

MyGDM Scotland

NEWSLETTER

Welcome...

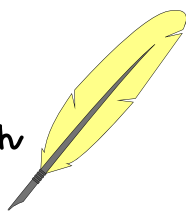
... to our very first **MyGDM Scotland** Newsletter.



IN THIS ISSUE:

- **WHAT IS MYGDM SCOTLAND?**
(PAGE 2)
- **WHAT ARE WE WORKING ON?**
(PAGE 3, 4 & 5)
- **MEET THE TEAM**
(PAGE 6)

The MyGDM Scotland Research
Team



HAPPY READING!





What is the MyGDM Scotland project?



MyGDM Scotland is a new research project funded by the CSO (Chief Scientist Office), aiming to optimise the management of Gestational Diabetes (GDM) in Scotland to improve the outcomes in pregnancy and on future health.

Led by the Edinburgh Pregnancy Research Team (EPRT), our current focus is:

- **Reviewing current GDM care**
.....
- **Public Engagement - Listening to the experiences of Women with GDM to inform our research and improve care**
.....
- **Universal screening of GDM and improving follow-up care after pregnancy (Postnatal care)**

Using our findings, we aim to improve the care, diagnosis and outcomes for women with GDM.

WHAT ARE WE WORKING ON?....

PUBLIC ENGAGEMENT - WOMEN'S VOICES

We held an Online meeting for Women and their families, who have experience of Gestational Diabetes (GDM) to ensure their voices and experiences are included in maternity care, design and delivery.

We discussed 4 main topics:

- The Diagnosis of GDM
- Thoughts on using an 'App' to monitor GDM
- Use of a Home-Testing kit for HbA1c Postnatally
- Postnatal Follow-Up Care



THE FINDINGS TELL US THAT:

Women were scared and shocked when they were first diagnosed with GDM.

Women would be keen to adopt an APP to help manage and engage with their Gestational Diabetes.

There is keen interest for doing an HbA1c blood test at home instead of attending a clinic after having their baby.

I was scared at first.

I felt so bad after the clinic experience of being diagnosed with diabetes.

Including real time alerts on the app would make it more useful, interesting and fun.

"I prefer home testing kits because it saves time and energy."

I was shocked when I first heard it cause I've always seen myself to be healthy.

I had to learn a lot about managing my health.

I will use it because I can easily access it from the comfort of my home.

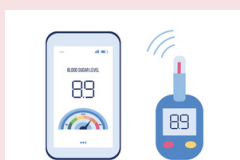
"I prefer home testing kits for flexibility."

WHAT NEXT?...

We have already recruited **70%** of our target participants for the 'At-home HbA1c testing.'

We will soon be ready to package up the first at-home blood test kits and send them out to women.

If successful and women complete the study, we can look to introduce this scheme to more women!



Work is underway on creating an APP that will support women with GDM to monitor and control their diabetes. Watch this space...

WHAT ARE WE WORKING ON?....

Improving GDM Follow-Up Care:

'AT-HOME' HBA1C TESTING KIT TRIAL

**Recruiting
now!**

Currently all women with Gestational Diabetes are invited to have a follow-up blood test (called an HbA1c) at around 13 weeks after their baby is born. This is to check their blood sugars have returned to normal levels after pregnancy.

This blood test is currently taken during a hospital appointment which involves attending a clinic. We know that many struggle to attend these appointments for a variety of reasons, and very often these appointments are missed.

As part of the MyGDM Scotland Research Project, and following our online Public engagement meeting, we are currently recruiting women to trial an **AT-HOME** HbA1c blood test!

This is a pilot study which will help to shape the design of a larger clinical study into home HbA1c testing. So.....

Who can take part?

Women who:

- are 28+ weeks pregnant - 14 days Postnatal
- have Gestational Diabetes (GDM)
- are receiving antenatal care within NHS Lothian.

How are results reported?

Results are sent to the participant and their GP. The NHS Lothian diabetes team will get in touch if a follow-up appointment is required.

