

Pre-conception care of women without diabetes aged 15 - 50 years

Focus area

Pre-conception care of women without diabetes aged 15-50 years.

Why improve this data set?

Implement screening process that identifies women of child bearing age that have undiagnosed pre-diabetes or diabetes.

Better outcomes for mother and child short and long term.

Decreasing miscarriage rate.

Decreasing malformation rates.

Malformation rates are halved with every 1% reduction in HbA1c eg. HbA1c 6-7.7% is 4% compared to HbA1c > 10% = 25%.

Provide education and resources.

Quality improvement ideas

Steps:

- Install and use TopBar and Pen CS data extraction tool with champion protected time
- Informing team of practice population statistics
- Provide a list of women at risk (AUSDRISK) to individual GPs
- Invite patients in for review and discussion of options, offer contraception, support and education
- Pre-pregnancy planning and counselling if required
- Set up continuing recall and reminder system, agreed with team

Advice and treatment options

Practice Resources:

- [PenCS](#)
- [TopBar](#)
- [HealthPathways Hunter New England](#)
- [HealthPathways Central Coast](#)
- Clinical Software
- [RACGP Guideline](#)
- Agreed processes, workflow on common area wall
- [Healthy Weight Initiative](#)
- [SeNT referral](#)
- [My Health Record](#)

Patient Resources

- [Patient Info Hunter New England](#)
- [Patient Info Central Coast](#)
- [National Diabetes Services Scheme](#)
- [Diabetes Australia](#)
- Allied Health Referrals
- [Get Healthy](#)
- [DOH Healthy Guidelines](#)
- [The Womens](#)