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Maternal and fetal outcome in patients with gestational diabetes mellitus

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introduction: women with GDM are expected to have increased risk for development of gestational hypertension and pre eclampsia. GDM is associated with increased risk of maternal and fetal complications.

Aims and objectives: to study maternal and fetal outcome in patients with GDM.

Material and Methods: a retrospective cohort study was carried out in SMGS Hospital. A total of 278 patients were included in the study, 139 with GDM and 139 without GDM. Maternal and neonatal complications were studied.

Results: the women with GDM had higher BMI. 18% of the women had BOH, 31% had associated hypertension. 56% women with GDM had vaginal delivery as compared to 77% in women without GDM. Shoulder dystocia was reported in 2% women in GDM group, while no case was reported in another group. 18% of the neonate born to mother with GDM required NICU admission and 4 fetal deaths were reported, while no fetal death was reported in another group.

conclusion: Early screening for gestational diabetes mellitus especially in high risk patients should be done for a better maternal and neonatal outcome. Pregnant women with GDM should deliver at health facilities to properly manage any complications if occurs during delivery.

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