

Diabetes in Pregnancy

This document is a resource for health care providers and summarizes content from the [Diabetes in Pregnancy quality standard](#).

People With Diabetes and Who Are of Reproductive Age

Quality Statement (QS)* 1: Preconception Care for People With Diabetes

Discuss family planning with all patients who have diabetes and are of reproductive age. If they are planning a pregnancy, review medications and glucose control and arrange screening

tests. If they are not planning a pregnancy, offer them information about birth control methods that meet their needs and offer information about how to access these methods.

*The quality statements are provided in full on page 2.

People With Diabetes and Who Are Pregnant

QS 2: Coordinated Interprofessional Care

Help establish an interprofessional care team who have the knowledge, skills, and judgment to manage diabetes in pregnancy, and connect with additional providers as needed. Provide support and ensure that the team can address physical health, mental health, and social needs. Involve the people with diabetes and their families in decisions about their own care.

QS 3: Self-Management Education and Support

Offer evidence-based self-management education and support starting at the beginning of pregnancy, or at the time of diagnosis of gestational diabetes, and throughout pregnancy. This information should be tailored to meet the person's learning needs and presented in a format and at times that are most appropriate for the person.

. When family or community members are involved in the person's care, if the person consents, offer family and community members education and support too.

QS 4: Lifestyle Management During Pregnancy

Offer individualized, ongoing lifestyle counselling and support throughout the pregnancy that is evidence-based, safe,

achievable, and culturally relevant. Diet, physical activity, and weight management plans should meet the person's needs and abilities and incorporate their family and community if desired. This could include referral for social assistance, help applying for the [Special Diet Allowance](#), if applicable, and information on community food resources, including food banks. These websites can help your patients plan meals and eat well: [UnlockFood.ca](#) shares information on eating well and menu plans; [Dietitians of Canada](#) can help patients find a dietitian; and [Diabetes Canada](#) provides tips for eating well with diabetes.

QS 5: Fetal Monitoring and Timing of Delivery

Discuss and plan fetal monitoring, timing, and modes of delivery. Provide information on the benefits and harms of all available options. Clearly explain and provide written information on follow-up care and any available resources.

People With Gestational Diabetes

QS 6: Postpartum Diabetes Screening for People With Gestational Diabetes

Conduct an oral glucose tolerance test between 6 weeks and 6 months postpartum to check for ongoing prediabetes and

type 2 diabetes. Provide information on how to prepare for the test and discuss how the results will be communicated. Planning for testing should be done with the individual or family to accommodate their needs.

Note: This resource can be used to support health care professionals in the provision of care. It does not override the responsibility of health care professionals to make decisions with patients, after considering each patient's unique circumstances. Grouping/directionality of statements may not be applicable for every patient, and clinical judgment should be used.

Diabetes in Pregnancy QUALITY STATEMENTS

Quality Statement 1: Preconception Care for People With Diabetes

All people of reproductive age who might become pregnant who are living with diabetes receive information about family planning. People with diabetes who are planning to become pregnant receive preconception care from an interprofessional care team, including counselling on optimizing diabetes management, screening for complications, and a review of medications.

Quality Statement 2: Coordinated Interprofessional Care

People with diabetes receive coordinated interprofessional care specific to their needs during preconception and throughout pregnancy. People with gestational diabetes receive interprofessional care at the time of diagnosis and throughout the remainder of their pregnancy.

Quality Statement 3: Self-Management Education and Support

People with diabetes and their families are offered tailored self-management education and support at the beginning of pregnancy, or at the time of gestational diabetes diagnosis, and throughout their pregnancy as needed.

Quality Statement 4: Lifestyle Management During Pregnancy

People with diabetes in pregnancy receive tailored information and support about gestational weight gain, diet, and physical activity to optimize blood glucose levels and maternal and fetal outcomes at the beginning of pregnancy, or at the time of gestational diabetes diagnosis, and throughout pregnancy.

Quality Statement 5: Fetal Monitoring and Timing of Delivery

People with diabetes in pregnancy receive increased fetal monitoring based on glucose control, maternal complications, comorbid conditions, and/or fetal well-being. Induction of labour is considered before 40 weeks' gestation if maternal or fetal indications exist.

Quality Statement 6: Postpartum Diabetes Screening for People With Gestational Diabetes

People with gestational diabetes are screened for prediabetes and type 2 diabetes with a 75 g oral glucose tolerance test between 6 weeks and 6 months postpartum.

Resources

- [Diabetes in Pregnancy Quality Standard](https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/diabetes-in-pregnancy) and [Patient Guide](#)
hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/diabetes-in-pregnancy
- [Prediabetes and Type 2 Diabetes Quality Standard](https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Prediabetes-and-Type-2-Diabetes) and [Patient Guide](#)
hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Prediabetes-and-Type-2-Diabetes
- [Type 1 Diabetes Quality Standard](https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/type-1-diabetes) and [Patient Guide](#)
hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/type-1-diabetes
- [Diabetes Canada Guidelines](https://guidelines.diabetes.ca/cpg)
guidelines.diabetes.ca/cpg
- [Diabetes Canada Health Care Provider Tools](https://guidelines.diabetes.ca/health-care-provider-tools)
guidelines.diabetes.ca/health-care-provider-tools
- [Diabetes Canada Resources for People with Diabetes](https://guidelines.diabetes.ca/patient-resources)
guidelines.diabetes.ca/patient-resources
- [Diabetes Canada: Gestational Diabetes](https://diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/gestational-diabetes.pdf?ext=.pdf)
diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools and Resources/gestational-diabetes.pdf?ext=.pdf