

Abstract

Introduction:

Gestational diabetes mellitus (GDM) is one of the most common medical complications of pregnancy. GDM is associated with 2-4 times increase in perinatal complications. Asian women are at higher risk of GDM compared to white Caucasians. Only few studies have been done to understand GDM among rural Sri Lankan women.

Objectives:

To determine if risk assessment for GDM is conducted at the field antenatal booking and to determine the types of screening methods for GDM applied in the Anuradhapura district (AD).

Method:

Cross sectional retrospective analysis of a hospital based sample of pregnant women attending for their delivery.

Study population:

Pregnant mothers with period of amenorrhoea (POA) >28 weeks, in the AD.

Results:

N = 422. Six out of seven risk factors mentioned in the antenatal record (ANR) were well documented, in >90%. Eight risk factors, not mentioned in the ANR were poorly documented (<22%). Random urine sugar testing was done in 93%, while blood sugar tests were done in <41%.

Conclusion:

Screening for GDM in the primary health care of Anuradhapura district is grossly inadequate.