

Sarah Hopkin

BIOG

Sarah is an advanced nurse practitioner and lead nurse for women's health at the Diabetes and Endocrine Department Guy's and St Thomas's NHS Foundation Trust, London. Sarah's interest in diabetes nursing began while working in general practice in 2002. She completed the Diabetes in Primary Care module at King's College, London (KCL) in 2006 and the Diabetes Care: Education and Management Skills module at KCL in 2010. Sarah was involved in establishing the Community Diabetes Service in Kensington and Chelsea in 2007 prior to moving to Guy's and St Thomas's NHS Foundation Trust, London. Sarah qualified as a registered general nurse in 1992, initially specialising in orthopaedic and trauma nursing (in London and Frankfurt) and in the operating room. Sarah is an independent prescriber and completed a BSc in Independent Practice at KCL in 2015. In 2019 Sarah commenced the ENDCUP MSc in Diabetes – Clinical Care and Management at KCL and was awarded a pass with distinction in 2023.

An Audit of Intrapartum Management of Type 1 Diabetes and the Use of Individual Diabetes Birth Plans and Their Effect on Neonatal Hypoglycaemia and Transfers to Neonatal Care.

ABSTRACT

Pregnancies in women with pre-existing diabetes are increasing and have higher risks of adverse maternal and neonatal outcomes including miscarriage, birth trauma and stillbirth.

As pregnancy progresses, maternal glucose levels rise due to insulin resistance caused by placental hormones. Consequently, fetal insulin production intensifies, increasing the risk of neonatal hypoglycaemia and admission for neonatal care.

National guidelines recommend an individualised diabetes birth plan (agreed between the woman and diabetes team) is easily accessible to maternity teams.

This presentation will detail an analysis of healthcare provision, focusing on the utility of individualised diabetes birth plan for women with type 1 diabetes who gave birth during a two-year period at Guy's and St Thomas's NHS Foundation Trust, undertaken as part of the ENDCUP MSc in Diabetes – Clinical Care and Management program.