



The National Maternity Hospital  
Vita Gloriosa Vita ~ Life Glorious Life



## Implementation of Virtual Clinics for Diabetes in Pregnancy Midwifery services.

**Ciara Coveney Registered Advanced Midwife Practitioner  
Adjunct Assistant Professor / Lecturer, UCD**

**[ciara.coveney@nmh.ie](mailto:ciara.coveney@nmh.ie)**

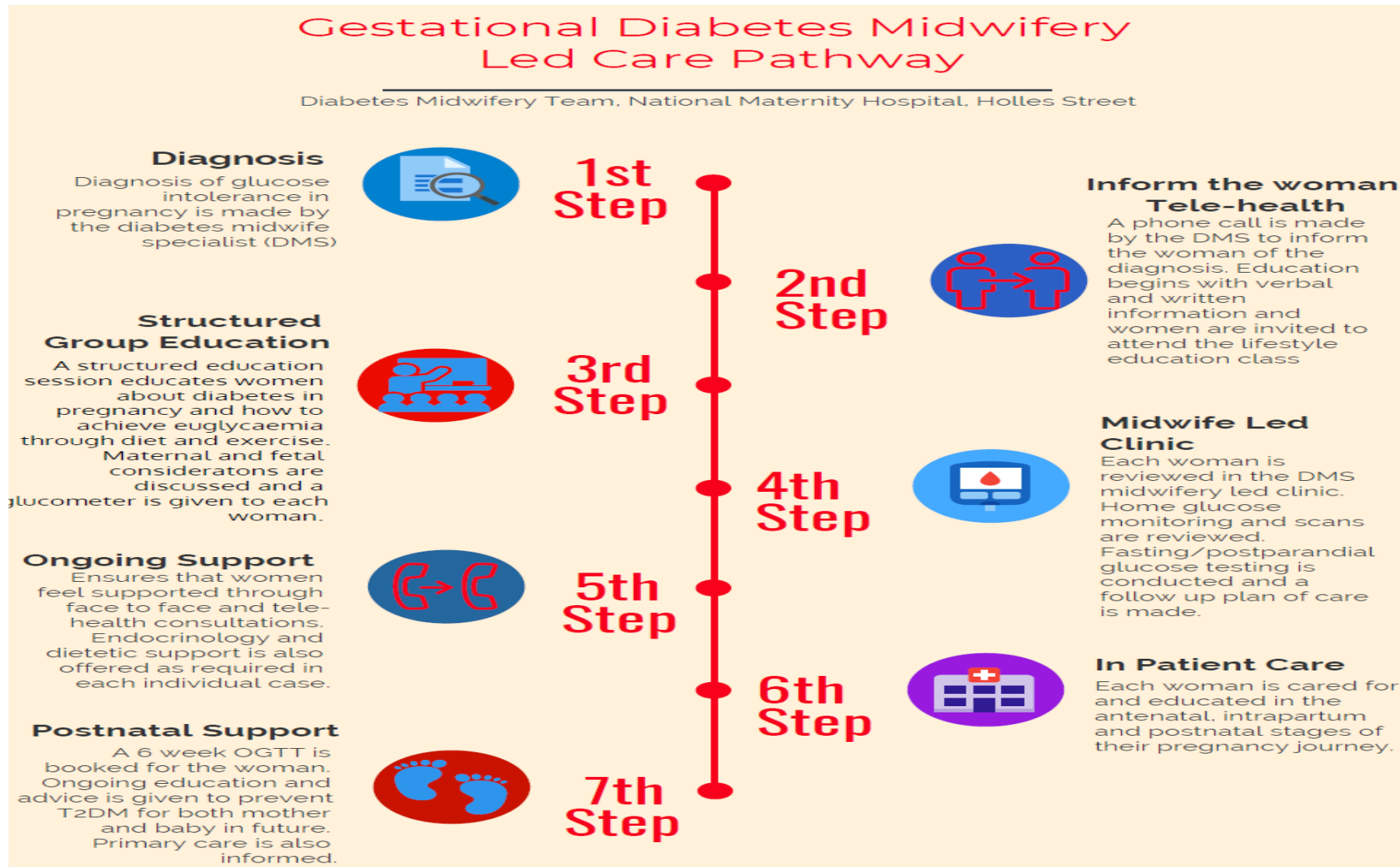
# Overview of the Diabetes Midwifery Service in the National Maternity Hospital

7,263 deliveries in 2020 where at least one baby was born  $\geq$  500g and/or  $>24$  weeks estimated gestational age

- 654 referrals into the diabetes in pregnancy service in 2020.
- 587 of those women had gestational diabetes (GDM).
- 67 of those women had Pre-existing Diabetes.
  
- The RAMP led gestational diabetes service cares for all women with GDM until they are managed on pharmacological therapy.



