


Uppföljning och screening för typ 2 diabetes hos kvinnor med tidigare graviditetsdiabetes i primärvården

AMANDA BJÖRK JAVANSHIRI, ST-LÄKARE & DOKTORAND
CENTRUM FÖR PRIMÄRVÅRDSFORSKNING, LUNDS UNIVERSITET

Follow-up and screening for type-2 diabetes mellitus in women with previous gestational diabetes in primary care

Amanda Björk Javanshiri, Susanna Calling  and Sara Modig

Center for Primary Health Care Research, Department of Clinical Sciences Malmö, Lund University, Lund, Sweden

ABSTRACT

Objective: Gestational diabetes mellitus (GDM) is an established risk factor for developing type 2 diabetes mellitus (T2DM) that is possible to prevent by systematic follow-up and preventive measures. The aim of this study was to examine whether women with previous GDM were offered follow-up in primary care, according to Swedish national guidelines.

Design: Retrospective review of electronic medical records.

Setting: Primary care in southern Sweden, Skåne county.

Subjects: Women who received a GDM diagnosis in 2018 at the Endocrinology department, Skåne University Hospital in Lund. The study population consisted of a total number of 161 patients, whereof 83 patients were included.

Main outcome measures: Whether primary care offered follow-up for T2DM after GDM and if any communication took place between secondary and primary care. Furthermore, it was examined whether the quality of the follow-up was in accordance with the national guidelines.

Results: Of the study population, a total of 29% ($n = 24$) had been followed-up by primary care. In 55% ($n = 46$) of the cases, there was no communication between secondary and primary care. Plasma glucose was checked in all ($n = 20$) cases where follow-up could be evaluated. Conversations about lifestyle habits took place in 70% ($n = 14$) of the cases. Weight and risk factors for cardiovascular disease were controlled in less than half ($n = 9$) of the patients. Lifestyle advice was offered in two cases and in 24% ($n = 20$) of the cases an annual check-up was planned.

Conclusions: The follow-up of women with previous GDM in primary care in southern Sweden was lacking in seven out of 10 cases and showed great potential for improvement.

KEY POINTS

- Gestational diabetes is an established risk factor for developing type 2 diabetes.
- Earlier research has recognized that risk reduction is possible by systematic follow-up and preventive measures, but the extent of follow-up in primary care in southern Sweden remains unknown.
- This study demonstrates a lack of follow-up according to national guidelines for women with previous gestational diabetes in primary care in southern Sweden.
- There is great potential to improve the care of these patients with relatively simple means.

ARTICLE HISTORY

Received 14 September 2022

Accepted 15 February 2023

KEYWORDS

Follow-up; gestational diabetes mellitus; prevention; primary health care; type 2 diabetes mellitus

[Full article: Follow-up and screening for type-2 diabetes mellitus in women with previous gestational diabetes in primary care \(tandfonline.com\)](https://www.tandfonline.com)

Graviditetsdiabetes (GDM)

- En av de vanligaste graviditetskomplikationerna
 - Prevalens i Europa 11 %¹
 - Incidens i Sverige 6,5 %²
- Högt blodsocker som uppstår och upptäcks under graviditet
 - OGTT
- Hormonella ändringar orsakar insulinresistens
 - Samma patofysiologi som T2DM
- Komplikationer under graviditet och förlossning

1. Paulo et al. Gestational Diabetes Mellitus in Europe: A Systematic Review and Meta-Analysis of Prevalence Studies. Front Endocrinol. 2021 Dec 9:12:691033.

2. Graviditetsregistrets årsrapport 2022

Bildkälla: Wikimedia commons CC0



Typ 2 diabetes (T2DM)



3. Vounzoulaki E, Khunti K, Abner SC, Tan BK, Davies MJ, Gillies CL. Progression to type 2 diabetes in women with a known history of gestational diabetes: systematic review and meta-analysis. *BMJ*. 2020;369:m1361.

