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### **Understanding the Effectiveness of Lifestyle Changes in Women with Gestational Diabetes Mellitus**

Arianne Ortega

Michele Shaw

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# Understanding the Effectiveness of Lifestyle Changes in Women with Gestational Diabetes Mellitus

Arianne Ortega & Dr. Michelle Shaw, Department of Nursing, Gonzaga University



## Background

- In 2021, approximately 17% of pregnant women in the world have gestational diabetes mellitus (GDM).
- More common in those who live sedentary lives, obese, and with poor nutrition.
- Women with gestational diabetes should consume a diet that includes plenty of vegetables, whole grains, lean proteins, and healthy fats. Additionally, eating smaller, more frequent meals throughout the day can aid in maintaining stable blood sugar levels.
- Regular exercise, such as brisk walking, swimming, or prenatal yoga, for at least 30 minutes on most days, can help manage gestational diabetes by lowering blood sugar levels and improving insulin sensitivity.

## PICOT Research Question

How does lifestyle impact diabetes in pregnant women?

## EBP Intervention

A program open to all women diagnosed with GDM, geared to support them in any psychological, physical, or medical needs.

Educational and support groups:

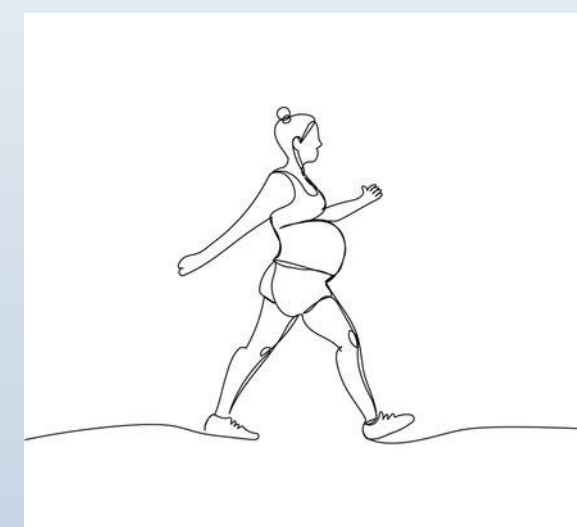
- Hosted by healthcare professionals who will provide in-depth information about GDM: what it is, how to manage it, and how it can affect the fetus and maternal.
- Scientifically based information will be given during group or individual sessions.

## EBP Implementation

Women will come in weekly to come together and discuss their thoughts and feelings on the matter of GDM.

A space for women to speak freely and feel no judgment and create the opportunity for them to have their needs acknowledged.

Providing education for women that applies to them to understand how making lifestyle changes can be beneficial to managing GDM, such as statistics and hearing each other's perspectives.



## Expected Outcomes

Women with GDM will gain support and information from participating.

- Medical & personal needs will be met.

Medical professionals are more equipped to attend to patients' needs.



## References

