

Dietitian-led GDM telehealth pathway

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Doing things differently....

One eye on the past, the other on the future
Adapt, innovate and change.....



What? – problems/issues

Increase in GDM prevalence

No increase in resourcing

Overloaded clinics

Physician burnout

Unsustainable service

Hospital centre model of care

Poor systems and processes

Covid 19 challenges – can we continue this service?

Are the women being seen in the right place by the right people?



Dietitian involvement

Nutrition is the cornerstone of treatment for the management of GDM.

At CDHB, every woman diagnosed with GDM will have access to a dietitian throughout their pregnancy – virtual, face to face, or via telehealth.

GDM diet pathway pre covid

1. Referral - LMC
2. Group education (2hrs)
3. Medical appointments

Diet

**1-2x
Obstetrician**

3-4x Physician

Metformin

**Physician
prescribed
Seen within 2/52
2-4 weekly
Physician
Obs @ 36w**

Insulin

**Physician
prescribed
2-4 weekly
Physician
Obstetrician @
36w**

GDM diet pathway post covid

1. Referral - LMC
2. Learning package online
3. Dietitian management



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Online education for diabetes in pregnancy (gestational diabetes)

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You're viewing this page because you've recently been diagnosed with gestational diabetes following a positive glucose tolerance test or blood glucose monitoring at home for one week. Or you may be pregnant and have prediabetes, diagnosed by checking your HbA1c (glycated haemoglobin) via a blood test.



Gestational diabetes is more fully known as gestational diabetes mellitus (GDM).

Your LMC (midwife) or diabetes midwife has sent a prescription for a glucose meter (CareSens N), a lancet (finger pricking device) and a three-month supply of testing strips to your chosen pharmacy.

To help you manage your gestational diabetes, there are three videos to watch:

- What is gestational diabetes?
- The dietary management of gestational diabetes.
- How and when to test your blood glucose levels.

Please watch all three videos. Once you've tested your blood glucose levels and recorded your food intake for a week, please email your results to the Diabetes in Pregnancy team via the email address you received from us. Include your name and NHI number in the email so we can identify you.

One of the diabetes dietitians will call you the following week to discuss your food intake, blood glucose levels and tell you about the plan for your diabetes management.

Diabetes

Diabetes is a condition where glucose (sugar) levels in the blood remain too high for too long. Glucose enters the bloodstream after we eat foods that contain carbohydrates and is released from the liver during times of fasting.

Gestational diabetes

Resource package

Online videos

Meter instructions

Dietary information

BGL and food record

Trouble shooting

Lunch ideas

Supermarket guide

Week of _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blood glucose on waking							
Breakfast meal							
Blood glucose 1 hr after breakfast							
Morning Tea							
Lunch							
Blood glucose 1hr after lunch							
Afternoon tea							
Dinner							
Blood glucose 1 hr after dinner							
Supper							
Exercise notes							

Please email your diary every Sunday to: diabetesinpregnancy@cdhb.health.nz



Diet controlled

Monitored via dietitian

Email + telehealth communication

1-2 weekly dietary counselling

Dietitian to determine when to initiate treatment

If treatment indicated, managed by physicians and/or midwives

Diet

Dietitian
managed 1-2
weekly

1x Obs at 36w if
indicated

Metformin

Midwife
prescribed
2/52 telehealth
Midwife appt
4/52
Obs @ 36w

Insulin

Physician
prescribed
2-4 weekly
Physician + Obs
Interim midwife
telehealth

12 month data

Total: 429 GDM women

Diet controlled: 119 (28%)

Metformin only: 68 (16%)

Insulin +/- Metformin: 231 (54%)

Cost savings – diet controlled

Physician + Obstetric appts: 464 - 696

Cost savings: \$173-235,700 per year

Dietitian cost: 0.6 FTE @ \$48,000/annum

Biggest changes

- Group education > ZOOM > Health info online
- No longer requiring physician appointments
- Reduced or no obstetric appointments
- Dietitian led
- Hospital centric – to patient centric
- Patient led learning – at home, own time
- Use of telehealth post Covid
- Midwives – metformin prescribing, reducing physician input further
- Increase in women managed by diet and reduction in insulin (medically managed GDM)

Feedback:

Very positive feedback from women

Enjoy regular dietary counselling + telehealth model

Many women find coming into appointments too difficult

3.8% non respondent rate



Future direction

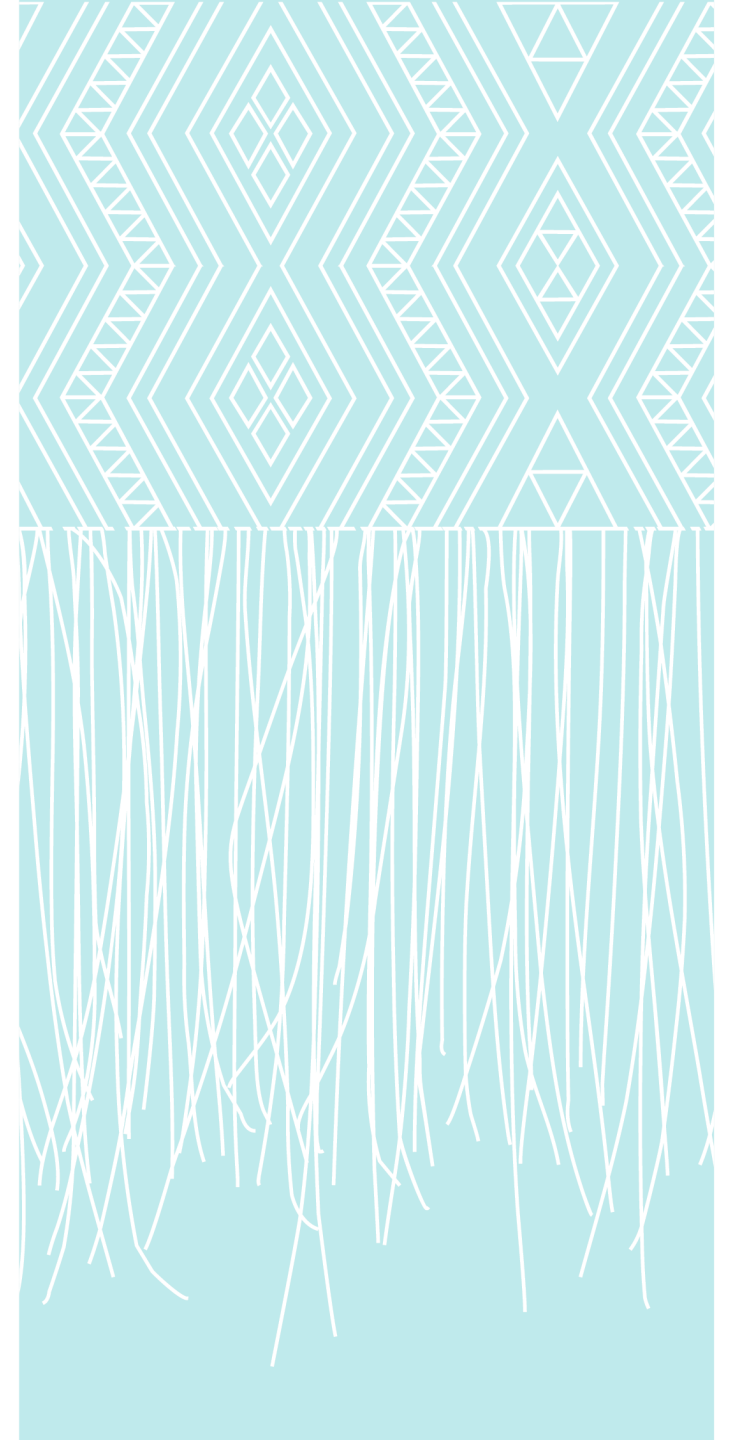
- Dietitian: Metformin prescribing + other consumables
- Translation of resources – 7 languages
- 3 month email – lifestyle management
- 6 month email – including introducing solids
- 12 month email – lifestyle management
- Increasing rates of post prandial HbA1c
- **Permanent Dietitian FTE funding**



Allied health

- Evidence of allied health involvement in change
- Work along physicians, nursing and midwives
- Reduce hospital activity
- Increase use of telehealth resources
- Allows more consultant resources for more complex patients
- Continuing as business as usual with extra funding

Know your diabetes team and obtain additional resources & funding!



Patient feedback

Re-watched a few times, very helpful!

Really liked the video format

Very helpful and useful!

Helpful as I can watch at my own pace

Helpful, easy to understand, liked step by step instructions

I found the videos very good

Good refresher even though I've had GDM before

Made dietary changes after watching videos

Watched them all, very helpful!



Questions??

Te Whatu Ora
Health New Zealand

Ngā mihi nui

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