



A Preconception Counselling Website for Women with Diabetes

Funded by [Diabetes UK](#) the aim of this resource is to increase women's awareness about the importance of planning for pregnancy and to positively influence attitudes, self-efficacy, and intentions towards seeking pre-pregnancy care and preventing unplanned pregnancies. This website originates from a DVD which was designed and developed in collaboration with women with diabetes under the direction of healthcare professionals in accordance with NICE pre-conception care guidance.¹ Focus groups with women with diabetes explored the anxieties, needs and knowledge of women with diabetes to direct the tone and key messages of the DVD.² An evaluation of the DVD among 97 women with diabetes demonstrated that it was effective in increasing knowledge and enhancing attitudes of women with diabetes to preconception care.³

The DVD is currently being used as a prepregnancy counselling resource for women with diabetes by healthcare professionals throughout Northern Ireland, having been adopted by all Diabetes Consultants and many GP practices throughout Northern Ireland. We have recently converted the DVD to website delivery. It is hoped that by making this resource available via the internet to women with diabetes and to healthcare professionals we can further increase awareness about the importance of planning for pregnancy.

The link to the website is: <http://go.gub.ac.uk/womenwithdiabetes>

Dr Valerie Holmes, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast led this project together with colleagues: Prof David McCance, Belfast Health and Social Care Trust; Prof Roy Harper, South Eastern Health and Social Care Trusts; Dr Michelle Spence and Prof Fiona Alderdice, School of Nursing and Midwifery, Queen's University Belfast.

The multidisciplinary team advising on the project included: Lynne Thomas and Dr John Manderson, South Eastern Health and Social Care Trust; Dr Mark Davies and Una McErlean, Belfast Health and Social Care Trust; Dr Michelle McKinley, Clare Hughes, Dr Chris Patterson and Dr Kieran McGlade, Queen's University Belfast.

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References:

1. The National Institute for Clinical Excellence. *Diabetes in pregnancy: management of diabetes and its complications from preconception to the postnatal period*, 2008. Available at <http://publications.nice.org.uk/diabetes-in-pregnancy-cg63>
2. Spence M, Alderdice FA, Harper R, McCance DR, **Holmes VA**. An Exploration of Knowledge and Attitudes Related to Pre-pregnancy Care in Women With Diabetes. *Diabetic Medicine* 2010; 27:1385-91.
3. **Holmes VA**, Spence M, McCance DR, Patterson CC, Harper R, Alderdice FA. Evaluation of a DVD for Women with Diabetes: Impact on knowledge and attitudes to preconception care. *Diabetic Medicine* 2012; 29: 950-6