

For permission to reproduce any part of this presentation, you must contact Kate Gilbert by email to [kate@realitycheck.org.au](mailto:kate@realitycheck.org.au) or phone 0402 515 825.

© Kate Gilbert – Presented at the Australasian Diabetes in Pregnancy Society Conference, Gold Coast Convention Centre, August 2006

**reality::check**

**Evaluating a consumer resource about pregnancy for women with pre-existing diabetes, and investigating further information needs.**

- Kate Gilbert, *Reality Check young adults with diabetes*
- Renza Scibilia, *Diabetes Australia-Victoria*
- Janet Lagstrom, *King Edward Memorial, Perth & ADIPS*
- Annette Parry, *Mater Mothers, Brisbane & ADIPS*

## Overview

- Background
- Profile of respondents
- Effectiveness of resource
- Broader information needs
- Conclusions from evaluation
- Future work
- Recent developments

**reality::check**

## Background

- Australasian Diabetes in Pregnancy Society (ADiPS)
- Reality Check, consumer group
- Diabetes Australia-Victoria (DAV)

**reality::check**

## Background (cont'd)

- **Can I Have a Healthy Baby?** 2002
- Based on King Edward Memorial Hospital, Perth
- Extensive consultation
- 16,000 copies



**reality::check**

## Aims

1. To investigate the resource's effectiveness; and
2. To investigate women with diabetes' broader information needs around pregnancy.

**reality::check**

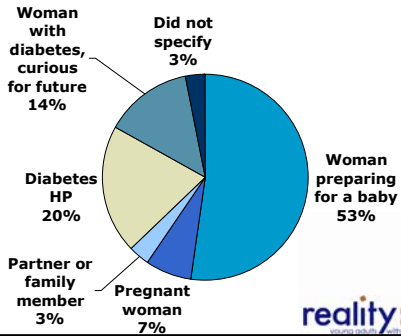
## Method

A validated survey was converted into an online survey and sent to:

- members of Reality Check (consumers)
- members of ADiPS (HCPs)
- people who DAV had sent the resource to (predominantly HCPs)

