

- Description**
- GDM: diabetes or any degree of glucose/carbohydrate intolerance not present before pregnancy (diagnosed by provider or self reported)
  - Mother at risk for future Type II Diabetes. Infant at risk of high birth weight, injuries at birth due to size & low blood sugar (hypoglycemia)

**Assess Readiness for Change:** with open ended questions

- “What did your Dr tell you about your gestational diabetes?” or “Tell me why you feel you have gestational diabetes?” (if self reported, probing for info)
- “What are your concerns since the Dr told you that you have GDM?”

**Discussion, Counseling and Education**

| If the answer is: | Try Counseling Strategies | Try Education |
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| <p><b>Not ready</b> →</p> <p>“There is no way I can do shots. I have three children at home to keep up with.”</p> <p>Raise awareness &amp; personalize change</p> | <ul style="list-style-type: none"> <li>• “I understand it can be overwhelming. There are risks to you and baby when GDM is not treated.”</li> <li>• “Talk to your Dr about other medications that could be used instead. Would you like some information on other things you can do to help control your GDM?”</li> </ul> | <ul style="list-style-type: none"> <li>• “GDM causes problems for you and baby- baby can have extra fat, low blood sugar at birth and breathing problems.”</li> <li>• “WIC is here if you would like to talk about diet and GDM or if you need any referrals.”</li> </ul> |
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| <b>Record Plan or Goal</b> | Participant not interested in info on GDM. Will re-assess readiness for change at next appointment. |  |
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| <p><b>Unsure</b> →</p> <p>“I had my glucose test. He said it was high but didn’t give <b>me</b> any insulin?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p> | <ul style="list-style-type: none"> <li>• “Insulin is not always needed. There are other changes used to control diabetes. What other instructions did your Dr give?”</li> <li>• “On a scale of 1-10, how comfortable are you with changing your diet to control your diabetes?”</li> <li>• “Have you seen a dietitian?”</li> </ul> | <ul style="list-style-type: none"> <li>• Refer to RD/Dr for eating &amp; activity plan                             <ul style="list-style-type: none"> <li>○ Consistent food plan (3 meals &amp; 2-4 snacks)</li> <li>○ Carbohydrates (sugar &amp; starch) spaced throughout day</li> <li>○ When allowed increased activity (like walking)</li> </ul> </li> <li>• Increase fiber</li> <li>• Appropriate weight gain</li> </ul> |
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| <b>Record Plan or Goal</b> | Mom scheduled to see WIC RD. Will check weigh and re-assess next appointment. |  |
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| <p><b>Ready</b> →</p> <p>“They told me my sugar test was high. I’m worried my baby won’t be ok”</p> <p>Help plan change-support</p> | <ul style="list-style-type: none"> <li>• “Hearing that can be scary. There are things you can do to control your blood sugar.”</li> <li>• “What changes did the Dr tell you to make in your eating?”</li> <li>• “Since the Dr talked to you about your diet, how has that been going?”</li> </ul> | <ul style="list-style-type: none"> <li>• “Another thing to try is to reduce your juice intake. It is high in sugar, low in nutrients. You mentioned you drink juice all day. It is important to spread starchy &amp; sugary foods through the day.”</li> </ul> |
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| <b>Record Plan or Goal</b> | Mom agrees juice intake is high. She will limit to one meal daily. |  |
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| <b>Education Resources</b> | <p><a href="http://www.nichd.nih.gov/health/topics/Gestational_Diabetes.cfm">http://www.nichd.nih.gov/health/topics/Gestational_Diabetes.cfm</a> Resource- <i>Gestational Diabetes</i></p> <p><a href="http://www.diabetes.org/diabetes-basics/gestational/">http://www.diabetes.org/diabetes-basics/gestational/</a> Resource- <i>Gestational Diabetes</i></p> <p><a href="http://www.nichd.nih.gov/publications/pubs/gest_diabetes/">http://www.nichd.nih.gov/publications/pubs/gest_diabetes/</a> Resource- <i>Managing Gestational Diabetes (1/6/2012)</i></p> <p><a href="http://effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&amp;productid=162">http://effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&amp;productid=162</a> Resource- <i>GDM</i></p> <p><a href="http://www.nal.usda.gov/wicworks/Sharing_Center/UT/gestational_diabetes_eng.pdf">http://www.nal.usda.gov/wicworks/Sharing_Center/UT/gestational_diabetes_eng.pdf</a> Handout- <i>Utah- Thoughts On Gestational Diabetes</i></p> |
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