

# NURSING CARE FOR WOMEN WITH GESTATIONAL DIABETES

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**Abstract:** INTRODUCTION: Gestational diabetes is characterized as a multifactorial etiology and difficult to control, which makes a broad approach necessary, in which the success of treatment is directly linked to nursing actions developed for this population, especially in prenatal care. The nurse, as an educator, must guide the pregnant woman regarding the disease, its symptoms and drug therapy, providing guidance on healthy habits, such as nutrition and physical exercise, clarifying doubts during the course of pregnancy and encouraging self-care. OBJECTIVE: To investigate nursing care for women with gestational diabetes in the literature. METHODOLOGY: qualitative research of an exploratory nature, of the integrative review type. The article searches were carried out based on the selection of descriptors registered in DECS (Health Sciences Descriptors): Nursing Care, Gestational Diabetes, High-Risk Pregnancy. Searches for articles were carried out in the virtual health library (VHL), with the help of the Boolean operator “AND”. The online databases used were: LILACS, BDENF - nursing. For the inclusion criteria, the following were used: complete articles available in full, indexed in databases, in Portuguese, with a time frame of the last 10 years (2014 to 2024). Exclusion criteria include: theses, dissertations, reports, abstracts, monographs. RESULTS AND DISCUSSION: According to the eligibility criteria, 18 articles were found in LILACS, BDENF - nursing among the studies searched, 4 of them were selected based on the chosen topic. During the process of reviewing each study, checking the inclusion and exclusion criteria, reading the titles, reading the abstracts, reading the total articles, only 6 studies were selected in this review. CONCLU-

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SION: Therefore, it can be concluded that nurses have an important responsibility during the prenatal care process, with regard to early diagnosis and adequate treatment of gestational diabetes mellitus.

**Keywords:** Nursing; Diabetes mellitus; gestation

## INTRODUCTION

Gestational diabetes mellitus (DMG) is a more common metabolic problem in pregnancy and is defined as glucose intolerance of different degrees with diagnosis during the second or third quarters of pregnancy, which may or may not persist after delivery. DMG is characterized by having a multifactorial etiology and difficult to control, which makes a broad approach in which the success of treatment is directly linked to nursing actions developed for this public, especially prenatal care. In addition, proper and early diagnosis of diabetes not only allows you to perceive changes in glucose tolerance but also allow the adoption of therapeutic measures to preserve the health of the maternal and fetal binomial (Jacob et al., 2014; Araújo et al. , 2013).

In addition, some studies show that DMG reaches up to 25% of pregnant women in the world, according to data from the Brazilian Society of Diabetes, causing complications to both women's and child's health. The prevalence of this pathology worldwide ranges from 2.4% to 7.2% and this variable is preached even when it persists after pregnancy. In Brazil, DMG ranges from 3.5% to 18%. In addition, it is possible to observe that 7% of pregnancies results in an average of 200,000 cases per year has some complication caused by gestational diabetes mellitus (Marques et al., 2020; Batista et al., 2021; Sousa et al. 2022; SILVA et al., 2016).

Risk factors that contribute to the occurrence of DMG are overweight or obesity, arterial hypertension or preeclampsia, polydramnium, age equal to or more, family history of diabetes in first-degree relatives, malformations, polycystic ovarian syndrome, Maternal stature of less than 1.5 meters, obstetric history of macrosomia, fetal or neonatal death (Mariano TF et al., 2021).

Early diagnosis of pregnant women with DMG is of paramount importance, so it is essential



that the exams are performed in the first quarter when prenatal care begins. Tracking is performed around the twenty -fourth week of gestation, through fasting glucose examination, in which plasma glucose measurement is done after 8 hours fasting and also by the oral glucose tolerance test around the twentieth Eighth Week during prenatal consultation (Almeida et al., 2017; Santos et al., 2021, Ferreira et al., 2021).

However, nursing consultation becomes crucial as it allows you to identify and implement actions to promote, prevent and recover the health of the pregnant woman. Regarding gestational diabetes it is essential that the nurse has knowledge of related symptoms such as polyuria, polydipsia, polyfagia and spontaneous weight loss. From these symptoms, the pregnant woman needs to be carefully evaluated and agility in order to investigate other manifestations that provide the clinical suspicion of the DMG (Mariano TF et al., 2021).

With this, it is necessary to be emphasized and studied the performance of nursing in care and monitoring in the health of the pregnant woman, specifically the gestational diabetes, the main theme of this work, in order to obtain greater accuracy and appropriate knowledge during the treatment period. In addition, the following guiding question is established: What will be the nursing care directed to women with gestational diabetes? Thus, the present study aims to conduct a search in the literature on how to attend women with gestational diabetes by the nursing team.

