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UNIVERSITI
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FACULTY OF MEDICINE UiTM

MED BULL'

NO.3/2024



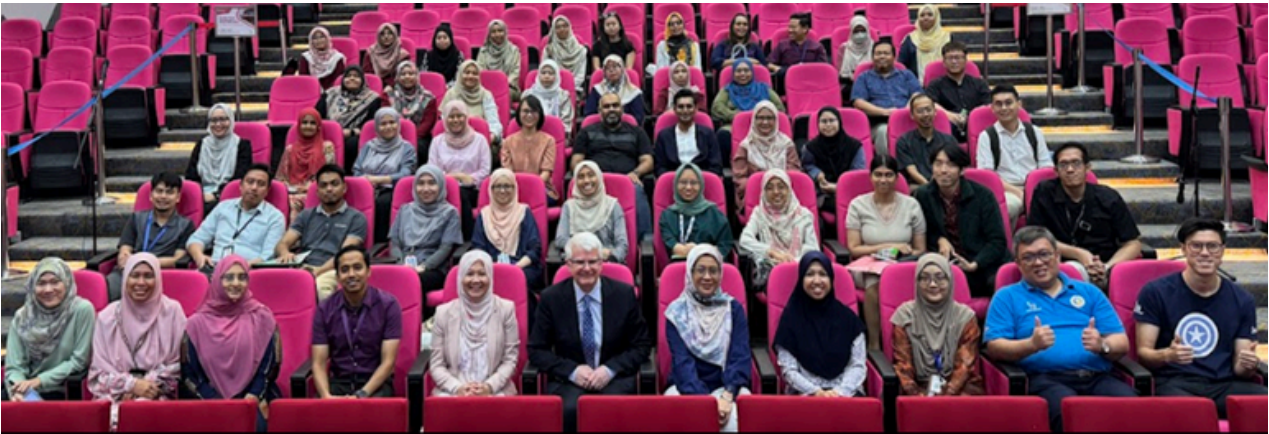
eISSN 2805-4628



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Menyerlahkan Potensi
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DIABETES IN PREGNANCY MASTERCLASS – 'NAVIGATING THE BUMPS'

By: Dr. Fatimah Zaherah Mohamed Shah, Dr. Mohd Hazriq Awang, Dr. Nur Aini Eddy Warman, Dr. Aimi Fadilah & Prof. Dr. Rohana Abdul Ghani

The incidence of diabetes mellitus (DM) in Malaysia continues to increase at an exponential rate, with significant rises in the younger, childbearing population. This was illustrated clearly in the latest Malaysian National Health and Morbidity Survey on Maternal and Child Health 2022, which highlighted that the incidence of diabetes in pregnancy was 27.1%, constituting an almost 15% increase in the incidence within a 5-year period.

Notably, the rapid increase in the number of cases with diabetes in pregnancy in recent years has added a tremendous burden to healthcare costs. DM in pregnancy has risks to both the mother and neonate, leading to intergenerational health concerns. These health impacts on both the mother and offspring range from short-term

complications, such as birth injuries, to long-term effects of deleterious metabolic changes with multiple target-organ damages, higher risk of certain malignancies, and even psychological and behavioral alterations.

This is further compounded by the Asian diabetes phenotype, with emphasis on the higher rate of gestation diabetes among Asians, contracting diabetes and a younger age and lower body mass index (BMI), as well as reduced pancreatic beta-cell mass, all of which contributes to increased numbers of diabetes in pregnancy and higher risk of morbidities and complications.



This diabetes in pregnancy masterclass aimed to address these issues by filling the gaps in the current management structure of this condition. This program was designed with the objective of educating all levels of healthcare workers on the importance of integrated management and to disseminate information on the various treatment modalities available in this country across all levels of medical care.

This novel program focused on a multidisciplinary approach, bringing together healthcare practitioners from varying intersected specialties, namely endocrinology, obstetrics and gynaecology (O&G), paediatrics, and primary care. The speakers and moderators in this program were all highly trained professionals and were actively involved in formulating local and international guidelines.

This masterclass was initiated with an overview on the burden of DM in pregnancy and the effects on mother and child, followed by an in-depth review of diagnosing this condition at different healthcare levels, both delivered by endocrinologists. This was followed by a session from an O&G consultant on management during pregnancy throughout the antenatal and postnatal periods and subsequently progressing to the next step with a comprehensive approach to the offspring during the neonatal period by a paediatrician.

An interactive question and answer session were held with a positive audience response. The second part of this masterclass focused on specialized management of DM in pregnancy, encompassing both oral and injectable therapies, the indications, benefits, and disadvantages, as well as different monitoring modalities, further tailored to multi-level care.

A special feature of this masterclass was then conducted, with a panel discussion featuring endocrinologists, obstetricians, and paediatricians, on a broad spectrum of challenging clinical cases, with active involvement from the participants. This multi-level engagement is imperative in fulfilling the objective of the program and effective short-term and long-term management of both the parent and offspring across generations.

This innovative program was successful, attracting more than 50 participants from various specialties and medical backgrounds, with positive feedback. Utilizing a multi-level engagement, this program helped to facilitate the comprehensive management of diabetes in pregnancy.

Traditionally, the management of medical conditions in pregnancy is frequently compartmentalized, with different specialties working in isolation and only coming together in certain conditions. This masterclass was, in a way, a pioneer in providing a platform for discourse across different departments and acknowledging contributions from various specialties for better patient care.