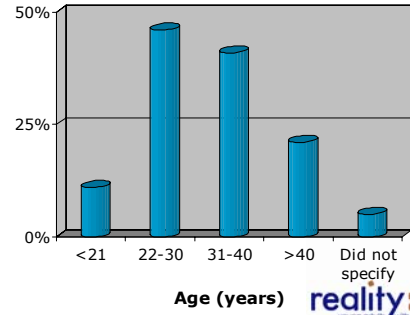
**reality::check**

## 94 respondents



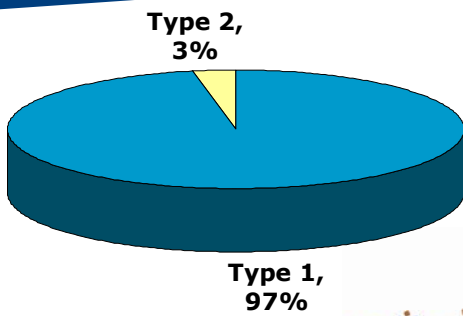
reality:check

## Women with diabetes, age



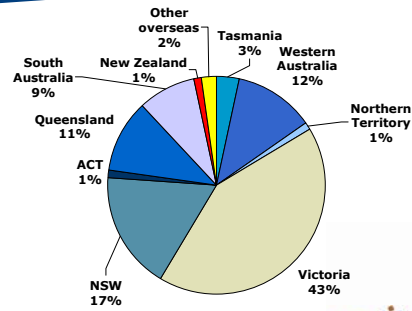
reality:check

## Women with diabetes, type



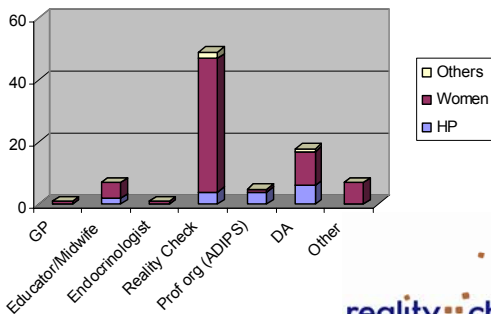
reality:check

## All respondents, by state



reality:check

## Who gave you booklet...



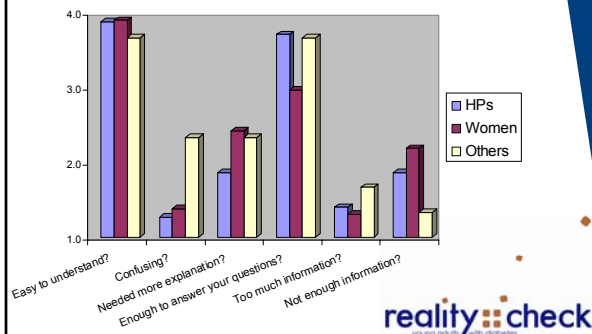
reality:check

## 1. Effectiveness of resource

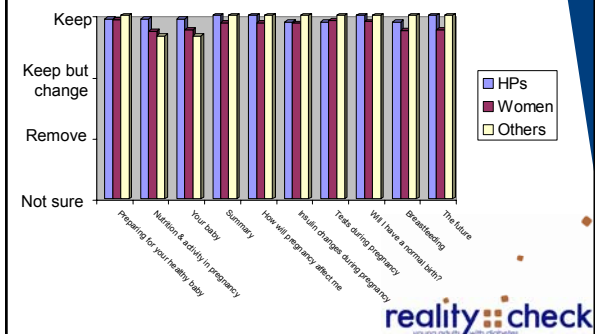
- 7 questions
- Data split:
  - HPs
  - women
  - others

reality:check

## Was the information ...



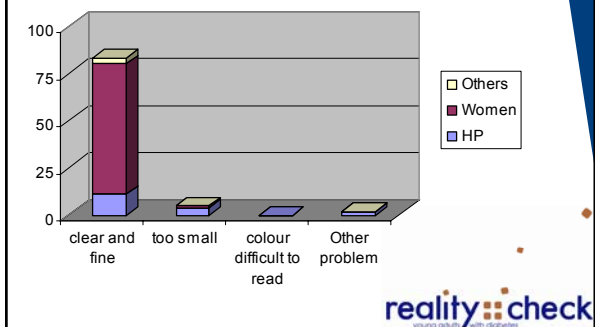
## Keep, change or remove sections?



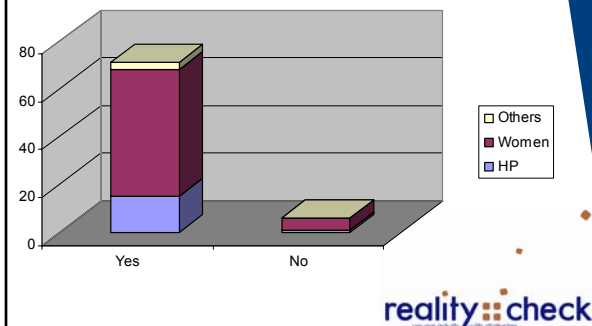
## More information ?

- 41 people specified areas needing more information
- Open-ended, coded into 19 topics
- Risks, negatives and complications of birth (27%)
- Falling pregnant when blood glucose control is not in desired range (14%)

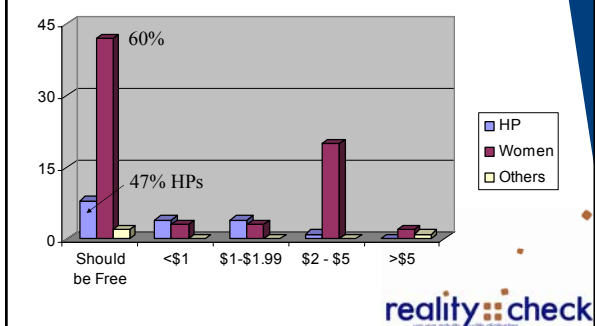
## Was the print easy to read?



