

Centering Pregnancy (Group) Program for Women with Diet Controlled Gestational Diabetes

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Introduction:

Infants born to diabetic women can experience hypoglycemia and other metabolic abnormalities. Breastfeeding helps prevent or minimize these problems, enhance bonding, and improve the overall health of infants. Traditionally breastfeeding rates for diabetic mothers have been low. The Maternal Fetal Medicine (MFM) clinicians sought to reverse the trend by implementing an innovative, evidence based model of care where the provider, significant other, and family could support and influence life style changes. The Centering Pregnancy (CP) group prenatal care which promotes women choosing health-promoting behaviors that positively affect breastfeeding rates, infant health, and participant satisfaction was used.

Objective:

To implement the CP prenatal care pilot in gestational diabetic women to improve breastfeeding rates and patient satisfaction scores.

Methods:

The pilot CP program was conducted at a large public high-risk obstetric clinic. Spanish speaking pregnant women with diet controlled gestational diabetes (N=22) were enrolled. Obstetric and American Diabetes Association guidelines from week 30 through delivery were used. Each 2-hour prenatal group care session included physical assessment, skills building, education, and support through facilitated group discussion. Satisfaction evaluations were conducted at 4 weeks post initiation of the program and 6 weeks postpartum.

PICO QUESTION:

Does participation in Routine Pregnancy care versus CP group care during the last trimester of pregnancy in Spanish speaking pregnant women with gestational diabetes positively influence breastfeeding?

Results:

Findings indicate that prenatal clinic appointment compliance was high, the sessions were beneficial, and the CP group had higher breastfeeding initiation and exclusivity rates at 2 weeks postpartum.

Conclusion:

The pilot CP provided valuable information regarding the feasibility of this innovative model of care in the MFM clinic with improved breastfeeding and care satisfaction.