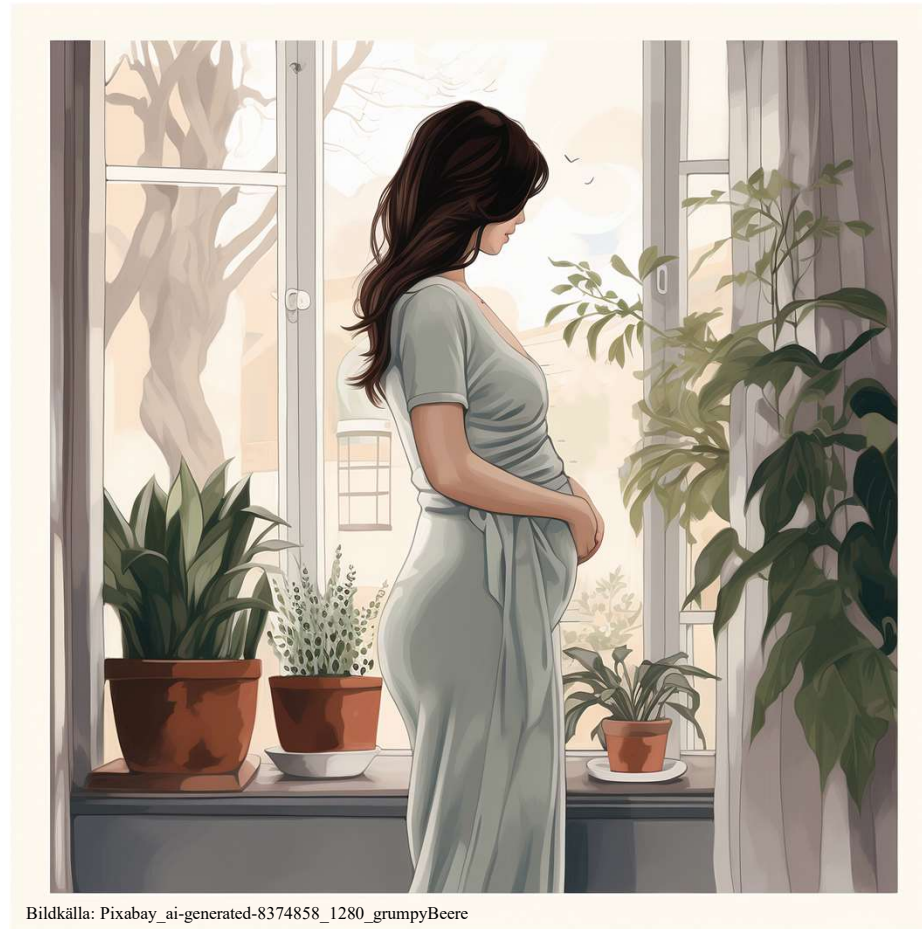
4. Diabetes Prevention Program Research Group; Ratner RE, Christophi CA, Metzger BE, et al. Prevention of diabetes in women with a history of gestational diabetes: effects of metformin and lifestyle interventions. *J Clin Endocrinol Metab*. 2008;93:4774-4779

Bildkälla: Pixabay Mohaman_Hassan



LUND
UNIVERSITY

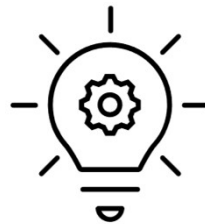
Window of opportunity...



