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 C and will be advised to report when they get pregnant.
b. Group 2. Abnormal OGTT. This group will be termed as Population D and will be referred to "Diabetes Care Service"

<table>
<thead>
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<th>ACTION A (population E)</th>
<th>Result (Populations)</th>
<th>Next ACTION</th>
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<tr>
<td>ACTION A 1 Risk Assessment (RF)*</td>
<td>♦ High Risk (HR) group and ♦ Not High Risk (NHR) group</td>
<td>ACTION A 2 (For All)</td>
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<tr>
<td>ACTION A 2 Test: OGTT**</td>
<td>♦ Normal OGTT: Population C(HR / NHR) and ♦ Abnormal OGTT: Population D (HR / NHR)</td>
<td>(a) For Population C – Enrolment for ACTION B (Pregnancy Care) (b) For Population D Referral to the Diabetes Care Service.</td>
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*Risk Assessment (RF) Recommendation 3.1.
** OGTT with 75 gm glucose, 2 sample in 2 hours and interpretation as per WHO Recommendation 5.1.