# What we did..



# How we transformed our service

1<sup>st</sup> – Suspended our midwifery led clinic

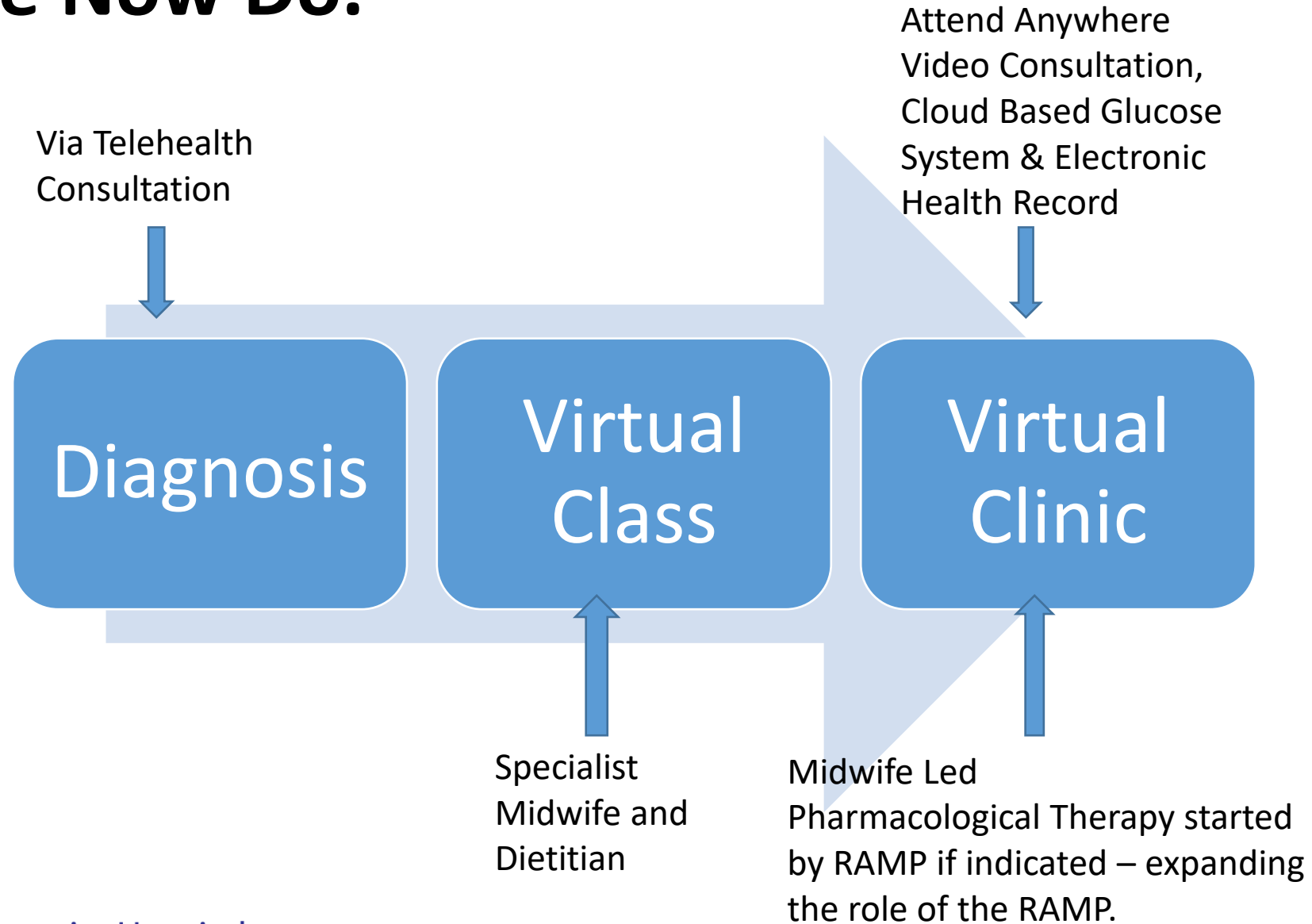
2<sup>nd</sup> – Responded to the need for virtual education for women diagnosed with GDM

3<sup>rd</sup> – Online class involving midwifery and dietetics to educate, inform and treat.

4<sup>th</sup> – Established a midwifery led virtual clinic to manage and treat GDM.



