

# Strengthening Gestational Diabetes Mellitus Screening and Management in Madhya Pradesh

## Background

In India, Gestational Diabetes Mellitus (GDM) affects 10-14% of all pregnancies, with projections suggesting it could rise to 20%. Yet in Madhya Pradesh, screening remains low (<2.1%), particularly in aspirational districts like Chhatarpur and Damoh, despite national guidelines recommending universal screening.

## The initiative

To address this gap, Maternity Foundation and World Diabetes Foundation partnered with the state health system to strengthen early detection and improve maternal-newborn outcomes by equipping healthcare professionals through capacity building and digital training via the Safe Delivery App. This included developing two new modules (Gestational Diabetes Mellitus and Antenatal Care), Training of Trainers and the facilitation of cascading of training.

## Training of Trainers

67 participants attended the two-day skills-based GDM Training of Trainers in Chhatarpur and Damoh.

### Increase in knowledge



### Increase in confidence



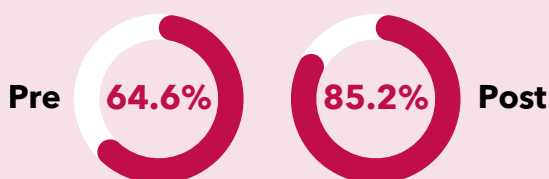
They **cascaded the training** to a total of **1,044** healthcare professionals, trained across 3 districts: Chhatarpur, Damoh and Sagar.

## Cascaded training

747 of the trained healthcare professionals completed the pre- and post- assessment questionnaire:

### Increase in knowledge

- The knowledge assessment included 20 questions on 4 topics
- Before the training, the participants answered **64.61%** of the questions correctly
- After the training, this increased **to 85.19%**, showing a 20-percentage point improvement
- Topic-wise, all domains showed an increase in knowledge. The most notable improvement was observed in Screening & Diagnosis.



### Increase in confidence

9 questions were used to evaluate participants' confidence in performing GDM-related activities.

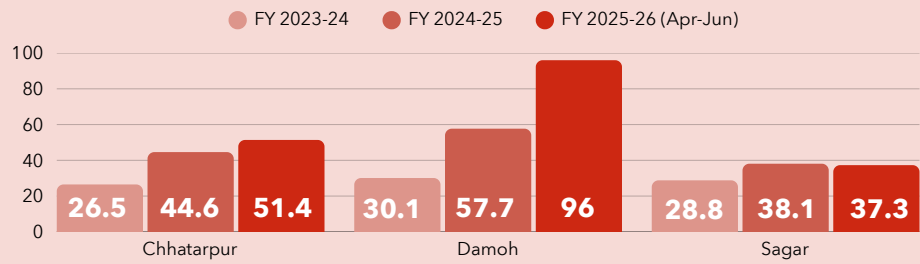
The proportion of participants who agreed or strongly agreed that they felt confident in managing GDM services increased **from 85.9%** pre-training **to 94.6%** post-training.



After the training, a total of **1,164 new users** have started using the SDA with strong uptake in the three districts Chhatarpur (467 users) and Damoh (351 users), as well as in Sagar (346 users), where training was later scaled.

HMIS data indicate that the training has led to changes in procedures, successfully increasing screening rates in the targeted districts:

### Percentage of GDM screenings



## Reach to date: The Safe Delivery App's GDM and ANC module's uptake in India



**16,700**  
total users have accessed the **GDM module**

**6,600**  
total users have become **GDM module experts**



**33,000**  
total users have accessed the **ANC module**

**24,800**  
total users have become **ANC module experts**

## Lessons Learnt



Training content and delivery led to an increase in **knowledge** and **confidence**



**GDM practices improved**, shifting towards OGTT-based screening



The **SDA is an effective tool** for self-learning & on-the-job reference



**Systems were strengthened:** Greater availability of essential GDM supplies



**Implementation and participation:** Coordination and integration with government systems is key to ensure long-term sustainability

## Recommendations

**Strengthen continuous learning** through refresher training and self-directed tools

Develop **orientation mechanism** of GDM screening and Management for newly posted staff

Strengthen cascade training implementation with **district-level support**

Strengthen **community engagement** and **communication skills** among frontline workers

Strengthen **supervision** and **on-ground support**

Scale up through strengthened **ToT network** and **integrated monitoring**

Introduce **Medical Nutrition Therapy-specific indicators** in HMIS for improved monitoring

