

Establishing a Basis for Implementation of a Patient Centered Intervention for Improvement of Gestational Diabetes Follow-Up at University of Colorado Hospital

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Abstract

Individuals diagnosed with gestational diabetes in pregnancy are several times more likely to develop type 2 diabetes following delivery than those that did not have gestational diabetes. There is evidence of very poor compliance with the recommended postpartum glycemic testing at institutions across the United States and a variety of patient barriers have been identified. We performed a retrospective chart review and administered a patient survey to evaluate compliance and assess patient barriers at the University of Colorado. We found that the rate of postpartum glycemic testing was extremely poor at 20% and patients were not receiving information regarding long term risks associated with gestational diabetes or the recommendations for glycemic testing after pregnancy.