

# National Pregnancy in Diabetes 2015

England, Wales and the Isle of Man

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The NPID Audit is a continuous audit of the care and outcomes for women with diabetes who become pregnant. All maternity units with a joint diabetes and maternity service are eligible to submit data.

This is the third annual report and includes data on 3,044 pregnancies with outcomes between 1 January 2015 and 31 December 2015 recorded by 155 antenatal diabetes services.

## Preparation for Pregnancy



Few women were prepared for pregnancy in the ways recommended in the NICE guidelines:

<p><b>Folic Acid</b></p> <p><b>NICE Guideline:</b> Use a folic acid supplement prior to pregnancy</p>	<p>46% of women with Type 1 diabetes and 23% of women with Type 2 diabetes were taking 5mg folic acid prior to pregnancy.</p>
<p><b>HbA1c</b></p> <p><b>NICE Guideline:</b> Keep HbA<sub>1c</sub> below 48 mmol/mol where achievable without causing problematic hypoglycaemia</p>	<p>Only 16% of women with Type 1 diabetes and 38% of women with Type 2 diabetes had a first trimester HbA<sub>1c</sub> below 48 mmol/mol.</p>
<p><b>Statins and ACE inhibitors/ARBs</b></p> <p><b>NICE Guideline:</b> Suspend use of statins and ACE Inhibitors/ARBs</p>	<p>2.9% of women with Type 1 diabetes and 8.6% of women with Type 2 diabetes were taking either statins or an ACE inhibitor/ARB or both when they became pregnant.</p>

## Recommendations

A collaborative approach by diabetes, maternity services, commissioners and networks is needed to improve pregnancy outcomes in women with diabetes by:



## During Pregnancy & Pregnancy Outcomes

Antenatal Care	Hypoglycaemia	Delivery Type	Adverse Pregnancy Outcomes	
<p><b>NICE Guideline:</b> Offer early contact with a joint diabetes and antenatal clinic</p>	<p><b>NICE Guideline:</b> Monitor HbA<sub>1c</sub> to assess level of pregnancy risk</p>	<p><b>NICE Guideline:</b> Elective birth</p>	<p><b>Key Finding:</b> Still Birth Rate</p>	<p><b>Key Finding:</b> HbA<sub>1c</sub></p>
<p>Only <b>36%</b> of women with Type 2 diabetes and <b>55%</b> of women with Type 1 diabetes had contact with an antenatal diabetes team before they were 8 weeks pregnant.</p>	<p>Almost <b>1 in 10</b> women with Type 1 diabetes had at least one admission to hospital with recorded hypoglycaemia during their pregnancy.</p>	<p><b>66%</b> of women with Type 1 diabetes and <b>56%</b> of women with Type 2 diabetes had a birth by caesarean section (elective or emergency).</p>	<p>The stillbirth rate has reduced significantly since the 2002-03 CEMACH study for women with Type 1 and Type 2 diabetes (<b>8.1</b> and <b>11.4</b> per 1,000 respectively), although it is still higher than in the general population (4.7 per 1,000 live and stillbirths).</p>	<p>Preterm delivery, babies large for gestational age and admission to a neonatal unit were more common for women who had HbA<sub>1c</sub> at 24 weeks+ above 48 mmol/mol</p>