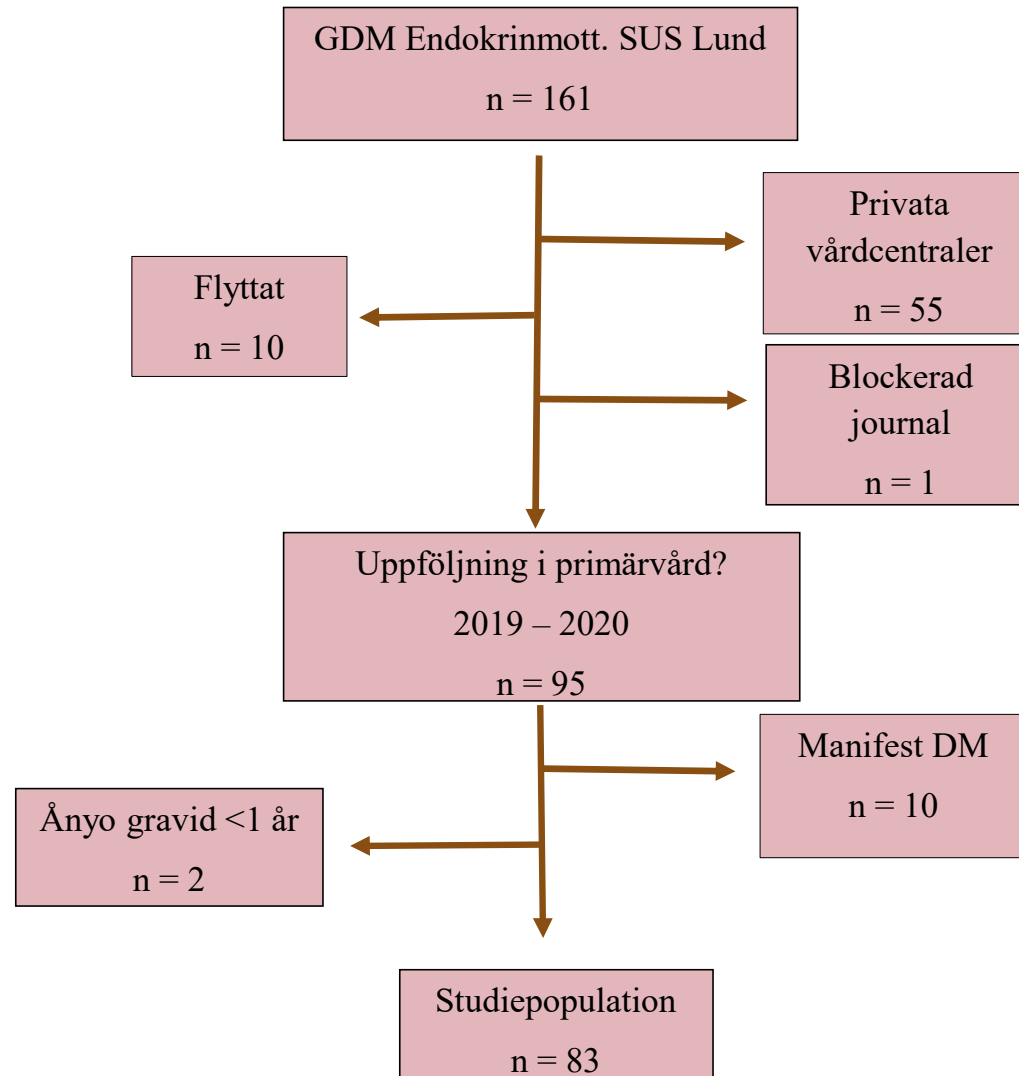
Bildkälla: Pixabay_ai-generated-8374858_1280_grumpyBeere

Syfte

- Att undersöka om kvinnor med tidigare GDM följdes upp inom primärvården i mellersta Skåne enligt Socialstyrelsens nationella riktlinjer