# What We Now Do.



# Lifestyle Education Class



### Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

**Not active?** Start gradually

**Already active?** Keep going

**Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week**

**Home** (Walking, Gardening, Household tasks)

**Out and about** (Cycling, Walking, Shopping)

**Leisure** (Swimming, Dancing, Yoga)

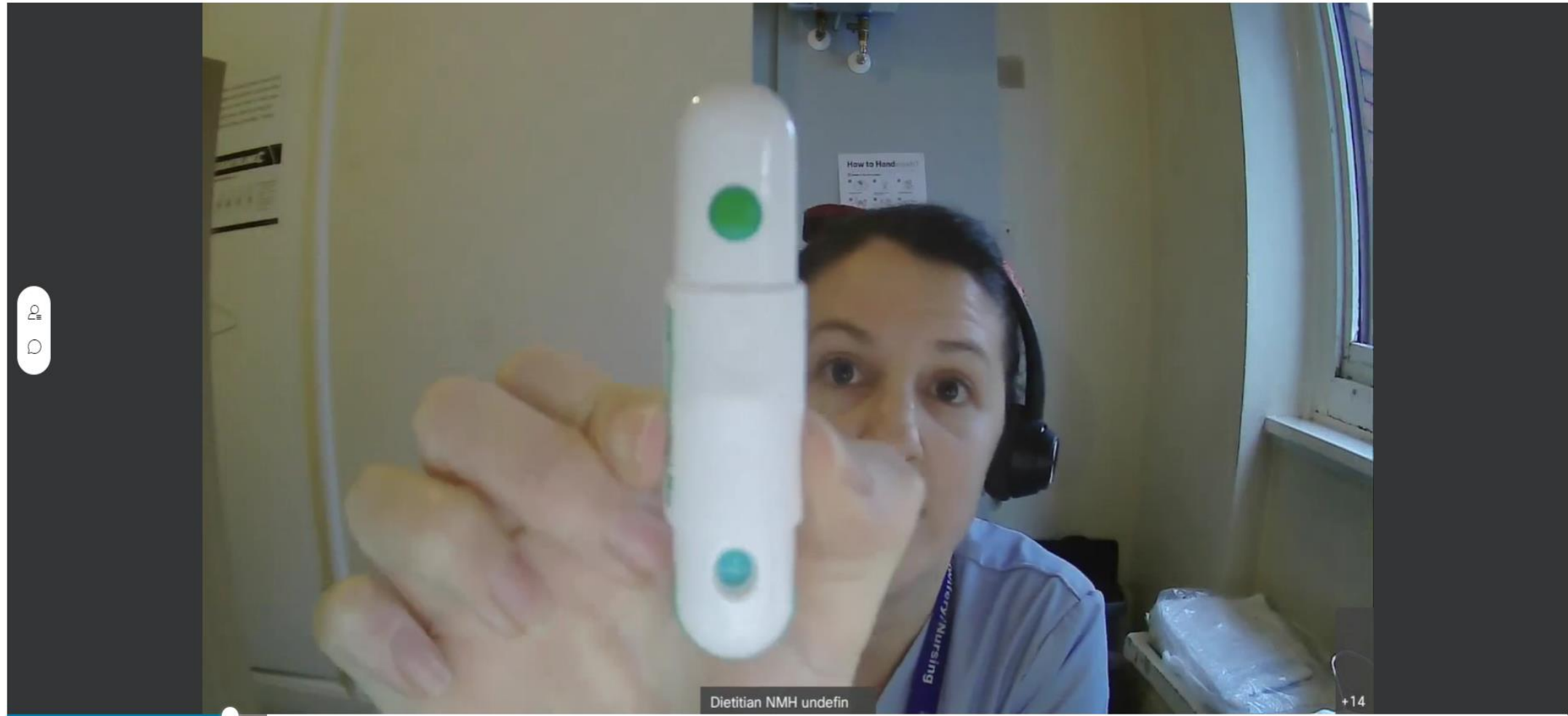
**Do muscle strengthening activities twice a week**

