



6th Symposium on Diabetes and Nutrition

“Diabetes Morocco 2017”

Rabat on 7 and 8, July 2017

Recommendations of the Diabetes Morocco 2017 On Gestational Diabetes

We, the participants of the National Symposium on Diabetes and Nutrition, organized by **the Moroccan League for the Fight against Diabetes** and placed under the aegis of the Ministry of Health, the National Council of the National Order of Physicians and the Moroccan Society of Endocrinology Diabetology and Nutrition, on 7 and 8 July 2017 in Rabat, adopt the following recommendations:

- **Salute** the initiative of the Moroccan League for the Fight against Diabetes, with its Moroccan, African and MENA partners, for having once again scheduled a session of debates and exchanges at the Symposium on Gestational Diabetes in Morocco;
- **Recalling** the importance of addressing the issue of Gestational Diabetes in diabetes in Morocco, which is experiencing a very worrying epidemiological development;
- **Emphasize** that the protocols are based on fasting blood glucose testing prescribed in the first trimester / first NPC but do not take into account the delays involved in performing a laboratory assessment;
- **Request** to strengthen the capacities of health care providers on Gestational Diabetes not only at the secondary and tertiary level but

especially at the level of primary health care and to ensure good communication between the different levels;

- **Wait** to involve the institutions and the structures of the Ministry to carry out a reflection to revise the protocols of screening and support in favor of a universal screening and adapted management at the first level including the first nutritional advice and the monitoring Regular blood glucose level at the Health Center.

- **Allowing** the prescription of metformin in general and by the doctor of the health center in particular, when drug therapy is necessary, will be an alternative to insulin following the recommendations of high-level scientific debates.

- **Specify** that this care at a time and at a level accessible to pregnant women will help to detect and manage Gestational Diabetes (during pregnancy) in time and then reduce maternal and neonatal mortality and morbidity in Morocco and to prevent future diabetes.

- **Encourage** the establishment of networks between the different levels of care of women with a DG, private, and NGOs working in the fight against gestational diabetes.

For the participants of the Symposium

Rabat, July 08, 2017