

An integrated health system intervention aimed at reducing type 2 diabetes risk in women after gestational diabetes in South Africa (IINDIAGO Study)

Key Informants Discussion Guide

SECTION A: Standard of care for GDM women

Policy & Clinical guidelines

- 1) What are the policies and clinical guidelines in place for the management of women with GDM and diabetes at this hospital?
 - When and how were they developed?
 - Who are the key implementers?
 - What is the oversight (Monitoring and Evaluation)?
 - How effective do you think they are?
 - How often do the women come to the hospital?
 - Who sees them?
 - What is the treatment regimen?
- 2) What are the policies and clinical guidelines relating to the care of the mother and baby after a GDM pregnancy?
- 3) What are the current in-hospital post-delivery guidelines for women with GDM and diabetes at this hospital?
- 4) To what extent are these policies and guidelines followed in clinical practice?
- 5) What are the problems (if any) in implementing these policies and guidelines?
- 6) What is currently happening at a policy level and within the health services regarding infant nutrition and vaccinations? How do you think this project can effectively align with these initiatives?

SECTION B: Current practice

- 7) Can you explain in detail the current practices relating to the care of women with GDM during pregnancy?
- What lifestyle intervention do women receive during pregnancy?
 - What does it consist of? (Medication, educational materials etc.)
 - Who is involved in delivering the intervention?
- 8) What are the current practices/procedures relating to the care of women after a GDM pregnancy?
- 9) What is the current discharge plan for these women postpartum?
- Is there a specific protocol in place?
 - Is there a referral system?
 - Where do women actually attend for postpartum follow-up for their diabetes or GDM?
 - Are women discharged on medication?
 - Is there a link between GDM management and labour/delivery procedures?

Prioritization of GDM in overall care

- 10) Do you regard postpartum follow-up of women with GDM as an issue needing to be addressed?
- 11) Is there anyone else who you think we would need to speak to as part of the formative phase of this study?
- 12) What do you think should be done for women with previous GDM during postpartum care?
- 13) What are your thoughts and feelings on integration of mother and baby care after a GDM pregnancy?

SECTION C: Views on proposed intervention

- 14) You have been given the draft protocol to read, do you have any critical comments/concerns you would like to raise about the proposed study? This could be regarding the conceptualization and feasibility of the research aspects and/or the proposed intervention? Do you have any additions to the protocol?
- 15) How feasible is a maternal health intervention in the Well Baby Clinic? (OGTT + Lifestyle intervention) Is there enough space/personnel/time/equipment/material to implement it?
- 16) Do you know if there are any other initiatives like this (integrated mother-baby care) in SA or elsewhere? Do you know of any follow-up interventions for women with previous GDM?