ACE inhibitor
Angiotensin-converting enzyme inhibitor; a class of drugs that reduce blood pressure by relaxing blood vessels.

ARB
Angiotensin receptor blockers; a class of drugs that reduce blood pressure by widening blood vessels.

Basal bolus insulin regimen
Any regimen involving a combination of background insulin either once or twice daily in combination with a short-acting insulin at meal times.

Birth weight centile
A measure of how a birth weight compares to the expected range of birth weights taking into account gestation, mother’s height, weight and ethnicity, and the sex of the baby. For example, a birth weight at the 90th centile means that for every 100 babies born to a woman with similar characteristics at that gestation, 90 per cent would be expected to be lighter than this birth weight, and 10 per cent would be expected to be heavier.

Body Mass Index (BMI)
The body’s weight in kilograms divided by the square of the height in metres, used in assessing whether a person is overweight or underweight.

Booking appointment
Antenatal appointment usually at between 8 to 12 weeks gestation at which a number of medical tests are completed and options for care during pregnancy and birth are discussed.

Booking Hospital
This is the hospital responsible for the booking appointment and is generally where the booking appointment is held.

Caesarean section
Surgical abdominal delivery of a baby.

Confidential Enquiry into Maternal and Child Health (CEMACH)

Clinical audit
A way of measuring healthcare practice against national guidelines with the aim of improving the care provided by making recommendations for improvements.

Confidence interval
A range of values that assesses the level of uncertainty in an estimate that is caused by only obtaining values for a sample from the population. The 95 percent confidence interval gives the range in which you would expect the true value to fall 95 times if 100 samples were selected.

Congenital anomaly/abnormality/malformation
A physical or biochemical malformation that develops during pregnancy and is present at birth.

Congenital anomaly rate
Number of live births, stillbirths, miscarriages after 20 completed weeks and terminations with a congenital anomaly per 1,000 live and stillbirths.
Delivery Hospital
This is where the delivery took place; this may be different to the booking hospital.

Elective caesarean section
A planned caesarean section when a medical need for the operation becomes apparent during pregnancy or the mother requests the operation in advance.

Emergency caesarean section
An unplanned caesarean when concerns for maternal and/or fetal wellbeing mean that the baby needs to be delivered as soon as possible.

Folic acid
A water-soluble vitamin in the B-complex group that helps to prevent fetal neural tube defects when taken by the mother before becoming pregnant. A 5mg dose can be obtained on prescription, and a 400mcg dose can be obtained over the counter.

Gestation
The time from conception to birth, assessed by an ultrasound scan or measured from the first day of the last normal menstrual period if calculated prior to the earliest ultrasound scan.

Glycaemic control
Control of blood glucose.

HbA1c
Glycosylated haemoglobin, measured in mmol/mol, reflects how well the blood glucose level has been controlled over the previous 2 – 3 months.

Hypoglycaemia
An abnormally low level of blood glucose.

Induction of labour
The process of attempting to start labour artificially. Methods of induction used are drugs that act like natural hormones to start labour, physical methods such as breaking waters or a combination of both drug and physical methods.

Instrumental delivery
Assisted vaginal delivery of the baby using ventouse or forceps.

Insulin pump therapy
A regime where short acting insulin is administered subcutaneously and continuously long term using an infusion device.

Intensive care
Care provided for babies who are the most unwell or unstable and have the greatest needs in relation to staff skills and staff-to-patient ratios (Level 3) (British Association of Perinatal Medicine, 2011).

Interquartile range
A measure of the spread of data items around the median value – the values taken by the middle fifty per cent of the data items, when the data items are in order.

Large for Gestational Age
Babies born larger than they should be for their gestational age.
Last Menstrual Period
The last menstrual period the woman had before pregnancy.

Logistic regression model
A statistical model used to estimate the probability of an outcome based on the values of one or more explanatory variables.

Macrosomia
High birth weight (4,000g or more), a recognised complication for babies of women with diabetes.

Mean
The average value, sum of all values divided by the number of values.

Median
The middle value when the data is in ranked order.

Metformin
An oral hypoglycaemic agent that decreases blood glucose levels.

Miscarriage
Spontaneous ending of a pregnancy before 24 weeks of gestation.

Mixed insulin or basal insulin only
Any regimen using biphasic insulins or background insulin exclusively (i.e. without additional meal time insulin).

MODY
Maturity onset diabetes of the young caused by a single gene defect and associated with decreased insulin production and varying degrees of clinical severity.

National Diabetes Audit (NDA)
A clinical audit of the effectiveness of diabetes healthcare against NICE Clinical Guidelines and NICE Quality Standards in England and Wales, that collects data from GP practices and specialist diabetes services.

Neonatal death
Death of a live born baby before 28 completed days after birth.

Neonatal death rate
The number of neonatal deaths per 1,000 live births.

Neural tube defect
A major congenital anomaly caused by abnormal development of the neural tube, the structure present during early pregnancy which later gives rise to the central nervous system (brain and spinal cord).

NICE
The National Institute for Health and Clinical Excellence (NICE) is the independent regulatory body providing national guidance and advice to improve health and social care.
Normal care
Care provided for babies who themselves have no medical indication to be in an intensive care unit in hospital (None or Level 1) (British Association of Perinatal Medicine, 2001) and can therefore stay with their mother on the postnatal ward.

Oral hypoglycaemic agents
Medicines taken by mouth that are used to help lower blood sugar levels in people with diabetes, which may be used alone or in combination with insulin.

Parity
The number of previous pregnancies where the woman has delivered one or more live or stillbirths.

Preconception planning and care
Counselling and clinical management for women with diabetes, including ensuring near-normal glycaemic control before conception, commencing high dose of folic acid, reviewing medication, screening for diabetes complications, and giving information about pregnancy risks, appropriate diet and lifestyle.

Preterm delivery
Delivery before 37 completed weeks’ gestation (37+0 weeks)

Retinopathy
A condition related to diabetes where there is damage to small blood vessels that supply the eye, affecting sight.

Singleton pregnancy
A pregnancy with a single fetus/baby.

Special care
Care provided for babies who require additional care delivered by the neonatal service but do not require either intensive or high dependency care (Level 2) (British Association of Perinatal Medicine, 2011).

Spontaneous vaginal delivery
A baby delivered vaginally without instrumental assistance.

Statins
A group of medicines that can help lower the level of cholesterol in the blood to help prevent heart disease.

Stillbirth
Legal definition from Section 41 of the Births and Deaths Registration Act 1953 as amended by the Stillbirth Definition Act 1992: a child that has issued forth from its mother after the 24th week of pregnancy and which did not at any time after being completely expelled from its mother breathe or show any other signs of life.

Stillbirth rate
The number of stillbirths per 1,000 total births (live births and stillbirths).
Trimester
One of the 3 month periods into which pregnancy is divided. The first trimester is 0-12 completed weeks of gestation. The second trimester is 13 – 28 completed weeks gestation, and the third trimester is 29 weeks of gestation until birth.

Type 1 diabetes
The person’s insulin producing cells are permanently destroyed so no insulin is produced. The person needs regular insulin, given either by injection or an insulin pump.

Type 2 diabetes
The person’s insulin producing cells produce too little, and/or the insulin produced is not effective (insulin resistance). The condition may be controlled by diet and exercise alone, or the person may also need diabetes medication or insulin.