

Diabetes Education Beyond the Gestational Period

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Diabetes Education Beyond the Gestational Period

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Purpose/Background

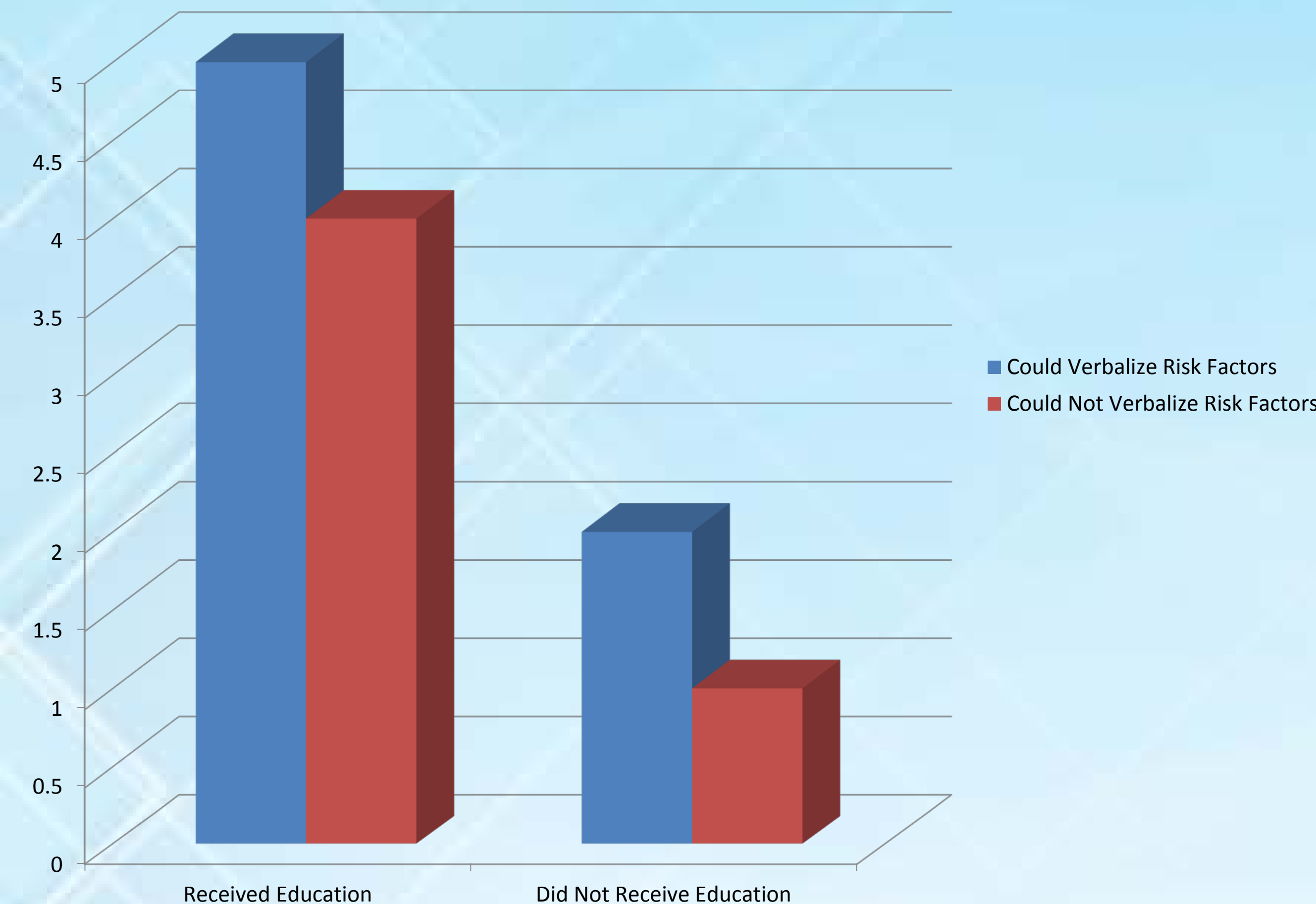
- In mothers previously diagnosed with gestational diabetes (GDM), does diabetes education in the postpartum period compared with no education increase early detection of the risk factors of type II diabetes.
 - Women with a history of gestational diabetes are at a higher risk of developing type 2 Diabetes in the postpartum period
 - Diabetes education is a necessary component in providing women with the tools to identify risk factors of Type 2 diabetes
 - MBU has no current diabetes education in place for the gestational mother during postpartum

Process

- Upon admission a folder containing policies, procedures, and educational paperwork is reviewed with each mother.
- During this time the nurse will review the major risk factors related to Diabetes Mellitus for mothers previously diagnosed with gestational diabetes.
- The nurse will record which patients were educated on admission on provided form.
- Prior to discharge, each GDM postpartum mother will verbalize understanding of risk factors related to DM and will identify one lifestyle modification and one diet modification they will implement into their life at home. Questions will be encouraged and answered.

Results

- Out of the 7 patients that received education, 5 were able to verbalize understanding of teaching.
- Out of the 2 patients that did not receive education, 1 was already aware of the risk factors.



<https://www.google.com/search?q=pregnant+mom+walking>

Evidence

- Implementing lifestyle changes, such as walking, biking, dance, meditation, yoga, etc. will decrease the risk of developing type II diabetes and heart disease in postpartum GDM mothers.
- By modifying diet to be more manageable and sustainable, postpartum GDM mothers will decrease the risk of GDM in future pregnancies, also decreasing the risk of childhood obesity in their children.
- Exclusive breastfeeding leads to stabilization of mother's blood sugar and additionally helps prevent obesity in offspring.

Conclusion

- Most mothers verbalized they were not aware that gestational diabetes puts them at a greater risk of developing type II DM.
- After education, most mothers stated they felt better equipped to recognize triggers related to the development of type II DM.

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