

SFHDiabPD11

Assess a woman for gestational diabetes and make a diagnosis



Overview

This standard covers assessing women who have symptoms of gestational diabetes and making a diagnosis. 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 ask appropriate questions that will enable you to assess whether the woman is experiencing symptoms of diabetes
- P2 respect the woman's privacy, dignity, wishes and beliefs
- P3 obtain/confirm the woman's and her family's relevant medical history and her recent and past medications
- P4 carry out baseline observations and tests relevant to confirming the presence of diabetes, following national, local and organisational guidelines and protocols
- P5 minimise any unnecessary discomfort and encourage the woman's full participation in the assessment
- P6 make a justifiable assessment, based on the woman's responses, baseline observations and tests and other medical conditions, whether to refer her for further investigations
- P7 arrange further investigations, if required, following national, local and organisational guidelines and protocols
- P8 explain to the woman and her companion why you are arranging further investigations, if any, what can be expected to happen and the expected timescales and possible implications of normal and abnormal results
- P9 provide opportunities for the woman and her companion to ask questions and increase their understanding of diabetes
- P10 assess how the woman and her companion are feeling and provide reassurance where appropriate
- P11 interpret all the evidence available and make a justifiable assessment of
 - P11.1 whether the woman has diabetes
 - P11.2 the woman's type of diabetes
 - P11.3 the implications of other medical conditions the woman may have
 - P11.4 the woman's related needs
 - P11.5 risks to the woman's health and well being in the short and longer term
- P12 consult with colleagues, or seek advice from others who are able to assist, where you are unable or unsure of how to interpret the information you have gathered
- P13 consider who is the most appropriate person to confirm and to communicate the diagnosis, according to local protocols
- P14 make a full, accurate and clear record of the information obtained, results of baseline observations and tests, and agreed follow-up action

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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 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 smoking, alcohol and illicit drugs
- K14 the effects of, and how to manage, intercurrent illness
- K15 the risks of a mother's diabetes to the mother and to the child
- K16 the medications used to manage diabetes during pregnancy and the medications that are contra-indicated
- K17 the priorities for managing diabetes during each trimester of pregnancy, during labour, and following delivery
- K18 relevant professional guidelines, standards and codes of professional conduct
- K19 the law and good practice guidelines on consent
- K20 your role in the healthcare team and the role of others
- K21 local guidelines on diabetes healthcare
- K22 the arrangements for supporting women with diabetes who are pregnant
- K23 local referral pathways
- K24 local systems for recording patient information
- K25 audit and quality assurance systems
- K26 sources of practitioner and patient information on diabetes
- K27 contact details of local and national support groups

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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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