SUMMARY AND CONCLUSION

SUMMARY

The aim of this study was to test the efficiency of random blood glucose determination, as a screening test for detection of diabetes mellitus during pregnancy and to compare the incidence of diabetes mellitus in pregnant women with risk factors for diabetes mellitus and those without.

Screening for abnormal glucose tolerance by random blood sample was carried out in 500 successive pregnant women, attending the antenatal clinic in El-Fayoum Hospital between 28-32 weeks of pregnancy.

Random blood glucose determination by a finger prick in a capillary blood sample was done with a Dextrostix strip and a reflectance meter .The cut off point was 88 mg% for women who had their last meal more than 2-hours before the test and 97 mg% for those who had their meals 2 hours or less before test. There were 174 women (34.8%) with positive samples (i.e random blood glucose levels were above the cut of points).

For these 174 positive women a 2-hour post-prandial blood glucose determine in a capillary blood sample was obtained after a 75 gm oral glucose load. If the 2-hour post-prandial capillary blood glucose level was between

124-169 mg%, the case was diagnosed as having impaired glucose tolerance and if the level was above 169 mg% it was considered diagnostic of diabetes mellitus, (WHO, 1980).

There were 49 women with a positive 2-hour post-prandial blood glucose level. By performing a complete 100 gm O.G.T.T. on these 49 women, 30 (6%) were diagnosed as having impaired glucose tolerance and 19 (3.8%) were frankly diabetic.

In this study, there were 475 women (95%) with risk factors for diabetes mellitus. Single risk factor was present in 333 (66.6%) and multiple risk factors in 142 (28.4%). Impaired glucose tolerance test in cases with one risk factor was found in only 2%, while in cases with more than one risk factor it was 7.4%. When there were no risk factors, the incidence was 8% (2 out of the 25 women without risk factors).

CONCLUSION

* Random blood sample for determination of glucose level is a useful test for detection of diabetes mellitus.

* Risk factors can be considered for detecting cases with diabetes mellitus (for paying attention), but they cannot be used alone.

* Random blood sample can be used easily in M.T.C.H. centers and rural centers for better antenatal care.