

# **Oral glucose tolerance test and continuous glucose monitoring for gestational diabetes diagnosis: a survey study of women and health care professionals.**

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We would be grateful if you could take the time to complete the following survey, which will take approximately 15 minutes. This survey is a component of a PhD research project, CGM4GDM - Continuous Glucose Monitoring for the diagnosis of Gestational Diabetes Mellitus by Dr Daria Di Filippo, supervised by Professor A. Welsh and A/Prof. A. Henry and funded by the Maternal, Newborn and Women's Health Clinical Academic Group of the Sydney Partnership for Health, Education and Research Enterprise (SPHERE) and UNSW Women Wellbeing Academy (WWBA).

This study seeks to evaluate Continuous Glucose Monitoring (CGM) as an alternative diagnostic test to the currently used OGTT for Gestational Diabetes Mellitus (GDM) and identify the beliefs and attitudes of clinicians (endocrinologists, midwives, obstetricians and diabetic educators) in relation to the current and proposed diagnostic test for GDM.

Our proposal in detail is to:

- Study diagnosis of GDM using 7 days of CGM while women keep track of their diet and exercise routines.
- Evaluate pregnancy outcomes of GDM against CGM parameters and a tailored GDM risk factor versus OGTT.
- Survey both women and clinicians about attitudes regarding GDM diagnostic methods.

Participation to this survey is voluntary and anonymous, and completion of this survey indicates your consent to participate. The findings will be presented to clinicians (medical, midwifery, allied health) in the participating hospitals, and will be presented at conferences or published in academic journals. For more information on this study contact the Principal Investigator, Dr Daria Di Filippo [d.difilippo@unsw.edu.au](mailto:d.difilippo@unsw.edu.au)

The conduct of this study at the Royal Hospital for Women and St George Hospital has been approved by the South Eastern Sydney Local Health District (SESLHD) Human Research Ethics Committee. Any person with concerns or complaints about the conduct of this study should contact the Research Support Office which is nominated to receive complaints from research participants. You can contact them on 02 9382 3587, or email [SESLHD-RSO@health.nsw.gov.au](mailto:SESLHD-RSO@health.nsw.gov.au) quoting 2019/ETH04910.

## Section 1 - Demographic questions

My discipline/role

- Midwife
- Endocrinologist
- Diabetic educator
- Obstetric consultant
- Obstetric registrar
- Obstetric resident

My age

- 21-30
- 31-40
- 41-50
- 51-60
- >60
- Prefer not to say

My years of experience

- < 5
- 5-10
- 11-15
- >15
- Prefer not to say

My primary affiliated public hospital

- Royal Hospital for Women
- St George Hospital

**Section 2 - Gestational Diabetes and OGTT**

How many patients with GDM do you see a year?

- < 10
- 10-25
- 25-50
- >50

Do you think GDM has an important impact on public health?

- Not really
- Unsure
- Somewhat important
- Crucial

Please comment on this

\_\_\_\_\_

Do you have confidence in the OGTT diagnosis?

- Yes
- Unsure
- Not much confidence
- No confidence at all

Please comment on this

\_\_\_\_\_

Do you see any issue with the current diagnosis of GDM?

- Not really
- Unsure
- Some issues
- Numerous issues

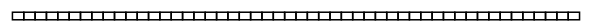
Please comment on this

\_\_\_\_\_

Do you consider the OGTT generally acceptable for pregnant women?

I consider the OGTT overall very unacceptable

I consider the OGTT overall very acceptable



(Place a mark on the scale above)

Could you please rate on the following scale your perception of the acceptability of the glucose beverage for women?

The glucose beverage is very unacceptable

The glucose beverage is very acceptable



(Place a mark on the scale above)

Could you please rate on the following scale your perception of the acceptability of blood collection for women?

Blood collection is annoying or causes significant problems

Blood collection is not annoying and causes no problems



(Place a mark on the scale above)

Could you please rate on the following scale your perception of the acceptability of the time frame of the OGTT, including the 2 hours waiting period?

The time frame is very unacceptable

The time frame is very acceptable



(Place a mark on the scale above)



**Section 3 - Continuous Glucose Monitor acceptability**

Have you ever used a CGM device with your patients?

- Never
- Some of my patients used one but I had no direct experience
- Yes

Which CGM device have you used?

- Medtronic iPro
- Freestyle Libre
- Other

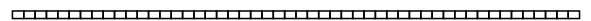
Please specify CMG device/s used

\_\_\_\_\_

Do you consider CGM generally acceptable for patients?

I consider CGM overall very unacceptable

I consider CGM overall very acceptable

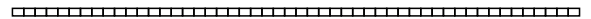


(Place a mark on the scale above)

Could you please rate on the following scale how you find the insertion of the device?

Insertion is very difficult

Insertion is very straightforward

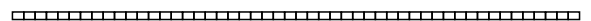


(Place a mark on the scale above)

Could you please rate on the following scale your perception of the acceptability of the insertion of the device for patients?

Insertion is very unacceptable

Insertion is very acceptable



(Place a mark on the scale above)

Could you please rate on the following scale your perception of the acceptability of wearing the device for your patients?

The device is difficult to wear or causes significant problems

The device is easy to wear and causes no problems

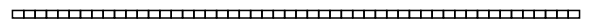


(Place a mark on the scale above)

Could you please rate on the following scale how you find the removal of the device?

Removal is very difficult

Removal is very straightforward

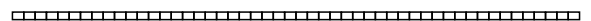


(Place a mark on the scale above)

Could you please rate on the following scale your perception of the acceptability of removal of the device for your patients?

Removal of the device is very unacceptable

Removal of the device is very acceptable



(Place a mark on the scale above)

**Section 4 - Future GDM diagnosis**

Would you consider CGM a valid diagnostic tool for GDM?

- Not really    Unsure  
 Probably yes    Absolutely yes

Please comment on this

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Do you have experience with any other biomarker of GDM (FBG, SBGM, HbA1c, Fructosamine)?

- No    Unsure    Not much experience  
 Yes

Tests may be combined to optimise diagnostic accuracy, in particular using a technique known as triangulation. We are considering the use of risk factors along with CGM variability to optimise GDM diagnosis. Apart from Risk factors and CGM variability, is there any other parameter you would add to the triangulation?

- No    Unsure    Yes

Please comment on this

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Please provide any further comments/suggestions for us in the space below.