	Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Diabetes
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<b>Key words</b>	diabetes
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