

# Northern Territory & Far North Queensland Diabetes in Pregnancy Clinical Register

## INFORMATION FOR WOMEN

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

### The diabetes and pregnancy story:

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

### The purpose:

The diabetes in pregnancy register is a list of women like you, with the condition and contains pregnancy and birth details for these women. The list of people with diabetes in pregnancy also 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, after birth follow-up and future health risks.

Another purpose of the register is to improve the quality of care provided to you and your baby by health professionals during and after your pregnancy. The list (register) will also be used to monitor the quality of care provided for you and will generate reports on the health outcomes of women and their babies during and following pregnancy. This report will help health professionals examine and improve the way they provide care.

The list (or register) will also tell us how many women have diabetes in pregnancy and help to plan for future diabetes in pregnancy services.

### Your consent:

Your midwife or doctor or diabetes educator will ask for your permission to put your name on the list (register). If you say yes your pregnancy health information will be entered on the list (register).

If you don't want your name to be on the list, tell the health professional looking after you and all of your information will be kept off the list with no consequences for your health care.

**You can say "no" at any time and have your name and pregnancy information removed from the list (register) with no consequences for your health care.**

### 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 –for example your baby's 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 related to your pregnancy eg blood tests, ultra-sounds.

### The benefits of keeping the list (register)

The Diabetes in pregnancy register is a quality tool used to improve diabetes in pregnancy services by assessing your health during pregnancy and baby's health after birth. A summary of health information from all women on the list is put into a report and fed back to doctors, midwives, diabetes educators and other health staff to help them improve the care they provide for women with diabetes in pregnancy.

### Who will use the list (register)?

Only health professionals providing care during your pregnancy and managers of this register will have access to the list and your information. Doctors, midwives, nurses, diabetes educators and Indigenous health workers working in Hospitals, Community & GP Clinics, Aboriginal Medical Services, and remote Health Centre's will use the information

to follow your current pregnancy and help you with planning future pregnancies to reduce problems caused by diabetes.

#### **How will your health information be used?**

Information about the health of women and their babies in the Far North Queensland who have diabetes in pregnancy is regularly reported to clinicians and health services to assist with monitoring and making recommendations to improve health care services and clinical management. Researchers analysing this data will only have access to de-identified information. Reports and clinical audits 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 & FNQ Diabetes in Pregnancy Clinical Register.

#### **How long will your health information be kept?**

Your name and information will stay on the list indefinitely unless you ask for it to be taken off or the register is no longer in use.

#### **How to have your name removed from the list (register).**

You can ask for your name and details to be removed at any time. Information on how to remove your name from the register can be found at [www.djpp.org.au/dipping](http://www.djpp.org.au/dipping) or you can ask your health professional (doctor, midwife or diabetes educator) to request removal of your details from the register for you.

### **THIS INFORMATION SHEET IS FOR YOU TO KEEP**

**If you have any worries or questions you can contact the  
Far North Queensland Diabetes in Pregnancy Clinical Register Project Team, at  
Cairns Diabetes Centre: Ph 07 4226 4639 or 07 4226 4700 (ask Reception to put you through to Project  
Coordinator)**

**If you have any concerns or complaints about the ethical conduct of this project please contact  
Ethics Committee Secretary Phone: 07 4226 5513 Fax: 07 5226 5352  
Email: cairns\_ethics@health.qld.gov.au or ethics@menzies.edu.au**

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