

ROLE OF RISK FACTORS FOR GESTATIONAL DIABETES MELLITUS IN DETERMINING NEWBORN OUTCOMES IN A NIGERIAN TEACHING HOSPITAL.

Introduction: Gestational diabetes mellitus (GDM) is a common metabolic disorder associated with adverse fetal outcomes. The risk factors for gestational diabetes mellitus are often employed in selective screening for GDM. The impact of risk factors for GDM on newborn outcomes is yet to be fully evaluated.

Objective: To determine the impact of risk factors on the anthropometric and clinical outcomes of newborn.

Methods: The study was a prospective open cohort study carried out from March to November 2017 at the Lagos University Teaching Hospital (LUTH), Lagos, Nigeria. They all had 75g Oral Glucose Tolerance test (OGTT) done at 24 to 28 weeks gestation. The women were followed up till delivery. Anthropometric measurements done in the newborns were weight, chest, abdominal and head circumference. The p value ≤ 0.05 was considered significant.

Results: Ninety pregnant women were recruited in the course of the study. About 24% of the pregnant women had GDM using the IADPSGG criteria. There were eight deliveries of macrosomic babies with weight ranging from 4.5 – 5.6kg in women with more than three risk factors. More than 60% delivery of macrosomic babies occurred in women with three or more risk factors. There were higher occurrence of birth trauma and neonatal ward admission of their newborns of mothers with multiple risk factors.

Conclusion: Assessment risk model using more than two maternal clinical risk factors could be employed to evaluate the risk of adverse foetal outcomes in resource poor settings.