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Women's engagement, views and experiences of postnatal follow-up after Gestational Diabetes Mellitus in pregnancy

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The evidence base relating to women's engagement and experiences of postnatal care following Gestational Diabetes Mellitus (GDM) in the United Kingdom (UK) is limited. Additionally, the uptake of a postnatal fasting blood glucose testing following GDM appears to be poor. This study aimed to explore women's engagement, views and experiences of postnatal care following GDM in the UK. An online survey of participants that had GDM was undertaken to gather mixed-methods data regarding women's engagement, views and experiences of postnatal care. Demographic data were also collected. A total of 31 participants completed the online survey; respondents were from two countries in the UK only (England and Wales). Some respondents indicated positive postnatal experiences following GDM. However, overall, findings indicated a general dissatisfaction with the care provided, mostly due to the inconsistency of information and advice in relation to the type of screening test and the timing, location and organization of blood glucose screening and follow up care. This study provides an insight into ways that may improve women's engagement, views and experiences of postnatal care following GDM in England and Wales. Findings indicate a lack of consistent adherence to national guidance. A clear care pathway facilitating continuity of care for women in the postnatal period following GDM, along with further education and support for health professionals may improve the provision of postnatal care. The authors recognize the limitations of this small standalone study however; findings highlight the need for further exploration of postnatal follow up following GDM in the UK.

Biography

Sian Pierce Roberts completed an MSc in Public Health and Health Promotion at Bangor University in 2018. Author SPR is a Community Midwife in an area in the UK and undertook this work as part of a master's project