

**Development and Optimisation of a Sustainable Standard
Operating Protocol for Medical Nutrition Therapy to Improve
Maternal and Foetal Outcomes among Gestational
Diabetes Mellitus Women**

By

Sindhu S.

(Reg. No. 18PHFDP003)

Supervisor

Dr. S. Uma Mageshwari

A Thesis Submitted to
Avinashilingam Institute for Home Science and
Higher Education for Women
Coimbatore – 641 043

In Partial Fulfilment of the Requirements for the Degree of
Doctor of Philosophy in Food Service Management and Dietetics

May 2024

80_Recommendations

- GDM risk screening at first antenatal visit to be made mandatory as part of initial screening.
- Women at risk for GDM should be provided MNT as the first intervention and further followed up as per evidence-based MNT protocol.
- A multidisciplinary team approach is crucial and should be included for effective implementation of protocol-based GDM management strategies.
- Sensitising the stakeholders such as HCPs, allied health personnel, quality control team and administrators of hospitals needs to be done to ensure smooth flow of processes and procedures enlisted in protocols.