Managing Gestational Diabetes in New Brunswick, NJ

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The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through action.

To find out more please visit the Institute for Women’s Leadership’s website at http://iwl.rutgers.edu.
What is Gestational Diabetes Mellitus (GDM)?

- Any degree of glucose intolerance with onset or first recognition during pregnancy.

- “Approximately 7% of all pregnancies are complicated with GDM”\(^1\)

- “More than 200,000 cases annually”\(^1\)

- “Prevalence ranges from 1-14% depending on population studied”\(^1\)

\(^1\)American Diabetes Association
Who is affected?

- Increased risk for GDM is associated with:
  - African, Hispanic, Asian, Native American, or Pacific Islander ethnicities
  - Obesity
  - Parity (# of births)
  - Family history of diabetes
  - Age (>30)

- About half of the women who are diagnosed with GDM do not have these risk factors
How are they affected?

- **Maternal complications:**
  - During pregnancy: Cesarean delivery & Pre-eclampsia
  - After: Type 2 Diabetes

- **Fetal Complications:**
  - Fetal macrosomia
  - Hypoglycemia
  - Hypocalcemia
  - Polycythemia
  - Shoulder dystocia

- **Childhood complications include:** obesity & diabetes
Why GDM?

- Maternal health is the key to family health
- Large Hispanic and Black population in New Brunswick
- Common diagnosis for mothers in New Brunswick
- In many cases GDM can be prevented or treated with proper education, diet and exercise
Project Goals and Objectives

Goal

- To bridge academic research with field research to better educate and care for patients with GDM.

Objectives

- Gather information and review literature on GDM
- Create an online and paper resource specifically for New Brunswick
- Provide same materials in Spanish
- Determine areas needing improvement
Project in Action

- Phase One: Information Gathering
  - Prevalence
  - Detection & Diagnosis
  - Education
    - Nutrition
    - Exercise
  - Barriers to care
    - Literacy
    - Culture
Project in Action

- Phase Two: Interviews
  - Saint Peters Hospital
    - Lisa Lapinski MBA, RD, CDE
  - Robert Wood Johnson
    - Harriet Black RN, CDE
    - Anna Baratta RD, CDE
Project in Action

- Interview Insights
  - Diagnosis and Detection
  - Education
  - Barriers to care

- Potential for improvement
  - Teaching back
  - Postnatal maternal care and follow up
  - Medical team confusion
Project in Action

Phase Three: Information Dissemination

- Website: www.managinggdmninnewbrunswick.com
- “Field Guide” Pamphlet
- Everything Available in Spanish
Future Goals

- Postnatal Program for Women
Leadership Learning

- Allowing project to morph and shape as I learn more
- Asking for help
- Always reevaluating “the why”

Thank you
- Dr. Fitzgerald
- Dr. Bachmann
- Dr. Trigg


8. Interview 1, 2, and 3. Due to research liability, their names will not be revealed.