

## ACTION PLAN OF SAFES ON GDM

[As per the 13 recommendations adopted by the SAFES it has formulated  
4 action plans (A to D) as described below.]

### ACTION A: PRECONCEPTION CARE FOR POPULATION E

For All women in "**Reproductive age and willing to have baby (they will be called Population E)**" should be checked for

1. "**Risk assessment**" for developing GDM and
2. Test for DM by OGTT.

#### 1. **Risk Assessment:** (Recommendation 3.1)

As per the result of risk assessment the population will be sub grouped as

- a. Group 1: High Risk (HR), having one or more risk factor(s) of GDM.
- b. Group 2: Not High risk (NHR) women having no risk factor of GDM.

#### 2. **Test for DM by OGTT:** (Recommendation 5.1)

As per result of the OGTT the population will be sub-grouped as

- a. Group 1. Normal OGTT. This group will be termed as Population Cand will be advised to report when they get pregnant.
- b. Group 2. Abnormal OGTT. This group will be termed as Population Dand will be referred to "Diabetes Care Service"

ACTION A (population E)	Result (Populations)	Next ACTION
ACTION A 1 Risk Assessment (RF)*	◆ High Risk (HR) group and ◆ Not High Risk (NHR) group	ACTION A 2 ( For All)
ACTION A 2 Test: OGTT**	◆ Normal OGTT: Population C(HR / NHR) and ◆ Abnormal OGTT: Population D (HR / NHR )	(a).For PopulationC – Enrolment for ACTION B (Pregnancy Care) (b) For PopulationD Referral to the Diabetes Care Service.

\*Risk Assessment (RF) Recommendation 3.1.

\*\* OGTT with 75 gm glucose, 2 sample in 2 hours and interpretation as per WHO Recommendation 5.1.