

Screening Strategies to Detect Prevalence of Gestational Diabetes Mellitus and Related Risk Factors in AIC Kijabe Hospital, Kenya

Background Gestational DM is associated with increased risk of perinatal morbidity and mortality, yet clear screening strategies have not been described in Kenya. The aim of this study is to describe and compare the prevalence of GDM based on selective and universal screening strategies. **Methods** A cross-sectional study. Study participants between 24- and 32-weeks' gestation were screened and tested for GDM. **Results** 38 women were universally screened, while 343 women were selectively screened for GDM. The prevalence of GDM was 13.2% and 2.6% in the universal and selective screening strategies, respectively ($p=0.016$). Forty-three percent of women with GDM did not have any risk factors for GDM. **Conclusion** Universal screening detects a significantly higher prevalence rate of GDM than the selective screening strategy. A significant proportion of women with no risk factors develop GDM, meaning many women would be missed when selective screening strategy is implemented. **Recommendations** Kenyan health facilities should adopt the universal screening strategy for diagnosis of GDM in order to prevent maternal and neonatal complications during pregnancy.

Keywords: Gestational Diabetes Mellitus, Oral glucose tolerance test

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