

NORTHERN TERRITORY

DIABETES IN PREGNANCY



CLINICAL REGISTER INFORMATION FOR WOMEN



CONTACT INFORMATION

If you have any questions or would like more information, you can talk to those looking after you or go to the Diabetes across the Lifecourse Northern Australia Partnership website:

<https://diabeteslifecourse.org.au/>

Or contact the Diabetes in Pregnancy Coordinator at Menzies on:

(08) 8946 8509

ntdippartnership@menzies.edu.au

If you have concerns about this project you can also contact the NT Human Research Ethics Committee.

(08) 8946 8687 or

NTHREC@menzies.edu.au

The NT Diabetes in Pregnancy Clinical Register is funded by the Medical Research Future Fund (MRF1199628) and NHMRC Global Alliance for Chronic Disease Grant (1092968).

Illustrations created throughout by digital artist Charlotte Allingham, a young Wiradjuri woman living in inner Naarm (Melbourne)

How long will your information be kept?

Your name and information will stay on the Clinical Register with details added for each pregnancy unless you request to opt-out.

Removing your name from the Clinical Register

Your information will be put on the Clinical Register because your health service has agreed to be part of the Clinical Register, but you can opt out. You can ask at any time to have your name removed from the Clinical Register.

Only health professionals involved in the management of your care can access your information.

If you are worried, or do not want to be included on the Clinical Register, please let your health professional know and they can complete the form on the website:

<https://diabeteslifecourse.org.au/diabetes-in-pregnancy-partnership/>

You can also email:

DIPClinicalRegister.THS@nt.gov.au with your first and last name, date of birth and current address and request to be removed from the register.



INFORMATION COLLECTED FOR THE REGISTER

The Clinical Register contains information about your diabetes, pregnancy and baby's birth. This can include where you come from, results from tests and ultrasounds, any diabetes medications that you take, if you have other medical problems, your baby's birth information and diabetes.

The information shared with the register comes from what is already recorded at your clinic and at the hospital.

HOW IS YOUR HEALTH INFORMATION USED?

Information about the health of women throughout the Northern Territory who have diabetes in pregnancy and their babies is regularly reported to clinicians and health services to assist with monitoring and improving health care services. Reports containing health information from the Clinical Register may be published or discussed at health meetings.

These reports never contain your personal details or private information such as your name or contact details.

You can contact the Diabetes in Pregnancy Partnership if you are interested in information published from the NT Diabetes in Pregnancy Clinical Register.

If you have diabetes in pregnancy, there are ways that can help to reduce diabetes related problems and have a health pregnancy and birth.

These include:

- Eating the right amount of healthy foods
- Being physically active
- Attending your routine health appointments
- Checking your blood sugar levels regularly
- Taking your diabetes medications, including insulin if required



WHAT IS THE CLINICAL REGISTER?

The Clinical Register has information about women with diabetes in pregnancy in the Northern Territory.

All women who have diabetes in pregnancy are included on the Clinical Register; this includes type 1, type 2 and gestational diabetes.

The register assists health professionals to access important information about diabetes care for Northern Territory women. It helps health services to better understand how many women have diabetes in pregnancy and improve how we care for women with diabetes in pregnancy.

Your health professional can explain more about the Clinical Register and how information is used.