## **METHODOLOGY**

This study is an integrative literature review based on a qualitative exploratory research strategy. Integrative review is a research method that seeks to integrate and synthesize results from different studies on a particular theme. The construction of the literature review is divided into six stages for its construction: preparation of the guiding question, search or sampling in the literature, data collection, critical analysis of the included studies, discussion of results and presentation of integrative review (Whittemore; KNAFL, 2005 ; SOUZA; SILVA, 2010) (SOUZA; SILVA; CARVALHO, 2010).



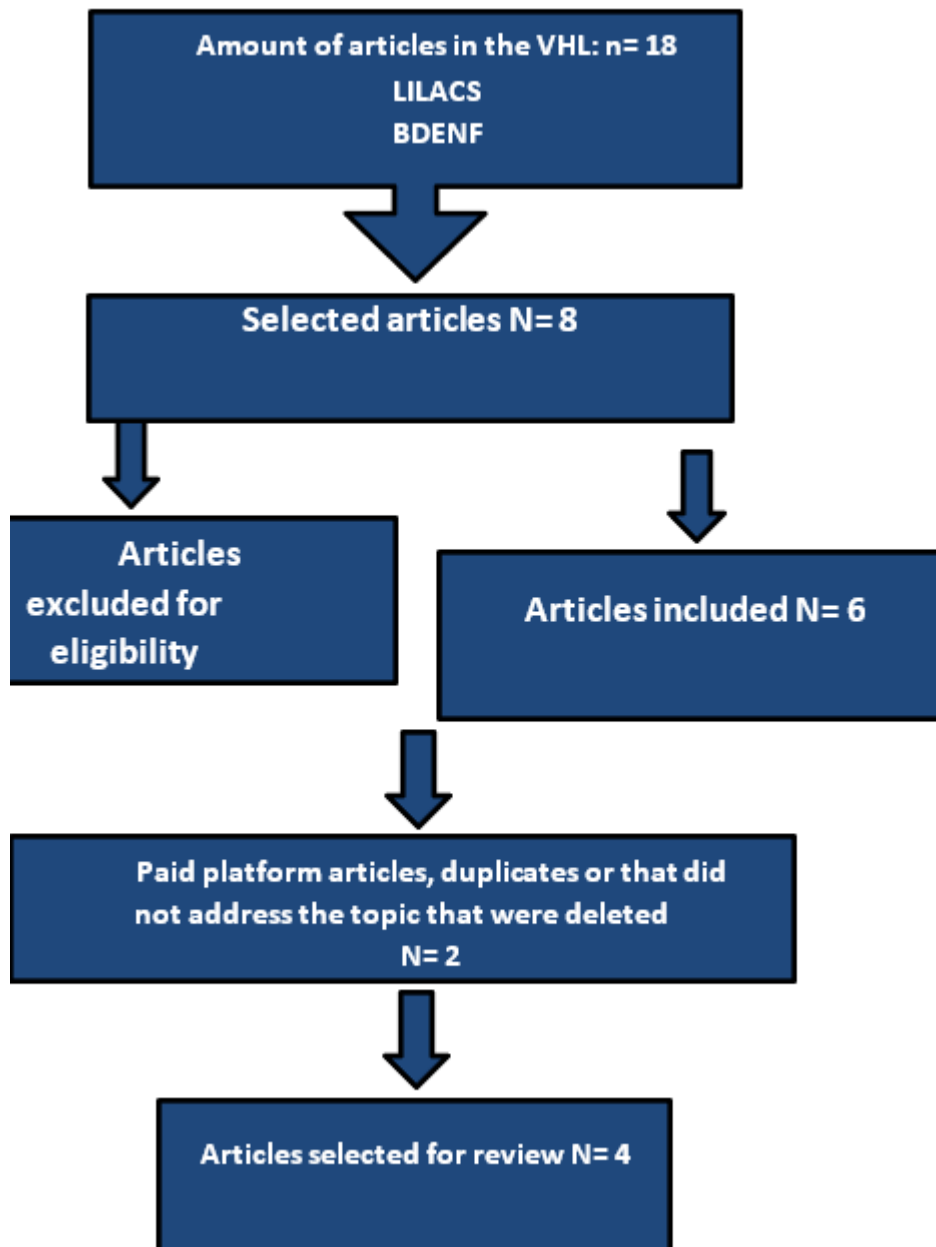
This study was based on the following guiding question: What is the importance of the nurse in assistance directed to women with gestational diabetes? The surveys of the articles were done, in January and February 2024, from the selection of the descriptors registered in the Decs (descriptors in Health Sciences): Nursing, Diabetes Mellitus, Pregnancy. Searches for the articles were performed at the Virtual Health Library (BVS), with the help of Boolean operator “and”. The online databases used were: Lilacs (Latin American and Caribbean Literature in Science), and BDENF - Nursing.

During the research, 18 articles were found, all of them in Lilacs, among the studies sought, 6 of them were selected in the face of the chosen theme, but in the process of reviewing each study, verifying the criteria of inclusion, exclusion, reading of the titles, reading Of the summaries, total reading of the articles, only 4 studies were selected in this review.