Metod



Metod

Uppföljning i primärvård?
2019- 2020

1. Andelen erbjudna
uppföljning
Läkare/sjuksköterska

2. Informationsöverföring
Remiss/journalkopia
Egen vårdbegäran

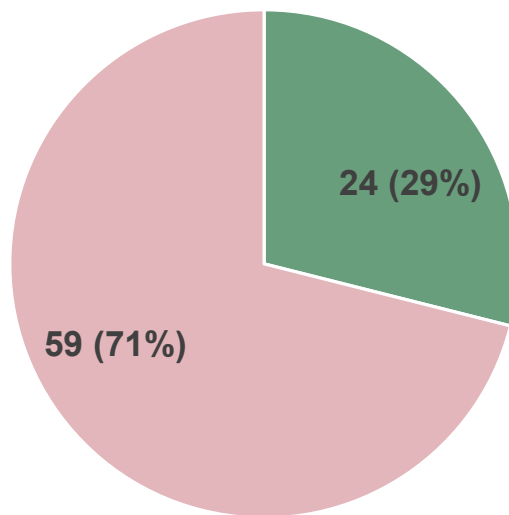
3. Uppföljningens kvalitet;
Kontroll p-glukos o vikt
Samtal om ohälsosamma levnadsvanor
(kost- o motionsråd)
Genomgång övrig CVD-riskfaktorer
(blodtryck, lipidstatus, tobaksanvändning)

