

# National Pregnancy in Diabetes Audit

## Glossary

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**Information and technology**  
**for better health and care**

**ACE inhibitor**

Angiotensin-converting enzyme inhibitor; a class of drugs that reduce blood pressure by relaxing blood vessels

**ARB**

Angiotensin receptor blockers; a class of drugs that reduce blood pressure by widening blood vessels

**Basal bolus insulin regimen**

Any regimen involving a combination of background insulin either once or twice daily in combination with a short-acting insulin at meal times.

**Birth weight centile**

A measure of how a birth weight compares to the expected range of birth weights taking into account gestation, mother's height, weight and ethnicity, and the sex of the baby. For example, a birth weight at the 90<sup>th</sup> centile means that for every 100 babies born to a woman with similar characteristics at that gestation, 90 per cent would be expected to be lighter than this birth weight, and 10 per cent would be expected to be heavier.

**Body Mass Index (BMI)**

The body's weight in kilograms divided by the square of the height in metres, used in assessing whether a person is overweight or underweight

**Booking appointment**

Antenatal appointment usually at between 8 to 12 weeks gestation at which a number of medical tests are completed, and options for care during pregnancy and birth are discussed.

**Booking Hospital**

This is the hospital responsible for the booking appointment and is generally where the booking appointment is held.

**Caesarean section**

Surgical abdominal delivery of a baby

**CEMACH**

Confidential Enquiry into Maternal and Child Health (2002-03, published 2005), a survey of pregnant women with diabetes in the UK.

**Clinical audit**

A way of measuring healthcare practice against national guidelines with the aim of improving the care provided by making recommendations for improvements.

**Confidence interval**

A range of values that assesses the level of uncertainty in an estimate that is caused by only obtaining values for a sample from the population. The 95 per cent confidence interval gives the range in which you would expect the true value to fall 95 times if 100 samples were selected.

**Congenital anomaly/abnormality/malformation**

A physical or biochemical malformation that develops during pregnancy and is present at birth

**Congenital anomaly rate**

Number of live births, stillbirths, miscarriages after 20 completed weeks and terminations with a congenital anomaly per 1,000 live and stillbirths.

**Delivery Hospital**

This is where the delivery took place; this may be different to the booking hospital

**Elective caesarean section**

A planned caesarean section when a medical need for the operation becomes apparent during pregnancy or the mother requests the operation in advance

**Emergency caesarean section**

An unplanned caesarean when concerns for maternal and/or fetal wellbeing mean that the baby needs to be delivered as soon as possible

**Folic acid**

A water-soluble vitamin in the B-complex group that helps to prevent fetal neural tube defects when taken by the mother before becoming pregnant. A 5mg dose can be obtained on prescription, and a 400mcg dose can be obtained over the counter.

**Gestation**

The time from conception to birth, assessed by an ultrasound scan or measured from the first day of the last normal menstrual period if calculated prior to the earliest ultrasound scan

**Glycaemic control**

Control of blood glucose

**HbA<sub>1c</sub>**

Glycosylated haemoglobin, measured in mmol/mol, reflects how well the blood glucose level has been controlled over the previous 2 – 3 months

**Hypoglycaemia**

An abnormally low level of blood glucose

**Induction of labour**

The process of attempting to start labour artificially. Methods of induction are using drugs that act like natural hormones to start labour, physical methods such as breaking waters or a combination of both drug and physical methods

**Instrumental delivery**

Assisted vaginal delivery of the baby using ventouse or forceps

**Insulin pump therapy**

A regime where short acting insulin is administered subcutaneously and continuously long term using an infusion device

**Intensive care**

Care provided for babies who are the most unwell or unstable and have the greatest needs in relation to staff skills and staff-to-patient ratios (Level 3) (British Association of Perinatal Medicine, 2011)

**Logistic regression model**

A statistical model used to estimate the probability of an outcome based on the values of one or more explanatory variables

**Macrosomia**

High birth weight (4,000g or more), a recognised complication for babies of women with diabetes.

**Mean**

The average value, sum of all values divided by the number of values

**Metformin**

An oral hypoglycaemic agent that decreases blood glucose levels

**Miscarriage**

Spontaneous ending of a pregnancy before 24 weeks of gestation

**Mixed insulin or basal insulin only**

Any regimen using biphasic insulins or background insulin exclusively (i.e. without additional meal time insulin)

**MODY**

Maturity onset diabetes of the young, caused by a single gene defect and associated with decreased insulin production and varying degrees of clinical severity.

**National Diabetes Audit**

A clinical audit of the effectiveness of diabetes healthcare against NICE Clinical Guidelines and NICE Quality Standards in England and Wales, that collects data from GP practices and specialist diabetes services.

**Neonatal death**

Death of a live born baby before 28 completed days after birth

**Neonatal death rate**

The number of neonatal deaths per 1000 live births

**Neural tube defect**

A major congenital anomaly caused by abnormal development of the neural tube, the structure present during early pregnancy which later gives rise to the central nervous system (brain and spinal cord)

**NICE**

The National Institute for Health and Clinical Excellence (NICE) is the independent regulatory body providing national guidance and advice to improve health and social care.

**Normal care**

Care provided for babies who themselves have no medical indication to be in an intensive care unit in hospital (None or Level 1) (British Association of Perinatal Medicine, 2001) and can therefore stay with their mother on the postnatal ward

**Oral hypoglycaemic agents**

Medicines taken by mouth that are used to help lower blood sugar levels in people with diabetes, which may be used alone or in combination with insulin.

**Parity**

The number of previous pregnancies where the woman has delivered one or more live or stillbirths

### **Preconception planning and care**

Counselling and clinical management for women with diabetes, including ensuring near-normal glycaemic control before conception, commencing high dose folic acid, reviewing medication, screening for diabetes complications, and giving information about pregnancy risks, appropriate diet and lifestyle.

### **Preterm delivery**

Delivery before 37 completed weeks' gestation (37+0 weeks)

### **Retinopathy**

A condition related to diabetes where there is damage to small blood vessels that supply the eye, affecting sight.

### **Singleton pregnancy**

A pregnancy with a single fetus/baby.

### **Special care**

Care provided for babies who require additional care delivered by the neonatal service but do not require either intensive or high dependency care (Level 2) (British Association of Perinatal Medicine, 2011).

### **Spontaneous vaginal delivery**

A baby delivered vaginally without instrumental assistance

### **Statins**

A group of medicines that can help lower the level of cholesterol in the blood to help prevent heart disease.

### **Stillbirth**

Legal definition from Section 41 of the Births and Deaths Registration Act 1953 as amended by the Stillbirth Definition Act 1992: a child that has issued forth from its mother after the 24th week of pregnancy and which did not at any time after being completely expelled from its mother breathe or show any other signs of life

### **Stillbirth rate**

The number of stillbirths per 1000 total births (live births and stillbirths)

### **Trimester**

One of the 3-month periods into which pregnancy is divided. The first trimester is 0-12 completed weeks of gestation. The second trimester is 13 – 28 completed weeks gestation, and the third trimester is 29 weeks of gestation until birth.

### **Type 1 diabetes**

The person's insulin producing cells are permanently destroyed so no insulin is produced. The person needs regular insulin, given either by injection or an insulin pump.

### **Type 2 diabetes**

The person's insulin producing cells produce too little, and/or the insulin produced is not effective (insulin resistance). The condition may be controlled by diet and exercise alone, or the person may also need diabetes medication or insulin.