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Introducing GDm- Health

A digital solution to increase self care of women with gestational diabetes

Background

Ladies who develop gestational diabetes (are asked to monitor their blood sugars several times a day and communicate with diabetes specialists for treatment, in order to reduce the risk to themselves and baby The communication pathways historically take significant time, repeated out patient appointments and delayed treatment GDm Health is a digital system that reduces time in communication and time delays in care provision

Objectives

- To reduce time for patients and healthcare staff to be reviewed in out patients clinics and telephone communication by 30 in 12 months
- To reduce time between elevated blood sugar levels and treatment initiation by 20 in 12 months·
- To reduce cost expenditure on BM strips
- from RTE ILG within 12 months

Challenges

GDm-Health is a digital solution formed within the NHS for use in the NHS and utilized in many sites in England. The challenges faced during approval involved procurement, DPIA agreements and approval for funding across CTMUHB.

Solutions

- Set out a business case for GDM Health with Sensyne Health Care and requested
- information from other service users
- MDT including obstetricians, midwives,
- DSNs, trainees and diabetologists
- Monitored time by HC professionals taken for ladies with GDM in OPD clinics
- Introduced GDM Health across CTMUHB following DPIA and procurement processes.

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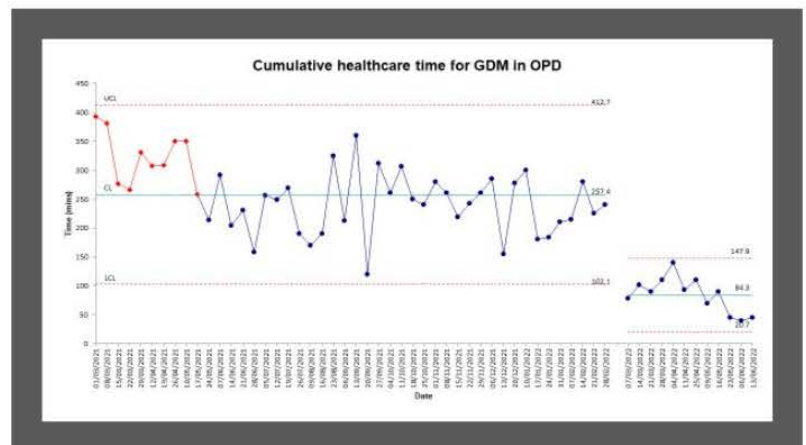Trawsffurfio
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✅ Impacts

- Process maps revised to improve efficiency – removal of 10 steps and cessation of conventional FU in OPD.
- Reduction in time for healthcare professionals and ladies with GDM from median 257 mins/week to 84 mins/week within 6 months; redirected into pre-conception care.
- Increase in education levels and patient satisfaction – qualitative data awaited.
- Reduced cost of strips for GDM Health monitoring per patient.

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👥 Learning

Further plans to collect data for outcomes and extend widespread use to other two ILGs.