4. Förebyggande åtgärder;
Dietist/fysioterapeut
Årliga kontroller



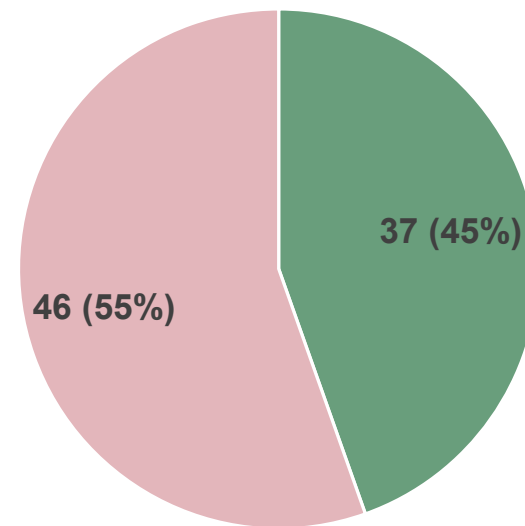
Resultat

Uppföljning i primärvård



■ Ja ■ Nej

Informationsöverföring

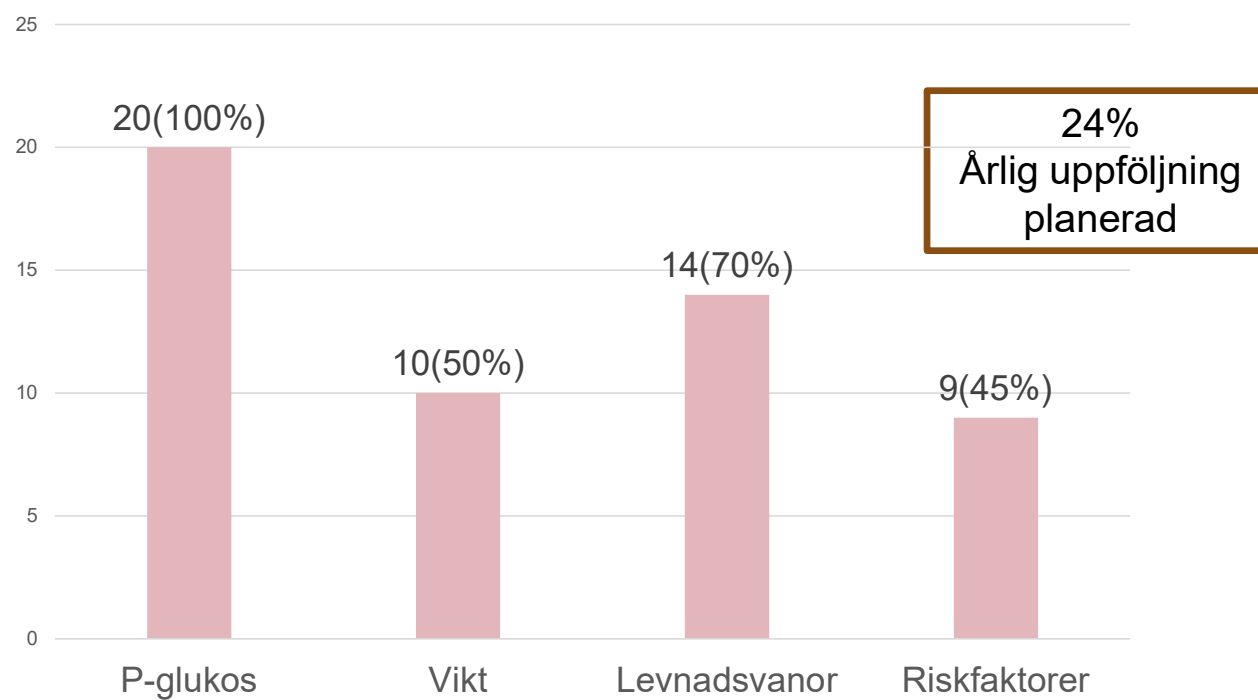


■ Ja ■ Nej



Resultat

Uppföljningens kvalitet

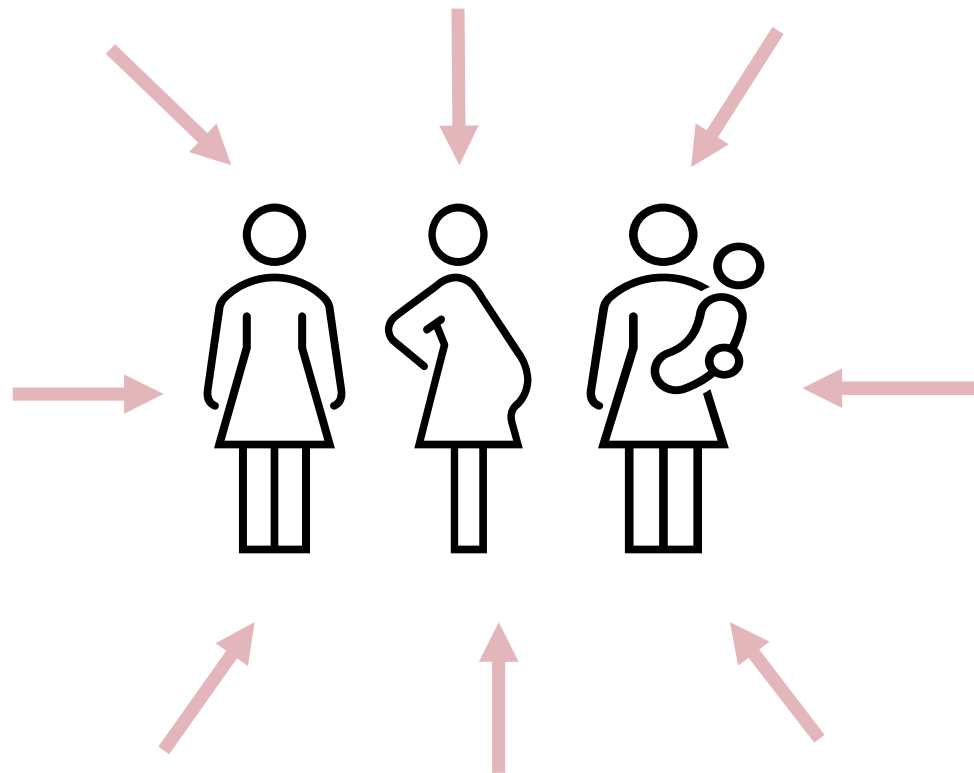


Konklusion

- Uppföljningen av kvinnor med tidigare GDM inom primärvården i Skåne saknades i 7 av 10 fall.
- Uppföljningens kvalitet motsvarade inte riktlinjerna.
- Dessa kvinnor erbjöds inte de förebyggande insatser som behövs för att minska risken att utveckla T2DM.



Betydelse





LUND
UNIVERSITY

TACK!

AMANDA BJÖRK JAVANSHIRI, ST-LÄKARE & DOKTORAND
CENTRUM FÖR PRIMÄRVÅRDSFORSKNING, LUNDS UNIVERSITET

