

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## General practice indicator for the NICE menu

**Indicator area:** Gestational Diabetes

**Indicator:** NM151

**Date:** June 2017

### Introduction

Approximately 650,000 women give birth in England each year with 2-5% of pregnancies involving women with diabetes. Diabetes in pregnancy is associated with risks to both the woman and the developing foetus. An estimated 87.5% of pregnancies complicated by diabetes are due to gestational diabetes. Gestational diabetes is defined by the WHO as 'carbohydrate intolerance resulting in hyperglycaemia of variable severity with onset or first recognition during pregnancy'. It is usually identified during an oral glucose tolerance test at 24-28 weeks gestation. Women with a history of gestational diabetes are at greater risk of developing type 2 diabetes later in life.

### Indicator:

NM151: The percentage of women who have had gestational diabetes, diagnosed more than 12 months ago, who have had an HbA1c test in the preceding 12 months.

### Source guidance and recommendations

Diabetes in pregnancy NICE Guideline NG3 (2015)

*Recommendation 1.6.14: Offer an annual HbA1c test to women who were diagnosed with gestational diabetes who have a negative postnatal test for diabetes.*

## **Rationale**

The aim of this indicator is to improve the ongoing monitoring of women with a history of gestational diabetes and to ensure that those who go on to develop type 2 diabetes are identified at an early stage and offered appropriate treatment.

Women with a history of gestational diabetes are at increased risk of developing type 2 diabetes, even when glucose levels have returned to normal limits during the initial post-natal period. Current evidence suggests that the rates of follow-up in the form of annual HbA1c testing in this group are low, with the potential for care to be improved.<sup>1</sup>

## **Reporting and verification**

See indicator wording for requirement criteria.

Women whose most recent episode of gestational diabetes has been recorded within the preceding 12 months are excluded from the target population from this indicator as they require specific monitoring during pregnancy and in the immediate post-natal period.

## **References**

- Diabetes in pregnancy: management from preconception to the postnatal period, NICE clinical guideline NG3 (2015)

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<sup>1</sup> McGovern A, Butler L, Jones S, van Vlymen J, Sadek K, Munro N, Carr H, de Lusignan S. Diabetes screening after gestational diabetes in England: a quantitative retrospective cohort study. BJGP: 2014; e17.