## Did you relate to the images and cartoons?



## How much would you (or your organisation) pay for it?



## Availability of booklet

- 63 people suggested places to promote, inc :
- All prenatal clinics
  - "It should be handed out routinely at the Diabetes Clinics at major public hospitals."
  - "I'd like to see it more from diabetes educators"
  - "Maybe in Endo offices around the country (although that could be rather expensive!). I think having it available on the Reality Check website was the best place for me to find it."
  - "Links on more websites / search engines "

reality check

## 2. Broader information needs

- Ranking 11 types of information for helpfulness - analysis
- Specific question re website

reality check

## Perceived helpfulness Health Care Professionals (n=18)

1. Free printed information
2. In person consultations with health professionals
3. Meeting other women with diabetes
4. Reading positive stories of successful diabetic pregnancies
5. Evening or weekend seminars specifically about diabetes and pregnancy
6. Approved information published on websites
7. Purchased books
8. Seminars on broad range of diabetes topics inc. pregnancy
9. Telephone help-lines (eg. Diabetes Australia)
10. Website discussion forums
11. Reading stories of difficult pregnancies

reality check

## Helpfulness rankings Women with diabetes (n=70)

1. Free printed information
2. Reading positive stories of successful diabetic pregnancies
3. In person consultations with health professionals
4. Approved information published on websites
5. Meeting other women with diabetes
6. Evening or weekend seminars specifically about diabetes and pregnancy
7. Purchased books
8. Website discussion forums
9. Stories of difficult pregnancies
10. Seminars on range of diabetes topics inc. pregnancy
11. Telephone help-lines (eg. Diabetes Australia)

reality check

## Variance in favour of HCPs

	Women (n=70)	HP (n=18)	
1. Meeting other women with diabetes	3.33	3.67	+0.34
2. Free printed information	3.66	3.88	+0.23
3. Telephone help-lines eg. Diabetes Australia	2.59	2.78	+0.19

1 = Not very helpful, 4 = Extremely helpful

reality check

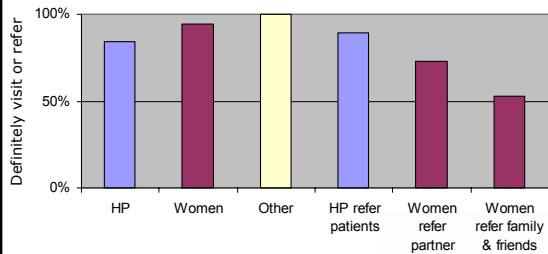
## Variance in favour of Women

	Women (n=70)	HP (n=18)	
1. Reading stories from women who have had difficult pregnancies	3.03	2.33	-0.70
2. Website discussion forums	3.09	2.56	-0.53
3. Approved information published on websites	3.50	3.11	-0.39

1 = Not very helpful, 4 = Extremely helpful

reality check

## Online information resource?



reality:check

## Comments

- I found that there was a lot of buck passing when it came to my care during my pregnancy, the GP thought it was the endo's responsibility and the hospital thought it was the endo's responsibility and the poor endo was lumped with most of my pregnancy care along with my diabetes (My endocrinologist is wonderful though and took excellent care of me during my pregnancy)

reality:check

## Comments

- I have been looking for something like this for a long time. It is hard to get help when you are PLANNING pregnancy, though many Drs and high risk specialists want to know when you are pregnant. The questions I wanted answered were covered in this booklet.

reality:check

## Conclusion

- Effective
- Highly-valued
- Specific areas for review and expansion
- Women with diabetes have further information needs which should be investigated further.



reality:check

## Future work: a) evaluation

- Effectiveness with, and information needs of:
  - Women with Type 2 diabetes
  - Partners
  - Women receiving booklet via HPs
  - Obstetric HPs
  - Ongoing

reality:check

## Future work: b) booklet review

- Partners – confusing → check language
- Women – not enough information → links, references
- Cover → cartoons
- Already pregnant → ?
- Complications and risks → ?

reality:check

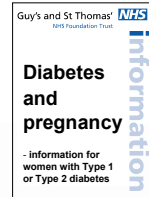
## Future work: c) information needs

- Positive stories of successful pregnancies
- Reliable online information

reality check  
young adults with diabetes

## Recent developments

- **Booklet being adapted for the UK**
- Pam Gilby, DNE, Guy's & St Thomas'



reality check  
young adults with diabetes

## Recent developments cont'd

- **Federal government / DA / NDSS Grant :**
- **ALL Female NDSS registrants 16-35**

reality check  
young adults with diabetes

## Contact

### **Kate Gilbert**

Founder & President

Reality Check young adults with diabetes Inc.

**Phone:** 0402 515 825

**Email:** [kate@realitycheck.org.au](mailto:kate@realitycheck.org.au)

**Website:** [www.realitycheck.org.au](http://www.realitycheck.org.au)

reality check  
young adults with diabetes