**Every activity counts, in bouts of at least 10 minutes**

**No evidence of harm**    **Listen to your body and adapt**    **Don't bump the bump**

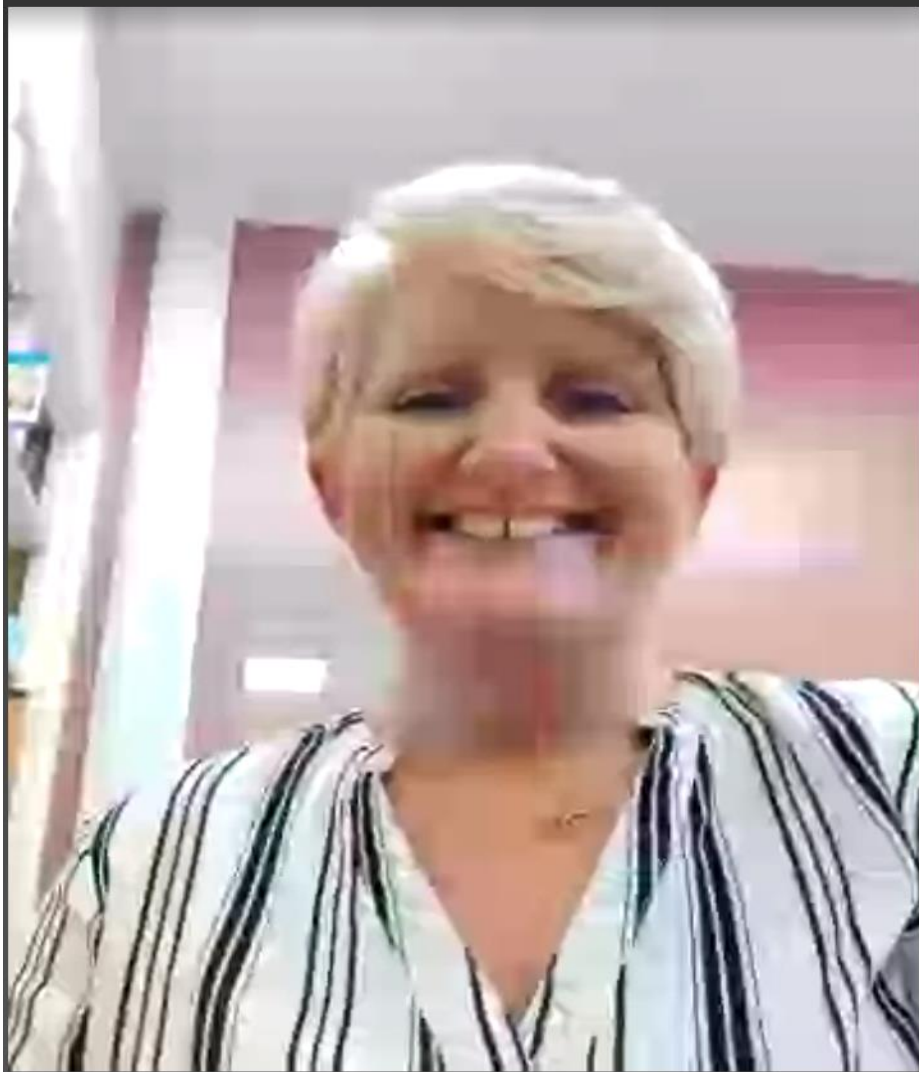
UK Chief Medical Officers Recommendations 2017: Physical Activity in Pregnancy: [bit.ly/3artactveinfo](http://bit.ly/3artactveinfo)





# Attend Anywhere Virtual Consultation

consult.attendanywhere.co.uk/callscreen/#/?authticket=fadfdb50-90a9-41d2-98a2-307e235322dc&video=true&audio=true



Helen McCrimmon 📞 0879932730

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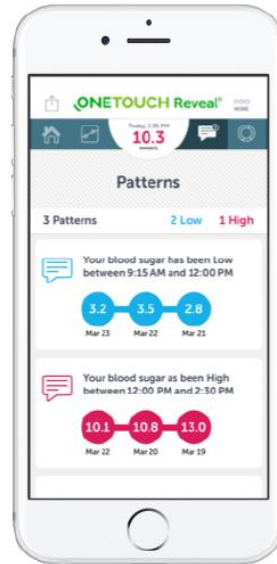


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# Bluetooth Enabled Glucometer Technology

- A **High Pattern** appears when your app detects a minimum of **3 High readings on different days, in the same 3 hour window, within a 5 day period.**
- A **Low Pattern** appears when your app detects a minimum of **2 Low readings on different days, in the same 3 hour window, within a 5 day period.**



# Virtual Attendances May 2020-April 2021

Gestational Diabetes Virtual Clinic Attendances for this period was **3241**

All of these visits were with a specialist diabetes midwife

**DNA Rate of 7.5%.**

**\*Note this is in the setting of a 50% increase in GDM diagnosis from January of 2021\***



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# Benefits

Cost Effectiveness: Projected savings in the region of 78,000 – 100,000 euro annually.

Patient satisfaction and engagement increased with virtual video consultations, reduced DNA rate.

Reduced footfall to NMH approx. 80-100 women a week.

Reduction in waiting list



# What we have learned

The class needed to be interactive – we were overwhelmed with phone calls and queries – when we had a live webinar with chat functions this reduced that work load

Initially the DNA rate was high – text based reminders helped to reduce this to 7.5%

Women have voiced satisfaction with virtual service - this presents **an opportunity in crisis** for further innovation

Accountability is key, women did not watch the pre recorded links, they responded much more favorably with a health care professional live.

Changing key workflows has presented unique challenges that required technical, operational, staffing and system adaptation.



# Testimonial

“Thank you to the team. The service is amazing. I had GD with my son In 2018 and was in the clinic basically every second week. The new programme is so well run. The midwives, consultants and dietitians are so Supportive and friendly. It’s wonderful to have virtual clinics and checks This time around and it’s so smoothly run. Well done”

Service User 9/12/2020