6. **EGGS: a new breed of antenatal clinic**

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**Background/ Inspiration**

- Palpable despair and sense of isolation in many newly diagnosed gestational diabetes (GDM) patients.
- Significant increase in the prevalence of GDM, outstripping existing resources.
- Increasing reliance on non-specialists in delivering the basic care for GDM.
- Delays in first clinic appointments following diagnosis.
- Delays in home glucose monitoring/treatment thus placing maternal and foetal health at risk.

**Innovation**

- Transformed our weekly conventional first contact clinic to a Midwife Led group clinic EGGS (Educating Gestational diabetes Group Sessions) – March 2016, increasing weekly capacity from 5 to 20.
- The multidisciplinary 'faculty' includes a former GDM patient, who contributes a longer term (16 years) perspective via a video-recording.
- Timetabled attendance by all maternity staff is strongly encouraged.
- The sessions involve an explanation of GDM, a talk on healthy eating, a captivating interactive game called ‘Supermarket Sweep’ which concentrates on food labelling, low Glycaemic Index foods and mobile apps used to support the process of food selection.
- Women are taught to monitor blood glucose and leave with a supply of equipment, all carried in aptly named ‘Good for You’ bags.
- Upholds the values of inter-professional education and enables the professions, patients and partners to learn with, from and about each other.

**Benefit**

- Improved operational efficiency with rate of newly diagnosed gestational diabetics first seen within 7 days, increasing from 31% (January- February 2016) to > 85% (February - July 2017).
- A boost to patient experience with >97% of 338 respondents acknowledging that all educational objectives had been met, including psychological adjustment to the new diagnosis.
- Objectifies the needs of GDM patients and includes their voices as part of the wider quality assurance framework.

**Transferability**

- Featured publication - RCM Magazine (November 2016).
- Winner - 2017 Health Enterprise East Innovation Award for Diabetes.
- Runner up Award - RCOG Improving Quality in Women’s Healthcare Conference 2017.