

Self-Care Education Needs for Women with Gestational Diabetes Mellitus (GDM): A Systematic Review

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ABSTRACT:

Introduction: One of the most prevalent health concerns in pregnancy is GDM, which requires self-care to prevent maternal and new-born complications. This study aimed to identify the specific needs of women with GDM for a self-care education guidance package. **Methods:** This systematic review was registered with PROSPERO (CRD42021229610). Studies published between 2016 and 2020 were identified from Web of Science, Scopus, EBSCOhost, Ovid, Sage, and ProQuest. The Mixed Methods Appraisal Tool (MMAT) was used to assess the articles' quality. **Results:** GDM-related studies consisted of twelve intervention studies and two qualitative studies was analysed. Three main domains identified for the self-care education needs: (1) knowledge/information about GDM, (2) blood glucose monitoring, and (3) lifestyle (healthy diet and exercise/physical activity). This study found that self-care education benefits women with GDM by improving self-care behaviour, increasing satisfaction, increasing self-efficacy, improving glucose management, and improving pregnancy outcomes. **Discussion:** Self-care education intervention found success in most outcomes in this present study, specifically in the domains of knowledge and information about GDM, blood glucose monitoring, and lifestyle (healthy diet and exercise/physical activity). Thus, the results of this review might be useful in the process of package development for self-care education needs for GDM women. **Ethics and dissemination:** This study has been approved by the UKM Research and Ethics Committee, Faculty of Medicine, Universiti Kebangsaan Malaysia, with the code FF-2020-474.

KEYWORDS: Gestational diabetes mellitus; self-care education; health education; glycaemic control, education package development