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Reproductive health counseling in the T1D Exchange Quality Improvement Collaborative (T1DX-QI)

Author Block: GRENYE O'MALLEY, SELASSIE J. OGYAADU, CAMILLA LEVISTER, NICOLE RIOLES, HOLLY HARDISON, ALISSA J. ROBERTS, SIHAM ACCACHA, INES GUTTMANN-BAUMAN, FRANCESCO VENDRAME, MARINA BASINA, RESHMITHA FALLURIN, CAROL J. LEVY, T1DX-QI COLLABORATIVE, *New York, NY, Boston, MA, Seattle, WA, Mineola, NY, Portland, OR, Miami, FL, Stanford, CA*

Abstract:

Background: Preconception planning can reduce complications in pregnancy with type 1 diabetes. However, high periconception HbA1C is not uncommon and increases maternal and fetal risks. Due to limited data regarding preconception counseling, questions about education and contraception use were added to the 2022 T1DX-QI survey. **Methods:** The annual T1DX-QI survey was conducted August-September 2022 with a site response rate of 94% of 50 sites: 33 pediatric (66%), 17 adult (34%). Respondents answered questions relating to clinic resources and practices. Response data was cleaned and summarized. **Results:** Most sites report discussing contraception (74%) and pregnancy planning (72%) once a year or more. Of pediatric sites, 42% report always asking about menstruation history compared to 6% of adult sites. Only 12% of adult and 6% of pediatric sites have a formal preconception counseling protocol. Only 12% of adult and 9% of pediatric sites estimated that >80% of their patients of childbearing potential were using contraception, and all sites estimated that <60% had a HbA1C under 7%. **Conclusions:** Though most sites report discussing contraception and pregnancy planning, estimated rates of formal counseling programs, contraception use and attaining goal HbA1C remain low. QI efforts are needed to determine rates of preconception counseling and implement best practices to improve pregnancy outcomes.

Question	Clinic	Always	Often at most visits	Typically, once a year	Generally, once	Never
How often do providers in your office discuss whether patients of childbearing potential with diabetes are using contraception?	Adult	6%	24%	41%	12%	18%
	Peds	6%	36%	33%	18%	3%
How often do providers in your office discuss pregnancy planning with patients of childbearing potential with diabetes?	Adult	6%	35%	47%	6%	6%
	Peds	6%	24%	33%	24%	9%
How often does the medical team ask about menstruation history with your female patients with diabetes?	Adult	6%	47%	18%	12%	18%
	Peds	42%	42%	6%	6%	0%
	Clinic	Yes	No	Unknown / Unsure		
Does your clinic have any type of formal preconception-counseling program established for patients or protocols for patient education?	Adult	12%	71%	18%		
	Peds	6%	82%	9%		
	Clinic	<20%	20-40%	40-60%	60-80%	>80%
For patients of childbearing potential who are sexually active, what percentage do you estimate use some version of contraception if not actively trying to get pregnant?	Adult	0%	29%	12%	35%	12%
	Peds	9%	12%	30%	21%	9%
For patients of childbearing potential, what percentage do you estimate have an A1C <7%?	Adult	24%	24%	47%	0%	0%
	Peds	42%	42%	6%	0%	0%

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2451 Crystal Drive, Suite 900

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