

# Barriers to screening for Type 2 Diabetes after Gestational Diabetes:

**A Quality Improvement Project**

Information for patients



Leeds  
Maternity Care

# You are being invited to take part in a project which will help us to understand people's thoughts and feelings about screening for Type 2 Diabetes after a pregnancy with Gestational Diabetes.

Before you decide if you are happy to take part, it is important you understand why the project is being done and what taking part will include.

Please take time to read through this leaflet and ask the Project Lead if you have any questions.

## **What is the purpose of this project?**

Gestational Diabetes (GDM) is the diagnosis of high blood sugars after 12 weeks of pregnancy. After a pregnancy with GDM, you have an increased risk of developing type 2 diabetes later in life. This risk is highest in the first five years after your pregnancy. Early identification of high blood sugar after pregnancy can help to reduce complications later in life, however, only 1 in every 5 people have the screening test.

This project wants to understand the views of people who have had gestational diabetes in a previous pregnancy in Leeds. This is to help us at Leeds Teaching Hospitals Trust (LTHT) to review the services we provide to all with gestational diabetes, both during pregnancy and after the birth of their baby. The results of the project will help us to identify which services or areas of care that are working well, and which areas we need to review.

## **Why have I been asked to take part in this project?**

You have been invited to take part in this project as you have had gestational diabetes in the past 10 years. We want to understand your thoughts on the screening for type 2 diabetes that was offered to you after having your baby. It is your choice if you want to take part in this project. If you choose not to be involved in this project, it will not affect the care you receive from LTHT.

## **If I choose to take part in this project, what does it mean?**

You will be asked to complete a short questionnaire about yourself including: your age, ethnicity, your ability to read and understand English, your highest level of education completed and your postcode. You will also be asked questions about your previous pregnancies, and if you attended screening for diabetes following the birth of your baby.

These questions are to help us to understand more about who accesses services at LTHT so we can make sure our services are correct for the local population. If you consent to take part, you will be provided with a unique identification number. This means all the information you provide will be linked with your unique number and will not be able to be traced back to you.

After completing the short questionnaire (which should take less than five minutes) you will be given some statements to read. You will be asked if you agree or disagree with the statements. You will then be asked to order the statements from 'Most Agrees' to 'Most Disagreed'. This should take between 15 and 20 minutes.

## **Are there any possible risks to taking part in the project?**

No. Taking part in the project will not affect your care in any way so there is no risk to yourself by taking part. Your responses will be anonymised. No-one except the project lead will know what you have answered.

## **Are there any potential benefits of taking part?**

Participating in this project will help LTHT to understand how people think and feel about the quality of care and information they received following the diagnosis of gestational diabetes. This information will then help LTHT review services to help improve the screening uptake for people who have had gestational diabetes and are at risk of developing type 2 diabetes in the future.

## **Further Information on the Project**

The Project Lead is undertaking this as part of a Masters in Diabetes Care. This project is being overseen by the University of Warwick. The project lead will receive regular support from their supervisor and the LTHT Maternity management team.

## **What will happen if I change my mind and don't want to carry on with the project?**

If you decide you want to withdraw, this can be done until we record how you have ordered the statements. This is because, after this point your answers are made anonymous. Therefore, we would not be able to identify your answers and remove them.

The latest date that you can withdraw from the project will be explained to you and written on your consent form.

If you are unhappy about any part of the project, please discuss this with the project lead or the Patient Advice and Liaison Services (PALS).

***Project Lead:***

Hannah Barnes  
Research Midwife, LTHT

**Email:** [Hannah.barnes12@nhs.net](mailto:Hannah.barnes12@nhs.net)

**Tel:** 0113 206 6473

**Patient Advice and Liaison Service (PALS)**

**Email:** [Patientexperience.leadsth@nhs.net](mailto:Patientexperience.leadsth@nhs.net)

**Tel:** 0113 206 6261

**How will we use the information about you?**

To be able to do this project, the project lead will need to access some of your medical records. They will only access information relevant to this project, such as information related to when you were tested for diabetes.

Only the project lead will know that you are part of the project. This is because all the information you give will be anonymous and not linked to you. At the end of the project, the results will be written in a way which prevents anyone knowing who took part.

## How will my information be kept confidential?

All information which is collected about you will be stored securely in accordance with the UK General Data Protection Regulation and Data Protection Act 2018. This will be monitored by LTHT Information Governance department to ensure all data is accessed and stored securely. Your participation in the project will be anonymised with a participant ID and no personally identifiable data will leave LTHT.

If you choose to take part in the project, your anonymised data will be analysed and the results shared with LTHT Maternity Governance Teams, the project lead's supervisor, and the University of Warwick in the form of a written report and a poster presentation. The report may be chosen to be shared publicly in scientific journals. The report will not identify anyone who has taken part in the project.

## Who has reviewed this project?

This project has been approved by the University of Warwick Course-Delegated Ethics Committee, the LTHT Information Governance department and the LTHT Maternity management team.

## What happens now?

If you are happy to take part in the study, the project lead will arrange a time to meet with you to sign the consent form and complete the project tasks.

*For more information please contact:*

**Project Lead:**

Hannah Barnes  
Research Midwife, LTHT

**Email:** [Hannah.barnes12@nhs.net](mailto:Hannah.barnes12@nhs.net)

**Tel:** 0113 206 6473



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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