



Health Professionals will explain what the clinical register is and how it will be used in the management of your health during pregnancy

### The story:

Diabetes in pregnancy can cause problems for mothers and their babies. It can be controlled by eating the right amounts of healthy foods, being physically active, checking blood glucose levels and sometimes taking medications including insulin.

A list (or register) of people with diabetes in pregnancy helps the doctors, midwives and other people looking after you to find the important information about you and your pregnancy to make decisions about your treatment now and in the future.

Before people's names go on the list, the staff need to ask for your permission.

If you don't want your name to be on the list, you can tell the staff looking after you so that all of your information will be kept off the list. **You can say "no" at any time.**

### Information collected for the list (register):

- Your name, date of birth, where you live and where you come from.
- Information about your diabetes, pregnancy and your baby's birth.
- Details about your baby at birth eg weight
- Other health information that is important for health staff to know about your diabetes and your pregnancy eg what happened in your past pregnancies, if you have other medical problems such as high blood pressure.
- Any tests that you had during your pregnancy eg blood tests, ultra-sounds

### The list is used by:

Only people providing health care during your pregnancy have access to the list. Doctors, midwives, nurses and Aboriginal Health Workers at Aboriginal Medical Services, remote health centres, community clinics and hospitals will use the information to follow your current pregnancy and help you with planning future pregnancies to reduce problems from diabetes. The clinical register also helps us to know how many women have diabetes during their pregnancy and assists us to plan for future delivery of health services and assessing if treatment provided is working.

### Your Health Information

Information about the health of women in the Northern Territory who have diabetes in pregnancy and their babies is regularly reported to clinicians and health services to assist with monitoring and improving health care services. Reports containing health information from the clinical register may be published or discussed at health meetings. These reports never contain your personal details or private information such as your name or contact details. You can contact the team below if you are interested in information published from the NT Diabetes in Pregnancy Clinical Register

### How long will information be kept?

Your name and information will stay on the list unless you ask for it to be taken off. You can ask for your name and details to be removed at any time.

### THIS IS FOR YOU TO KEEP

If you have any worries or questions you can contact the Northern Territory Diabetes in Pregnancy Clinical Register.

Darwin: Ph 89 228888  
(ask Switchboard to put you through to Diabetes Team Pager Number 0628)

Alice Springs: Ph 89517777  
(ask Switchboard to put you through to Diabetes Team Pager Number 025)