

# Gestational diabetes in regional Queensland: COVID-19 criteria limiting OGTT testing – are we missing out?

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Altered screening for Gestational Diabetes Mellitus (GDM) was introduced during the COVID-19 pandemic where a full 2-hour oral glucose tolerance test (OGTT) is not required if a woman's fasting blood glucose (FBG) is  $\leq 4.6$  mmol/L.

**AIM:** Using a retrospective audit, our aim was to establish the rate of missed GDM diagnosis when applying the restricted testing criteria to a group of women diagnosed with GDM who birthed at a Queensland regional hospital in 2019.

## RESULTS

Of 960 births in 2019, 111 (12%) of women were diagnosed with GDM.

- 23 women (21%) had a FBG  $\leq 4.6$  mmol/L, but had abnormal 1-hr ( $\geq 10$  mmol/L) or 2-hr ( $\geq 8.5$  mmol/L) values.
- Of these women, 13/23 (57%) were managed with nutrition therapy only. The remainder (43%) required medical management; 8 women were treated with metformin, one with metformin and insulin, and one was treated with insulin only.
- Less than 50% of women completed the recommended OGTT postpartum check.



## CONCLUSION

21% of women with GDM in our regional setting, would not have been diagnosed using the restricted criteria

43% of these women, required medical therapy for management of GDM