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## Analysis on the parameters of the EuroQol-5 D-5L among patients with gestational diabetes mellitus

Cyril James<sup>1</sup>, Snezhana Tisheva<sup>1</sup>, Konstantin Gospodinov<sup>1</sup>, Yoana Mladenova<sup>1</sup>, Nadia Stancheva<sup>1</sup>, Asiq Yanakieva<sup>1</sup>, Deepak Jose<sup>2</sup>, Jacob Cyriac<sup>2</sup>, Meetu Mathew<sup>3</sup> and Soumya Jose<sup>4</sup>

<sup>1</sup>Medical University Pleven, Bulgaria

<sup>2</sup>Government Hospital Pala, India

<sup>3</sup>St. John's Medical College, India

<sup>4</sup>St. Joseph's Hospital, Hagen, Germany

**Objective:** Gestational diabetes mellitus (GDM) is defined as any degree of glucose intolerance with onset or first recognition during pregnancy. The aim of this study is to analyze the impact of GDM on the quality of life of these patients.

**Design & Method:** Questionnaire based cross sectional study was done on 796 patients with GDM in a Tertiary Hospital in India between 1st January 2015 and 31st December 2016. EuroQol-5D-5L questionnaire was administered in these patients during the third trimester visit. EuroQol-5D-5L comprises of 5 dimensions: mobility, self-care, usual activities, pain/discomfort and anxiety/depression. Each dimension has 5 levels: no problem, slight problems, moderate problems, severe problems and extreme problems.

**Results:** Among patients with GDM, 13% were with moderate problems, 5% with severe problems and 2% with extreme problems in mobility. On self-care dimension of EuroQol-5D-5L 8% of the patients had moderate problems, 3% had severe problems and 0.5% were with extreme problems. For dimension pain/discomfort, 24% had moderate problems, 16% had severe problems and 5% had extreme problems. In case of anxiety/depression, 38% had moderate problems, 18% had severe problems and 9% were with extreme problems. With usual activities, 15% had moderate problems, 8% had severe problems and 2% had extreme problems.

**Conclusions:** The study revealed that the incidence of anxiety/depression and discomfort are at a high rate in patients with GDM. Proper psychological and physical rehabilitation is to be implemented in these patients to improve their quality of life during pregnancy.

drcyrijames@yahoo.com