

GDM and pregnant women with diverse backgrounds: Developing digital solutions for diabetes self-management

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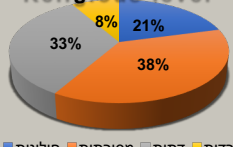
Background

- Gestational Diabetes Mellitus (GDM), one of the most common complications during pregnancy and can lead to grave adverse perinatal outcomes and long-term health complications for both mothers and their offspring
- Self-care and lifestyle changes for adequate glycemic control are the first-line treatment in GDM self-management.
- Pregnant women from diverse backgrounds experience significant challenges in adhering to GDM self-care regimen tasks.
- The use of existing mHealth solutions to assist in GDM self-management is rising. Still, there are gaps and barriers in compliance among women from diverse backgrounds, cultural and religious needs, and digital literacy levels.

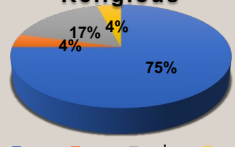
Results

- Twenty-four pregnant women diagnosed with GDM participated.
- Fifteen (63%) were diagnosed for the first time.
- Nine (37%) had GDM in their previous pregnancy.

Religious level



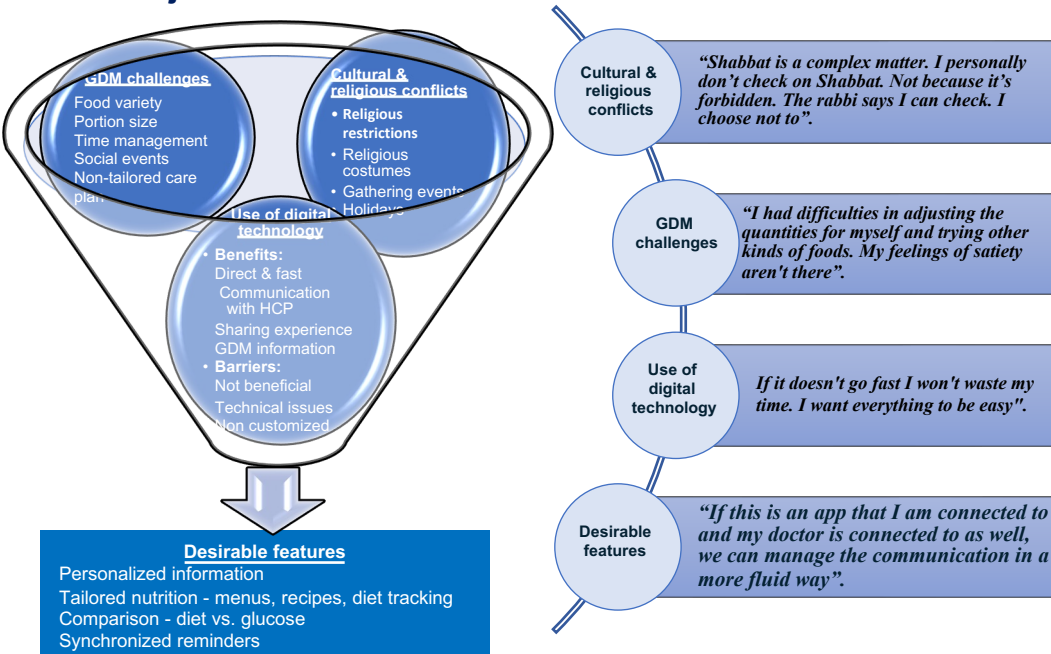
Religious



Education



Four major themes were identified:



Study Purpose

To understand the challenges experienced by pregnant women in self-managing their GDM and their perception of the possible contribution of using digital technologies as part of their care management.

Design & Methods

- Setting: Diabetes in pregnancy clinic in Baruch Padeh Medical Center, Poriya.
- We conducted a qualitative study, using purposive sampling to recruit pregnant women diagnosed with GDM.
- Semi-structured interview asked women about their GDM self-management, experience with digital and mHealth technologies, and attitudes towards mHealth and GDM self-management.
- Interviews were recorded, transcribed and coded using content analysis to derive themes.



Discussion & Conclusions

- Pregnant women are conflicted in following recommendations when they don't fit in with their existing lifestyles or cultural norms.
- Women perceive mHealth as a standard of care to support their GDM management, but desire personalized and relevant features to address their needs and cultural customs.
- Bridging these gaps may impact women's optimal use and engagement with mHealth.