

Table 5: Effects of prepregnancy care by type of diabetes

	Type 1 diabetes (n=405)			Type 2 diabetes (n=271)		
	PPC	No PPC	p value	PPC	No PPC	p value
Demographics¹	<u>N=127</u>	<u>N=278</u>		<u>N=53</u>	<u>N=218</u>	
Age*	31 (25-38)	29 (20-38)	<0.0001	35 (27-39)	34 (25-40)	0.3
White Ethnicity	122 (96.1%)	266 (95.7%)	0.6	44 (83.0%)	119 (54.6%)	0.001
Area of deprivation	47 (37.6%)	137 (49.6%)	0.1	25 (49%)	135 (62.2%)	0.03
BMI at booking*	24.7 (21-31)	25.7 (22-32)	0.04	33.9 (26-40)	32.2 (24-43)	0.8
Glycaemic control (HbA1c %)**						
Prepregnancy*	7.4 (6.5-9.0)	8.6 (6.5-12.1)	<0.0001	6.6 (5.6-8.1)	7.1 (5.7-10.8)	<0.0001
Booking ≤ 7.0%	43 (47.3%)	46 (26.1%)	0.0009	29 (67.4%)	66 (54.5%)	0.2
Trimester 1*	6.9 (6.2-8.4)	7.8 (6.1-9.8)	<0.0001	6.4 (5.5-7.7)	6.8 (5.7-8.8)	0.007
Trimester 2*	6.5 (5.7-7.5)	7.0 (5.7-8.5)	<0.0001	5.9 (5.1-6.7)	6.0 (5.2-7.3)	0.03
Trimester 3*	6.6 (5.6-7.5)	6.8 (5.6-8.4)	0.003	6.1 (5.2-6.9)	6.2 (5.2-7.3)	0.2
Preparation for pregnancy						
EASIPD leaflet	53 (47.8%)	52 (20.5%)	<0.0001	15 (33.3%)	15 (7.6%)	<0.0001
Therapy at conception						
Diet only	0	0		4 (7.5%)	68 (31.2%)	0.0009
Insulin	100%	100%		38 (74.5%)	38 (17.4%)	<0.0001
ACE inhibitor	1 (0.8%)	5 (1.8%)	0.7	1 (1.9%)	18 (8.3%)	0.2
Statin	0 (0%)	7 (2.5%)	0.2	0	31 (14.2%)	0.007
Metformin	9 (7.1%)	4 (1.4%)	0.007	31 (58.5%)	119 (54.6%)	0.7
Folic acid 5mg	111 (89.5%)	69 (28.6%)	<0.0001	45 (84.9%)	41 (23.3%)	<0.0001
Booking gestation*	6.6 (4.4-9.9)	7.6 (5-14)	<0.0001	7.3 (5-12)	7.9 (5-15)	0.04
Pregnancy outcome²	<u>N=106</u>	<u>N=228</u>		<u>N=45</u>	<u>N=177</u>	
Malformation	1 (0.9%)	13 (5.7%)	0.08	0	10 (5.6%)	0.2
Stillbirth	1	4	0.9	0	2	0.9
Neonatal death	0	3	0.6	0	0	
Perinatal mortality	1	7	0.4	0	2	0.9
Serious adverse outcome	2 (1.9%)	20 (8.8%)	0.03	0	12 (6.8%)	0.2

¹Maternal demographics, glycaemic control and indicators of pregnancy preparation are reported for 676 pregnancies. Pregnancies in women who moved into the area during pregnancy (n=6) and those in women with neither type 1 nor type 2 diabetes (n=4) are excluded.

*Variables are reported as median (10th-90th centile)

** 38/401 (9.4%) women with type 1 diabetes used insulin pump therapy before or during pregnancy

² Pregnancy outcomes are reported for 556 pregnancies (includes all pregnancies > 20 weeks gestation and all terminations for congenital malformation) in mothers with documented type 1 and type 2 diabetes.



Centre:

Patient code:

East Anglia Study Group
Improving Pregnancy Outcomes
In Diabetes

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Regional Prepregnancy Care Proforma

Gravida Parity DOB (eg 31/1/1980): Post code:

Type of diabetes:

- ☐ Type 1 ☐ Other (specify)
☐ Type 2

Diabetes complications

- ☐ Retinopathy ☐ Neuropathy
☐ Nephropathy ☐ Vascular

Ethnicity

- ☐ Caucasian ☐ Other (please state)
☐ Afro-Caribbean
☐ Asian

Folic acid:

- ☐ None
☐ 400µg / day
☐ 5 mg / day

Started:

Diabetes therapy:

- ☐ Diet alone
☐ Insulin
☐ Sulphonylurea
☐ Metformin
☐ Glitazone
☐ Acarbose

Other (specify)

Other therapy:

- ☐ Statin
☐ ACE inhibitor
☐ Antidepressant
☐ Anti-epileptic
☐ Other

Insulin therapy:

- ☐ Pump
☐ Injections Number
Total daily dose (Units)

EASiPOD ☐ Yes

Leaflet read ☐ No

Rubella ☐ Yes

immune ☐ No

Blood glucose monitoring:

Weight (kg): Height (m): Contraception: Smoking:

Prepregnancy care health professionals seen: ☐ DSN ☐ Dietician ☐ Obstetrician
☐ Midwife ☐ Physician ☐ Multidisciplinary Team

Current HbA1c: Target HbA1c:

Severe hypo ☐ Yes

In last 12 mths: ☐ No

DKA in ☐ Yes

last 12 mths: ☐ No

Risks discussed: (CEMACH figures)

- ☐ Hypoglycaemia / Warning signs change
☐ DKA
☐ Pre-eclampsia increased risk
☐ Caesarean delivery rate 66%
☐ Congenital malformation 2x greater risk
☐ Stillbirth 5x greater risk
☐ Perinatal death 3x greater risk
☐ Macrosomia risk 50%
☐ Premature delivery 3x greater risk
☐ Increased BMI

Follow-up prepregnancy visits

Date: HbA1c

Date: HbA1c

Date: HbA1c

Date: HbA1c

Date: HbA1c

Number of phone contacts:

Number of clinic visits: