

Knowledge on gestational diabetes mellitus and its management and factors associated with knowledge among midwives in the Jaffna district

N. Sanmugarasa¹, L. Kamalarupan², N. Saravanabhava³

¹*Faculty of Allied Health Sciences, University of Jaffna*

²*Department of Nursing, Faculty of Allied Health Sciences, University of Jaffna*

³*Teaching Hospital Jaffna*

Background and objectives: Gestational Diabetes Mellitus (GDM) is defined as any degree of glucose intolerance with onset or first recognition during pregnancy. GDM is a common metabolic disorder of pregnancy. Good knowledge of midwives regarding GDM and its management could help to identify the risk population as early as possible and minimize complications. This study was conducted to assess knowledge on GDM, its management, and associated sociodemographic and service-related factors among midwives in the Jaffna district.

Methods: A field and hospital-based descriptive cross-sectional study was carried out among midwives in the Jaffna district. A self-administered questionnaire was used to collect data from 187 midwives working either in the field or in hospitals. As the whole study population was included, no sampling technique was used. Data analysis was done using SPSS version 25 and chi-square test was performed to identify the influencing factors.

Results: The mean age of participants was 38.14 (± 8.14) years, ranging from 22 to 63 years. Most of them (86.6%, n=162) had completed midwifery training with A/L qualifications. Just over a third of the participants (34.8%, n=65) had good knowledge about GDM and its management. Knowledge showed a statistically significant association with age ($p=0.01$), experience in midwifery ($p=0.02$) and source of information regarding GDM ($p<0.05$). Midwives in the 21-35 years age group with <10 years' experience in midwifery who obtained information from books, mass media, newspapers and seminars were more likely to have good knowledge.

Conclusion: The study reveals that only about a third of midwives have good knowledge regarding GDM and its management. Conducting in-service training programmes and conferences on GDM and its management might help to improve the knowledge of midwives in the Jaffna district.

Keywords: Gestational Diabetes Mellitus, Midwives, Knowledge, Jaffna.