

New Guideline:

## Diagnostic testing for Gestational Diabetes Mellitus during pregnancy in COVID-19 pandemic April 2020

The Diabetes Clinic and Specialist Diabetes management team at King Edward Memorial Hospital (KEMH) wishes to advise GPs of the new guideline for diagnostic testing for Gestational Diabetes Mellitus (GDM) during pregnancy in this time of COVID-19 pandemic, which it is now adopting. A flowchart outlining the new guideline is attached.

Universal screening of all pregnancies for gestational diabetes is the standard of care in Australia and New Zealand. Identification and treatment of hyperglycaemia in pregnancy improves pregnancy outcomes.

To slow the spread of COVID-19, it is critical to reduce person-person contacts, including within the health care setting. This includes contacts in pathology collection centres.

During the COVID-19 pandemic, there will be **temporary** changes to the recommended process of diagnostic testing for gestational diabetes during pregnancy and for post-natal checks in women who have had gestational diabetes.

The guideline recommends:

1. Early testing for pregnant women with risk factors (high risk) with HbA1C blood test early in first trimester
2. Pregnant women with no risk factors (low risk) may choose to have:
  - a. Fasting blood glucose at 24-28 weeks with triage as per new COVID-19 protocol **(preferred)** OR
  - b. Standard care – with glucose tolerance test at 24-28 weeks
3. Women with risk factor of prior history of gestational diabetes may choose to:
  - a. Triage as per new COVID-19 protocol **(preferred)** OR
  - b. Automatic GDM diagnosis – without additional testing this pregnancy, and they can commence home blood glucose monitoring. OR
  - c. Standard care – with glucose tolerance test at 24-28 weeks

Information on NDSS gestational diabetes registration and changes during the COVID-19 pandemic is available at: <https://www.ndss.com.au/health-professionals/changes-to-the-ndss-for-health-professionals/>

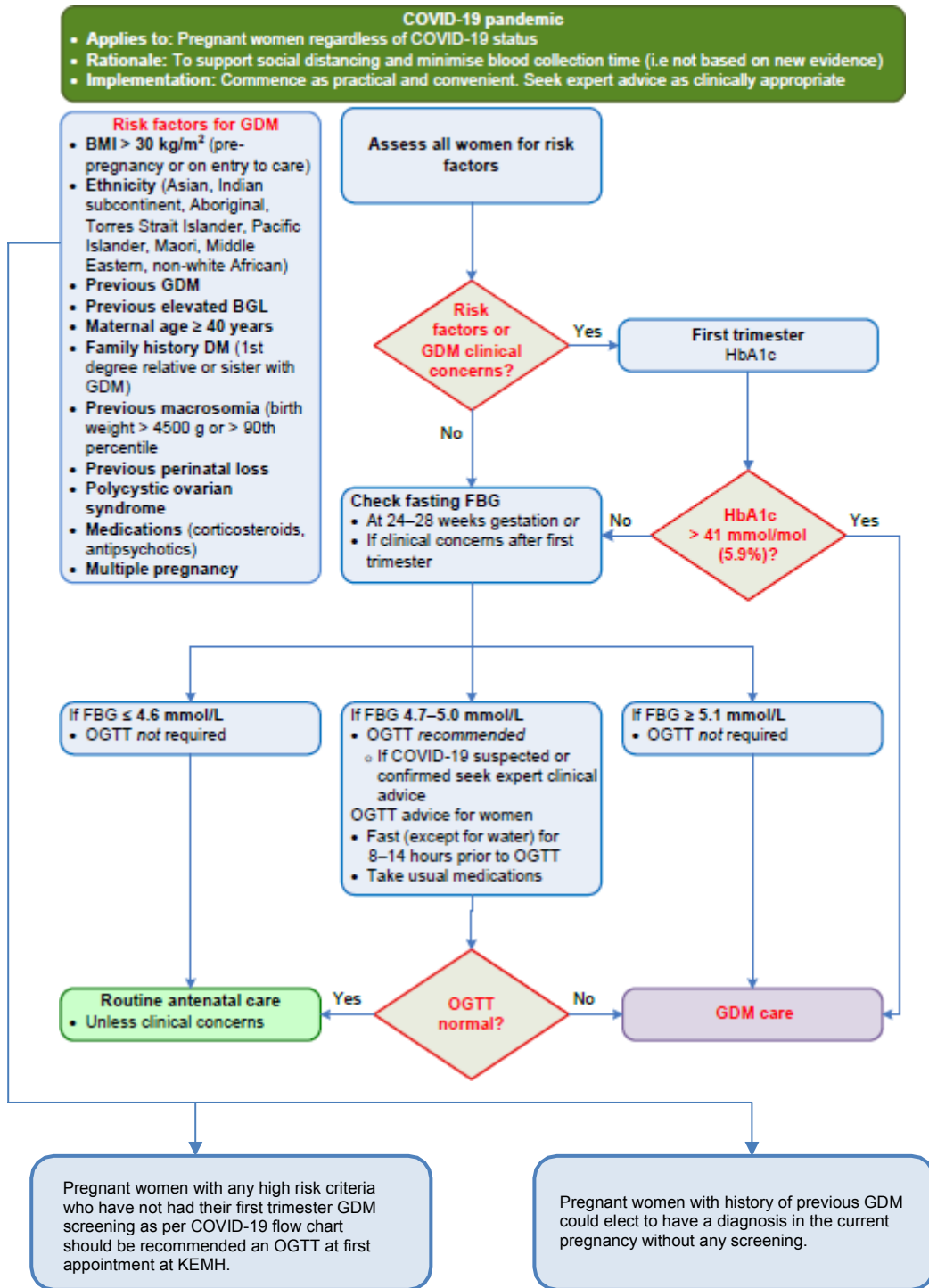
Please continue to refer patients diagnosed with GDM as per your usual referral pathway. GPs can find information regarding referring patients to KEMH at: <https://kemh.health.wa.gov.au/For-health-professionals/GP-referrals>

KEMH also provides a state-wide service for health professionals seeking advice regarding patients with obstetric or gynaecological problems. This Freecall service number is for GPs to call in from anywhere in the state to get medical advice from a senior staff member at KEMH. This is completely separate from the health medical advice service and is not for general public use. A GP using the service will be connected to a Senior Registrar, and GPs with concerns about a patient with GDM may ask to speak to the Diabetes Senior Registrar.

Freecall telephone service for GPs = 1800 428 615

This guideline was developed by the Australasian Diabetes in Pregnancy Society ([www.adips.org](http://www.adips.org)), the Australian Diabetes Society (ADS), the Australian Diabetes Educators Association (ADEA) and Diabetes Australia (DA).

# Screening and diagnosis of GDM during COVID-19 pandemic



(Adapted from Queensland Health and ADIPS)

## Disclaimer:

These guidelines are based on limited evidence and may not be suitable for all women. Please use clinical judgement to determine if this protocol is suitable for individual women.