

SFHDiabPD15

Support and advise women with gestational diabetes after they have given birth



Overview

This standard covers providing post-natal support and advice to women who were diagnosed with gestational diabetes. The standard includes carrying out an assessment for symptoms of diabetes at an appropriate time after the birth. If the diabetes was gestational, there should be no remaining symptoms. If there are still symptoms, the woman may have developed Type 2 diabetes during pregnancy, and further care planning will be necessary.

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 work in full partnership with other members of the multi-disciplinary team involved in providing care and support for post-natal care to ensure that holistic care is provided
- P2 provide information and advice in suitable forms on any potential symptoms the woman may experience in relation to her diabetes after she has given birth
- P3 agree dates that are convenient for the woman and her partner for a post-natal diagnostic tests and a meeting to assess and discuss her diabetes, and ensure that the woman and her partner know how to access help and advice between meetings, if they need it
- P4 at the post-natal meeting, through discussion with the woman of any subjective symptoms, and through reviewing the results of diagnostic tests, assess for the presence of diabetes, following national, local and organisational guidelines and protocols
- P5 where diabetes is no longer present, inform the woman of the results, and provide information and advice in suitable forms
 - P5.1 on diet and physical activity to reduce the risks of developing diabetes in future
 - P5.2 on regular screening for diabetes
 - P5.3 on how to manage the risks of developing diabetes during any further pregnancy
- P6 where diabetes is still present, inform the woman of the results, and agree the next steps in establishing a care plan
- P7 make and accurate record of the outcomes of the meeting and the information and advice you have provided, in a form that can be followed by other members of the care team, the woman and her partner, and arrange for the results of the meeting to be communicated to the woman's GP and any other members of the multi-disciplinary team who will be involved in her care

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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 medications used to manage diabetes
- K16 the risks of a mother's diabetes to the mother and to the child
- K17 the priorities for managing diabetes 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 or who are planning pregnancy
- 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 and on pregnancy
- K27 contact details of local and national support groups
- K28 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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