AN AUDIT ON WOMEN WITH GESTATIONAL DIABETES MELLITUS ATTENDING THE PROFESSORIAL OBSTETRICS UNIT, NORTH COLOMBO TEACHING HOSPITAL, RAGAMA

M.B.C. Motha, **J. Gunasena**, T.S. Palihawadana, T.D. Dias

Department of Obstetrics and Gynaecology, Faculty of Medicine, University of Kelaniya, Sri Lanka

Objective: Describe the socio-demographic characteristics, delivery and fetal outcomes in women with gestational diabetes mellitus (GDM) attending the Professorial Obstetrics Unit NCTH **Method**: This audit was performed on 493 pregnant women with GDM. **Results**: Mean age was 31 years (SD=4.91). A majority of 166 (33.7%) were educated up to O/L followed by 165 women (33.5%), who were educated up to A/L. Seven (1.4%) had received only primary education and 117 (23.7%) had received education up to grade 6-10. However only 6.7% (N=33) had continued their higher education. Average income was Rupees 40919 (SD=27775). Mean booking BMI of the population was 25.75kg/m^2 (SD=5.23). Sixty two women (12.6%) did not have their booking body mass index recorded. Twenty three (4.7%) were under-weight, 171 (34.7%) were overweight, 136 (27.6%) were obese with only 101 (20.5%) having a normal BMI. In terms of delivery outcomes, 231 (46.9%) had a normal vaginal delivery. Sixteen (3.2%) had an instrumental delivery. LSCS rate among the women was 49.9% (246). One hundred and forty two (28.8%) underwent an elective LSCS while 104 (21.1%) had to undergo an emergency LSCS. Average birth weight was 3050g (SD=526.7). Birth weights of 13 babies (2.6%) were unrecorded. Out of all the recorded data, 11.6% (N=57) had a low birth weight, 71% (N=350) had a normal birth weight and 14.8% (N=73) had a high birthweight. **Conclusions**: The average booking body mass index of women falls into the overweight category, with a majority (62.3%) of women being either overweight or obese at the booking visit. The audit demonstrated that the LSCS rate among women with GDM was almost 50%. Average birth weight of the babies of women with gestational diabetes mellitus lied within the normal range.