High Satisfaction With Immediate Postpartum Diabetes Testing After Gestational Diabetes

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Introduction

The American College of Obstetricians and Gynecologists (ACOG) endorses immediate postpartum diabetes (IPD) testing before discharge as an alternative to 4–12-week postpartum screening because of similar accuracy. Our previous study found that IPD testing implementation increased testing completion rates fivefold. However, patient satisfaction with this approach remains understudied.

Objectives

1. Evaluate patient satisfaction with IPD testing
2. Assess patient preference for IPD testing vs. traditional postpartum diabetes testing
3. Determine patient willingness to recommend the IPD approach to others

Study Design

We conducted a prospective telephone survey among patients aged 18-70 years old who were 3-12 months postpartum and had GDM in the most recent pregnancy and delivered at our hospital between December 1, 2023, and December 1, 2024, and completed inpatient IPD testing.

Participants completed a structured questionnaire assessing demographics, GDM history, testing preferences, and satisfaction. Associations between satisfaction and race/ethnicity, age, prior GDM, test results, and testing preference were examined using chi-square tests, with significance set at $P < 0.05$.

Results

Demographics

- **Participants:** 71 eligible, 58 responses
- **Age:** 25 to 44
- **Race/Ethnicity:** 34.5% White, 31.0% Asian, 24.2% Black, 5.2% other, and 1.7% multiracial
- **Prior GDM:** 29.3% yes 56.9% no

Figure 1: High Patient Satisfaction with Immediate Diabetes Testing

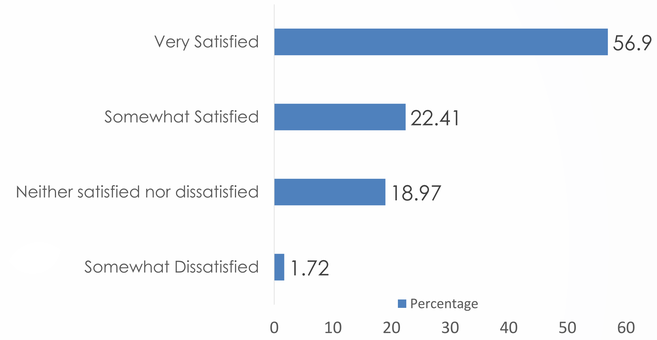


Figure 2: Patient Preference for Immediate Diabetes Testing

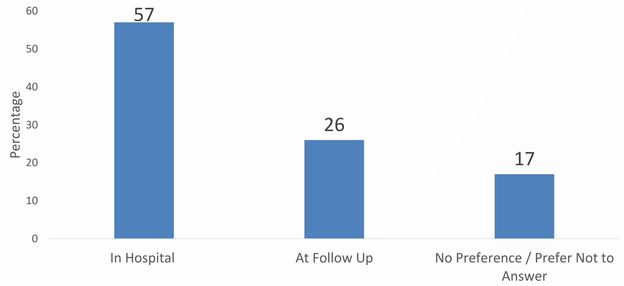
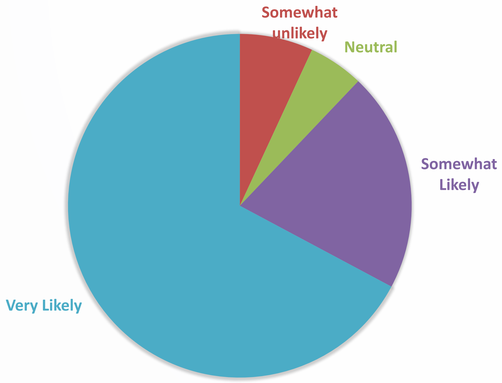


Figure 3: High Likelihood of Patient Satisfaction for IPD Testing



- Asian (77.8%) and "other" (83.3%) participants were more often very satisfied than Black (35.7%) and White (45.0%) participants
- Those preferring in-hospital testing were more frequently very satisfied (69.7%) than those preferring traditional postpartum testing (33.3%)
- Satisfaction did not differ by age or prior GDM
- Participants with negative IPD results were more often very satisfied (65.9%) than those with positive results (30.0%)

Discussion & Conclusion

Innovation: First known study to assess patient satisfaction, preference, and willingness to recommend IPD outside of a trial.

High satisfaction and acceptability: Nearly 80% of patients were satisfied with immediate postpartum diabetes (IPD) testing; most preferred immediate testing and would recommend IPD.

Clinical impact: IPD testing is a patient-centered approach to diabetes testing that may improve engagement and uptake, ultimately supporting better diabetes care.

References

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