Understanding the experience

Participants are asked to complete a short online survey for us to understand their experience of the home testing kit.

What's involved?

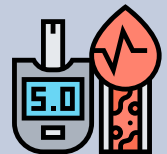
An HbA1c blood testing kit will be sent in the post to do an at-home test instead of attending a hospital appointment.



The home blood-test uses a small finger prick needle device to collect 5-6 drops of blood in the tube provided.



The tube is placed in a prepaid envelope and sent to the lab by tracked post for analysis.



**Interested in
finding out more?**

Scan the QR code or



CONTACT US!

EMAIL: RESEARCHMIDWIVES@NHS.SCOT

OR PHONE: 0131 242 2480

WHAT ARE WE WORKING ON?....

WEIGHT LOSS MEDICATION AND PREGNANCY

OPEN
NOW!



We have 2 new studies looking at the impact of weight loss drugs on pregnancy.

If you have had a positive pregnancy test within 6 months of taking a weight loss drug such as Mounjaro, Ozempic or Wegovy please consider taking our anonymous survey at;

<https://app.onlinesurveys.jisc.ac.uk/s/edinburgh/weight-loss-medication-and-pregnancy-survey>



[HTTPS://WWW.FACEBOOK.COM/EDINBURGHPREGNANCYRESEARCHTEAM](https://www.facebook.com/edinburghpregnancyresearchteam)



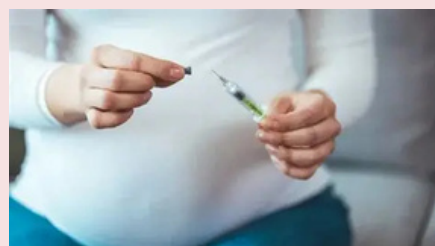
[HTTPS://WWW.INSTAGRAM.COM/EDINBURGHPREGNANCYRESEARCHTEAM](https://www.instagram.com/edinburghpregnancyresearchteam)

We are also conducting a survey for **UK-based Health Care professionals** on the use of GLP-1 agonist (weight loss drug) use and pregnancy.

If you are a Doctor, Nurse or Midwife who provides care to women who have used a GLP-1 agonist before, during or after pregnancy

OR if you are involved in the prescribing of GLP-1 agonists please complete our online survey, found at;

<https://app.onlinesurveys.jisc.ac.uk/s/edinburgh/weight-loss-medication-and-pregnancy-survey-professionals>



Please help us learn more!

Trulicity

Rybelsus

Ozempic

Mounjaro

Saxenda

Victoza

Wegovy

Meet the Edinburgh Team



The MyGDM Scotland research team encompasses a diverse group of Academic Researchers, Medics, Midwives and Laboratory staff. They all work within EPRT based within Royal Infirmary Edinburgh.



Professor Rebecca Reynolds

Professor of Metabolic Medicine, University of Edinburgh; Honorary Consultant Physician, NHS Lothian



Dr Marisa Magennis
Research Coordinator;
Project Manager



Shona Low
Senior Research Midwife



Dr Eilidh Clark
Clinical Research Fellow



Dr Sophie Mackay
Clinical Research Fellow



Jenni Fleming
Research Midwife



Dr Carlos Sánchez Soriano
Post-doctoral Research Fellow



Jazz Kirkwood
PhD Student



Ellie Laming
Biobank Technician



Jayne Brady
Senior BioBank Technician

We would love to hear from you!

If you have any questions about our studies, would like further information or references for anything in this newsletter, please don't hesitate in contacting us. We would be delighted to hear from you!

Contact us at:



facebook.com/EdinburghPregnancyResearchTeam



[@edinburghpregnancyresearchteam](https://www.instagram.com/edinburghpregnancyresearchteam)



0131 242 2480

The MyGDM Scotland Research Team



OR FIND OUT MORE BY VISITING OUR WEBSITE



<https://www.ed.ac.uk/edinburgh-pregnancy-research>