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The effects of diabetes education by a nurse practitioner on outcomes for gestational diabetes mellitus patients

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Background & Aim: Gestational Diabetes Mellitus (GDM) education was implemented by a Nurse Practitioner (NP) once a week in Nippon Medical School Musashikosugi Hospital. Here, we present the effect of such education over the period 2011-2015 for patients with GDM.

Methods: From 2011-2015 there were 267 patients with GDM from 4626 pregnant women and 247 GDM patients were analyzed. At 26-28 weeks of gestation, a 75g OGTT was performed and patients with more than one point positive for Japanese GDM diagnostic criteria received clinical education for GDM management every 2 weeks. Education encompassed dietary advice, which was suitable for patient life style and instruction in self-monitoring of blood glucose or insulin injection.

Results: One point positive patients were 145 (58.7%), two points positive patients were 82 (33%) and three points positive patients were 20 (8%) in Japanese GDM diagnostic criteria. 46 (18.6%) patients received insulin therapy. Glycated albumin was $13.1 \pm 0.13\%$ (mean \pm 2SD) at the first visit to our center and $12.8 \pm 0.08\%$ (mean \pm 2SD) in the period of delivery ($p < 0.01$). Weight of the new born was 3083 ± 476 g (mean \pm 2SD). 79 (32%) patients received Cesarean section. There were 2 still births and one of them was twins.

Findings: It is important to educate intensively to give an understanding of therapy for GDM over short periods. Since we educated the patients in outpatient departments, the education provided was suitable for the patient's own lifestyle. The education by the NP is useful for treating GDM patients to ensure normal gestational periods and normal newborn.

Biography

Hitomi Fukunaga has been working as a Nurse since 1987. She entered Kanagawa University, School of Law, to extend her carrier and graduated in 1997. Working as a Nurse, she accomplished the Master course of International University of Health and Welfare to be a Nurse Practitioner in 2011. Since then, she has taken care of patients of diabetes and other chronic diseases, mostly out patients, as a Nurse Practitioner at Musashikosugi Hospital, Nippon Medical School in Kawasaki City. Presently she is a Nursing Chief Director of the hospital. The most of her effort is made for education of nurses, work-life balance of nurses, safety and ethics of the hospital.

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