

A CROSS SECTIONAL STUDY OF RISK FACTORS TO COMPLICATIONS AMONG GESTATIONAL DIABETICS AT KLINIK KESIHATAN BANDAR MAS IN 2023

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ABSTRACT

INTRODUCTION: Gestational Diabetes Mellitus (GDM) IS associated with risk to women and her developing fetus. Approximately one in three women who become pregnant develop GDM. OBJECTIVE: The aim of this study was to evaluate the risk factors for GDM among pregnant women. METHODOLOGY: An analytic cross-sectional study was done involving 148 pregnant women at one public health clinic Kota Tinggi in 2023. 40 pregnant women (27.7%) with GDM were diagnosed according to WHO criteria using 75g oral glucose load. Risk factors consist of age of pregnant women, obesity ($BMI \geq 27.5 \text{ kg/m}^2$), previous history of GDM, family history of diabetes mellitus, history of macrosomic baby, bad obstetric history, presence of glycosuria >2 times during current pregnancy and underlying comorbidity was analyzed in this study. Chi square analysis was utilized to determine the factors linked to the occurrence of GDM. RESULT: A total of 40 pregnant women diagnosed with GDM participated in the study. The majority of subjects age between 20-43 years with a mean age of 31.4 years. 87.8% of GDM women were identified as above ≥ 25 years old. About two third of the patients is obese (61%), one third of patients have a history of GDM in previous pregnancy (29.3%) and half of the patients have family history of DM (43.6%). Only one GDM patient has underlying cases of end stage renal disease. History of macrosomic baby, bad obstetric history and presence of glycosuria >2 times during current pregnancy not identified that can cause GDM in this study. There is significant association between history of GDM in previous pregnancy and occurrence of GDM in current pregnancy ($\chi^2(1) = [6.188]$, $p = [0.013]$). CONCLUSION: According to the findings of this study, history of GDM in previous pregnancy is a significant risk factor of GDM. Pre pregnancy care for women with a previous history of GDM must be optimized before conception is taking place as it can affect maternal and fetal outcome.

Keywords: Gestational diabetes mellitus, risk factors, screening
