



National Symposium on Diabetes and Nutrition Rabat on 13 and 14 May 2016

Recommendations of the 2016 Symposium on Gestational Diabetes

We, the participants in the National Conference on Diabetes and Nutrition, organized by the Moroccan League for the Fight against Diabetes and under the Aegis of the Ministry of Health and the National Council of the National Order of Physicians, the 13 and 14 May 2016 in Rabat, adopt the following recommendations:

- ✓ Implement prevention and early detection of diabetes during the life cycle already beginning in the pre-conception consultation, detection during pregnancy and regular monitoring of the mother and child;
- ✓ Develop with specialists learned societies in Morocco good practice to screen for gestational diabetes (GD) and the care of pregnant women affected by DG and their newborns. These good practices should be accessible, pragmatic and in line with the new international guidelines;
- ✓ Improve the detection of diabetes during pregnancy and follow-up of women affected by gestational diabetes by adopting an approach detection-monitoring more accessible to primary care that reduces the time, provides support for non-complicated cases and avoids the diagnosis of gestational diabetes in retrospect;
- ✓ Strengthen care providers capacity on gestational diabetes not only at secondary and tertiary level but especially at the primary health care and ensure good communication between the various levels;
- ✓ Develop and disseminate, in collaboration with the various stakeholders (NGOs, nutritionists, health care providers, affected

pregnant women) a brochure with nutritional advice (with food examples) for pregnant women with DG, understandable and relevant to the local food environment ;

- ✓ Encourage the establishment of networks between the different levels of care of women with GDM, private, and NGOs involved in the fight against Gestational diabetes;
- ✓ Encourage research on the DG Effect of DG on the state of health of the newborn, the perception with regard to the DG community, measure the prevalence of diabetes persisting after an episode of gestational diabetes.

Done at Rabat, May 14, 2016

For participants in the International Symposium
on Diabetes and Nutrition

Prof. Jamal Belkhadir
President of the Moroccan League for the Fight against Diabetes