The data were selected as shown in Figure 01. In addition to the methodological steps, the results are described in Table 01 and discussed according to the relevant literature



Figure 1. Flowchart of the chosen articles



## Results

According to the eligibility criteria were found 18 articles in Lilacs, and BDENF - Nursing



among the studies sought, 4 of them were selected in the face of the chosen theme. During the process of reviewing each study, verification of inclusion criteria, exclusion, reading titles, reading of summaries, total reading of articles, only 4 studies were selected in this review.

The data were selected as presented in Table 1, and the results were discussed according to the relevant literature.

Title	Author/Year	Objectives	Main outcomes
Diabetes mellitus gestationary and the implications for nursing care in prenatal care	SCHMALFUSS, Joice Moreira, 2014.	The objective of this study was to identify the nursing care provided to women with GMD during pre-Natal, evidenced in the scientific literature, between the years 2004 and 2013.	Such findings intensify that, The nurse plays a fundamental role in the care of these subjects, collaborating in the control of the pathology, gestac outcomeIonal without complications and in a satisfactory way, as well as in the birth of a healthy baby without neonatal complications.
Nursing care for patients with gestational diabetes mellitus: a literature review.	SHIMOE, Cintia; Bonani et al., 2021	The objective was to analyze the evidence in the literature on nursing care in Primary Care to Patients who had Gestational Diabetes Mellitus.	The result of the research showed Importance of health professionals, especially the nursing team has the Responsibility to guide pregnant women about the disease, Plan and execute care that Provide habits of Healthy life.
Validation of a nursing discharge plan for high-risk pregnant and postpartum women	COLLI, Monique; ZANI, Adriana Valongo, 2016.	The objective of this study was to validate a nursing discharge plan for high-risk pregnant and postpartum women using the Delphi technique.	The main items for The self-care recommended by the literature are related to the dietary guidelines that include a balanced, fractionated diet, following the prescribed diet plan; guidelines for self-administration of insulin, highlighting the technique of application and care with the medication;Monitoring of the glycemic level and identification of signs of hypoglycemia or hyperglycemia.
Instrument for nursing consultation for pregnant women with diabetes mellitus	FILGUEIRAS, Thaynara Ferreira et al., 2019	Build and valldar instrument to assist in the nursing consultation of pregnant women with diabetes Mellitus.	A Nursing consultation for pregnant women with diabetes mellitus, Favor the promotion of quality of life, adoptionOf healthy lifestyle habits and the realization of self-care practices, and glimpse the emotional, psychological and social aspects that can influence endocrine changes in the gestational phase.



## DISCUSSION

Study evidenced by Schmalfluss et al 2014 showed that the prevalence of gestational diabetes is the main cause of maternal and child complications, early identification of diagnosis is of paramount importance for better disease management. Quality prenatal care accompanied by a multidisciplinary team allows the patient to have more safety in the management of the disease. The interaction of professionals, especially that of the nurse with the patient, is paramount, since he is a professional who is directly linked to care.

Shimoe et al 2021 intensifies the importance of nursing management in treatment women with gestational diabetes, nurses' guidelines regarding healthy eating and the benefits of physical activity allows pregnant women to adopt a new life habit and promote improvements in your self-care. The promotion of this conversation between patient and nurse during prenatal care brings improvements in the pregnant women's choices and decreases possible complications that would occur until delivery.

It is of paramount importance for the nurse to work health education actions for the pregnant woman and her family members who are directly involved in pregnancy, such as: approach to the diabetes theme during pregnancy, stimulating the pregnant woman to develop self-care, encourage the realization of Daily exercise with the help of family members until delivery, changes in lifestyle, so that the chances of DMG complications are minimal. (Schmalfluss et al., 2014).

In line Filgueiras et al 2019, it emphasizes the importance of continuous training of nursing professionals to provide better assistance to women with gestational diabetes mellitus. Clinical evaluation through nursing consultation allows the professional to identify situations that will endanger the health of pregnant women and the fetus, and thus provide solutions that avoid future problems.

Monique Coll et al 2016, emphasizes that a quality prenataler can bring several benefits to the pregnant woman and the fetus, the early identification of gestational risks is directly linked to fetal health promotion. Identifying and treating DMG early from preventing the fetus from having malformations



and changes in the growth of the concept, so it is of paramount importance that the nurse that the nurse and other professionals perform a quality prenatal care (FILGUEIRAS et al, 2019)

## CONCLUSION

In short, it can be concluded that the nurse plays a key role in the management of gestational diabetes, as he is a professional who accompanies the pregnant woman throughout the prenatal care. Its professional training allows you to bring clear and true information to the patient with gestational diabetes, reducing the chances of developing other disorders until the moment of delivery. Conversation and empathy is critical to the nurse and patient bond, as it promotes the improvement of assistance for a quality prenatal care.

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