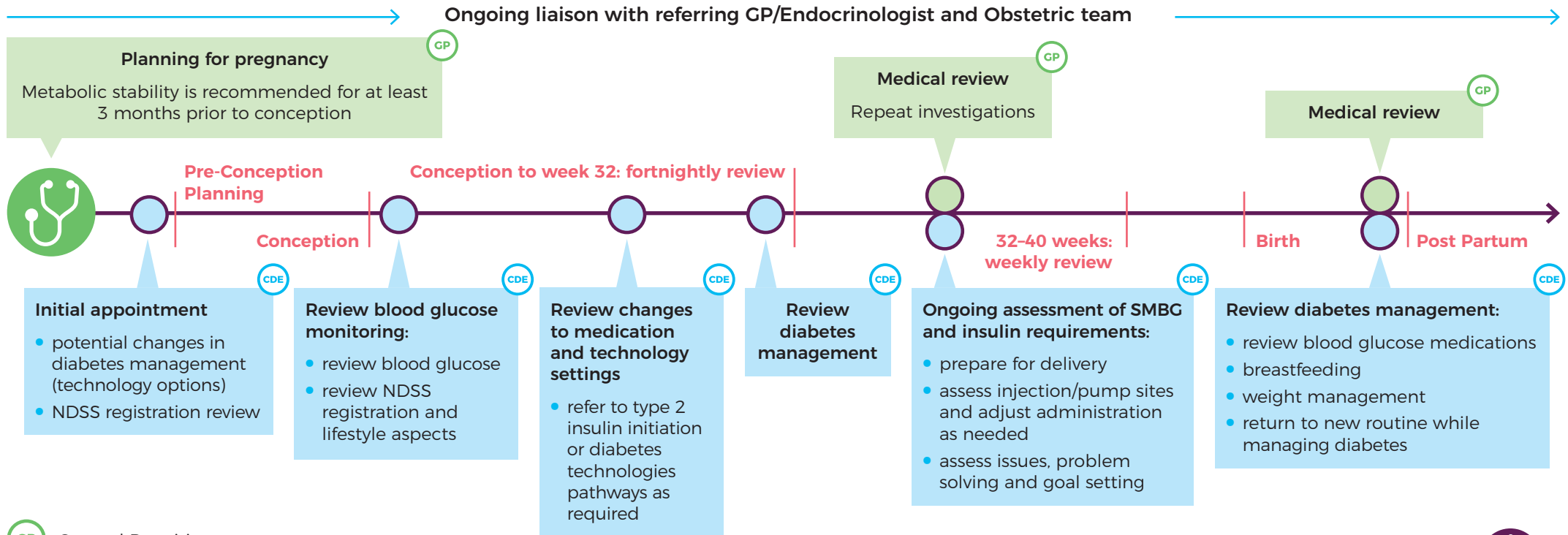




# Diabetes Referral Pathway

## Pregnancy with pre-existing diabetes from pre-conception to post partum



**GP** General Practitioner

**CDE** Credentialed Diabetes Educator (CDE)

- Review sooner if:**
- unresolved issues regarding diabetes care
  - glucose levels or HbA1c above agreed targets
  - change in management i.e. change to medication/diet/exercise/technology
  - symptoms of hypoglycaemia
  - change in social situation that may impact management
  - preparing for surgery
  - sick day management

### Diabetes Care Team members

**Family and/or Carers**

**Obstetrician**

**Midwife/CDE**

**Endocrinologist/Diabetes Physician**

**Dietitian:** medical nutrition therapy and foods to avoid during pregnancy

**Exercise Physiologist/Physiotherapist:** tailored exercise program

**Primary Care Nurse**

**Podiatrist:** comprehensive foot examination

**Optometrist/Ophthalmologist:** comprehensive eye examinations (at least every 2 years)

**Pharmacist:** advice on your medications/supplements during pregnancy

**Psychologist/Counsellor/Social Worker:** mental health consultation

**Interpreter**

**Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder**

• NICE (2020). Diabetes in Pregnancy Overview United Kingdom, National Institute for Health and Care Excellence (NICE).

• Webber, J., et al. (2015). Diabetes in pregnancy: management of diabetes and its complications from preconception to the postnatal period (NG3). British Journal of Diabetes 15(3): 107-111.

• Nankervis, A., et al. (2014). ADIPS consensus guidelines for the testing and diagnosis of hyperglycaemia in pregnancy in Australia and New Zealand. Australasian Diabetes in Pregnancy Society: 1-8.