

Diabetes in Pregnancy: a lifestyle and exercise quality improvement project

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Project

Improving outcomes for patients with gestational diabetes (GDM) and pre-gestational diabetes (pre-GDM) at McDowell OB/GYN in Marion, NC by providing pedometers, educational classes, support system, and clinical care.

Services Provided

A pedometer program was started to enhance the diabetes education appointments already offered .

- Free pedometers for GDM or pre-GDM patients
- Assistance with monitoring physical activity and diet choices
- Postpartum interviews with GDM patients to discuss quality improvements and feedback

Cooking Store Tour events were planned out and will be offered going forward as the program continues to all pre-GDM and GDM patients.

- Will include nutritional counseling and grocery store tour of healthy options
- Patients will receive a food gift card & gift bag



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Results

- 18 patients participated in the program .
- Patient contacts at 30 clinical appointments
- Patient contacts at 13 follow-up phone calls
- 10 patients received free pedometers
- 10 patients recorded total number of daily steps on their blood sugar logs
- Outcomes survey regarding diet & exercise to be completed at 6 week postpartum visit

Sustainability

- Long-term integration into the McDowell Obstetrics & Gynecology clinic protocols and beyond
- Inclusion of pedometers into the gestational diabetes care process model
- Add quantitative analysis of postpartum glucose tolerance test results
- Investigate expansion to other area obstetric clinics within the regional health system

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- Photo used on poster with special permission