

Gestational Diabetes (GDM) Care Flowsheet

Patient Name: _____ DOB: _____ MR Number: _____
 LMP: _____ Estimated Due Date: _____ Gravidity/Parity: _____ Previous C-section? _____
 Co-Morbid Conditions: _____

GDM Risk Assessment		
<input type="checkbox"/> Age ≥ 35 years	<input type="checkbox"/> Hx of GDM	<input type="checkbox"/> 1st degree relative with diabetes
<input type="checkbox"/> BMI > 29 kg/m ²	<input type="checkbox"/> Hx of macrosomic infant	<input type="checkbox"/> PCOS
<input type="checkbox"/> High-risk ethnicity	<input type="checkbox"/> Hx of GDM complication	<input type="checkbox"/> Glycosuria

High-Risk GDM Screening		Universal GDM Screening (24-28 weeks)	
	Date	Result	Result
OGCT ≥ 135 mg/dl			
OGTT			
Fasting ≥ 95 mg/dl			
1-hour ≥ 180 mg/dl			
2-hour ≥ 155 mg/dl			
3-hour ≥ 140 mg/dl			
HbA1c (if needed)			

Physical Findings					
BMI Calculation Chart					
	√	BMI Value	Weight Category	Recommended Weight Gain	Recommended Calories
Height _____		< 19.8	Underweight	28-40 pounds	36-40 kcal/kg/day PPW
Pre-Preg Wt _____		19.8-26.0	Normal	25-35 pounds	30 kcal/kg/day PPW
BMI (kg/m ²) _____		26.1-29.0	Overweight	15-25 pounds	24 kcal/kg/day PPW
Calories _____		> 29.0	Obese	15 pounds	12-18 kcal/kg/day PPW

	Date						
Weight							
Weight gain status B=Below W=Within A=Above	B W A	B W A	B W A	B W A	B W A	B W A	B W A
Physical activity contraindicated?	Yes / No						

Education and Management Plan							
	Date						
Food plan and record reviewed							
Follows food plan	Rarely Sometimes Mostly						
Physical activity?							
SMBG frequency & times							
Glucose range tested <input type="checkbox"/> 1-hour pp <input type="checkbox"/> 2-hour pp Target ranges Fasting < 95 mg/dl 1-hour pp < 130-140 mg/dl 2-hour pp < 120 mg/dl	FBG						
	PPB						
	PPL						
	PPD						
SMBG in target range (%)	<50 / 50-75 / >75	<50 / 50-75 / >75	<50 / 50-75 / >75	<50 / 50-75 / >75	<50 / 50-75 / >75	<50 / 50-75 / >75	<50 / 50-75 / >75
Medication management <input type="checkbox"/> Glyburide _____ <input type="checkbox"/> Insulin _____ <input type="checkbox"/> Other _____							

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Prenatal Surveillance							
	Date						
Ultrasound							
Gestational age by LMP							
Gestational age by US							
Growth percentile							
Abd Circ (Gestational age or %)							
BPD (Gestational age or %)							
EFW							
	Date						
Daily fetal "kick counts"							
Prenatal testing initiation:							
No meds, euglycemic: 40 wks.	NST _____						
No meds, not euglycemic: 36 wks.	AFI _____						
Meds, otherwise uncomplicated: 32-34 wks.							
Other obstetric complications: earlier							

Delivery Plan	Contraceptive Plan
	<input type="checkbox"/> Tubal ligation (papers signed 30 days prior to delivery if requesting) <input type="checkbox"/> Other _____

Postpartum Education			
	Date		Date
<input type="checkbox"/> Weight loss (diet and activity) / lifestyle modifications		<input type="checkbox"/> Healthy lifestyle for infant	
<input type="checkbox"/> Contraceptive Plan Follow up		<input type="checkbox"/> Follow-up OGTT every 1-3 years	

Postpartum Blood Glucose Test (6-12 weeks postpartum)		
OGTT: Date: _____	Fasting: _____	2-hour: _____
OGTT Interpretation:	Fasting reference values	2-hour reference values
<input type="checkbox"/> Normoglycemia	<100 mg/ml	<140 mg/dl
<input type="checkbox"/> Pre-diabetes	≥ 100 mg/dl and <126 mg/dl	≥ 140 mg/dl and <200 mg/dl
<input type="checkbox"/> Type 2 diabetes mellitus	≥ 126 mg/dl	≥ 200 mg/dl

Additional Notes