Oral Defense Announcement
University of Missouri-St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Women’s Health Nurse Practitioner

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B.S. in Nursing, May 2007, Maryville University

Implementation of Postpartum Oral Glucose Testing Follow up in Women with Gestational Diabetes

Date: July 6, 2022  
Time: 8:45 a.m. to 9:20 a.m.  
Place: 204 SCCB

Abstract

Problem One of the most common medical complications of pregnancy is Gestational Diabetes (GDM). After delivery, guidelines recommend follow-up glucose tolerance testing (OGTT) 4-to 12-weeks postpartum. Despite these recommendations, only 16% to 22% of women complete a OGTT postpartum.

Methods The purpose of this proposed quality improvement (QI) project is to pilot a postpartum outreach follow-up via telephone to reach women diagnosed with GDM; the communication will be sent using the institution’s electronic messaging system. Quantitative data was collected prospectively. Data collected included if the patient was contacted, successful patient contact, and if the patient completed the testing. This project took place in a women’s health clinic. This project used a purposive sample of women, aged 18 to 45, diagnosed with GDM.

Results The sample was composed of a total of 24 women in the pre-implementation period and 17 women in the post-implementation period. The pre-implementation period showed seven women (29.2%) completed the OGTT, and 17 (70.8%) did not. In the post-implementation period, six women (35.3%) completed the OGTT, and 11 (64.7%) did not. The postpartum outreach achieved 100% communication from the office to the patient by telephone or electronic message.

Implications for Practice In this QI effort, implementation of communication helped engage more patients prior to their 6-week postpartum office visit. Future recommendations for this QI project include another PDSA cycle of a longer duration to evaluate quality of care and new knowledge in promoting responsiveness between patient and provider to achieve the goal of increasing completion of the postpartum testing in women with GDM.

Defense of Dissertation Committee
Chairperson, Cathy Koetting, PhD, DNP, APRN, CPNP-PC, PMHS, FNP-C  
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