

Gestational diabetes mellitus in Europe: prevalence, current screening practice and barriers to screening.

The purpose of this study was to find out how common GDM is in Europe, what methods for detecting it are used and what prevents some pregnant women and clinicians from utilising diagnosis and care services. To do this, all the relevant scientific literature and publications from government and non-government bodies around Europe was examined. In this report, information from 185 publications from 23 countries has been gathered.

The report found that:

- GDM is most often reported as affecting between 2 and 6% of all pregnancies. GDM may be less common towards the Northern Atlantic seaboard of Europe and more common in the Southern Mediterranean seaboard.
- Methods and policies for detecting and diagnosing GDM are inconsistent across Europe: between and within countries, different tests and different blood sugar thresholds are used for diagnosing GDM and different policies are used to decide which women should be tested.
- Some clinicians do not know enough about GDM, its diagnosis and about local guidelines relating to which women should be tested.
- As long as clear information about the condition and the tests is provided, testing for GDM is likely to be acceptable amongst pregnant women.

The report concluded that Europe-wide agreement methods for detecting and diagnosing GDM could lead to better health care and improved outcomes for women and children. It also concluded that well-designed research is needed on several topics to help women and clinicians to make better health care decisions relating to the diagnosis and treatment of GDM.