

LEVEL OF AWARENESS ON GESTATIONAL DIABETES MELLITUS AND ASSOCIATED FACTORS AMONG PREGNANT WOMEN IN THE ANTENATAL CARE CENTERS, KATTANKUDY

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Abstract - Gestational diabetes mellitus (GDM), is glucose intolerance first recognized during pregnancy. It has a serious impact on the health of the mother and baby. Awareness of the complications of GDM among pregnant women may aid in the prevention and optimal management of this common disease. However, there is insufficient data on the level of awareness of common risk factors, screening methods, immediate and long-term effects, and treatment modalities of GDM among pregnant women. Thus, this study aimed to assess the level of awareness about GDM and factors associated with the assessed level among pregnant mothers attending antenatal care centres of the Medical Officer of Health, Kattankudy. A cross-sectional study was conducted on 226 volunteer participants after obtaining informed written consent from March to June 2022. The data was collected using a pretested interviewer-administered questionnaire and data was analysed using SPSS version 24.0. Descriptive statistics, visual binning, and ordinal logistic regression were used as statistical tools. GDM awareness was present in 89.8% of participants. However, a good level of awareness (score ≥ 10) about GDM was present in only 31.0% while 35.8% had a poor level of awareness (score ≤ 5). Level of education, employment status, parity, and gestational age were significantly associated with the level of awareness of GDM. Only one-third of the participants had a good level of awareness. Therefore, adequate health education measures have to be taken to enhance awareness of complications of GDM to attain a healthy pregnancy outcome.

Keywords: Gestational Diabetes Mellitus; Awareness; Risk factors