

Highlights of the ADIPS/SOMANZ Annual Meeting

Adelaide Hilton

31st October to 2nd November 2008

This year's ADIPS Annual Scientific Meeting was held in conjunction with the Society of Obstetric Medicine of Australia and New Zealand (SOMANZ) in Adelaide. The first two days of the program consisted of combined sessions with speakers arranged by both societies. The meeting was fully subscribed by delegates from the various professional groups and it was standing room only at many of the sessions.

The ADIPS Novo Nordisk Visiting Lecturer for 2008 was Prof Peter Damm from Copenhagen. Peter opened the meeting with a talk on type 2 diabetes, obesity and pregnancy.

He presented Danish data demonstrating not only rising incidences at younger ages of both type 2 diabetes and obesity but also increasing adverse pregnancy outcomes associated with these. He recommended better public education on these issues, nicely anticipating the official launch of educational videos on the Sunday morning session. The session was rounded off with presentations about the detection and management of fetal macrosomia (very tricky) and fetal programming in diabetic pregnancy.

The next session was led by the SOMANZ visiting speaker Ray Powrie of Rhode Island who gave a stimulating talk on intrapartum medical emergencies and their management. As well as providing clear management pathways, he reminded us of a number of useful tips, such as recording the respiratory rate and measuring the JVP when a woman complained of shortness of breath. This was followed by talks on pulmonary embolism, heart valve disease and the anaesthetic management of obesity in pregnancy. The day finished with a stimulating panel discussion on a case of an obese woman with type 2 diabetes in a pregnancy complicated by pre-eclampsia. Practical management issues were discussed as well as philosophical issues about whether it was advisable for this woman to become pregnant....and we all heard from Western Australia that the best course of action for any woman they had major concerns about was a referral to Barry Walters. The presentations finished with a SOMANZ discussion on new guidelines on the diagnosis and management of hypertensive disorders in pregnancy, due for publication shortly. The day finished with drinks amongst the several posters displayed at the meeting.

Ray Powrie opened Saturday with an excellent discourse on the management of sepsis in pregnancy. This was followed by Vicki Clifton formerly of Newcastle and now of Adelaide whose data pointed to more serious effects of asthma on the development of the male fetus than had previously been expected and the benefits of aggressive treatment. The second session of the day featured Peter Damm, who presented Danish data that compared a recent cohort of women with GDM with a previous cohort and demonstrated an alarming increase in the rates of progression to subsequent type 2 diabetes. He also reported the adverse outcomes of their infants as they grow up. The free communications session that followed included Jeff Flack from Bankstown describing data which suggest that a lowering of the diagnostic thresholds for GDM would substantially increase clinical workloads. Jeff called for circumspection from the HAPO investigators in determining diagnostic cut offs, though this was not met with universal agreement. Jenny Huynh from Melbourne presented an interesting retrospective cohort study on the effect of treatment of

GDM on birth weight (see later contribution, editor). Talks on the pathology of the placenta, fetal Doppler studies, and assessment of the small for gestational age fetus followed.

The final session of the first day was led by Aidan McElduff of Royal North Shore on the science of iodine deficiency in pregnancy, including its relationship with IQ development of the offspring. Rory Clifton-Bligh, also of RNSH, followed with a detailed discussion on the impact of Vitamin D deficiency in pregnancy including a report on the evidence associating this with fasting hyperglycaemia in pregnancy. The day was completed with an entertaining and informative debate between Janet Rowan and Barry Walters on whether metformin was the new standard for GDM management. Janet, as the protagonist, won the day, but not unanimously and ADIPS guidelines on this matter are awaited with keen interest. The conference dinner was held at the South Australian Museum with a dinosaur and stuffed mammals for décor (surely coincidental).

On the Sunday the two societies separated and the ADIPS sessions were opened with the launch of new films about preconception care for DM1s and DM2s. They were made with very high production standards by Diabetes Australia Victoria on behalf of the Federal Dept of Health and Aging. These will be available free for use on request. Deborah Foote of Royal Prince Alfred then gave a comprehensive overview of diet in pregnancy for women with diabetes. This stimulated discussion on how prescriptive such diets should be and the need for more knowledge. Glynis Ross also from RPA discussed the use of insulin pumps in pregnancy, noting these are not necessarily the standard of management for DM1s in pregnancy.

Free communications followed starting with the rising GDM incidence at the Mercy Hospital (presented by Deborah Boyce, Melbourne), followed by the use of Telehealth for diabetes care in pregnancy (Maree Mungomery, Brisbane), a midwife led clinic for managing GDM care (Alison Barry, Brisbane) and the body composition of infants of obese women with and without GDM (Barbara Lingwood also from Brisbane – go for it Queensland!). Peter Muller of Adelaide then discussed ultrasound surveillance of the fetus in women with diabetes and suggested that 4th weekly ultrasounds from the 28th week are beneficial to management. Jeremy Oats and David McIntyre wrapped up the presentations with an update on HAPO subsequent to the meetings at Royal North Shore and at Pasadena. A position statement on diagnostic criteria is still awaited and deep statistical considerations are being analysed (of course). At present, it appears that the steering committee is considering the abandonment of the 50g oral glucose challenge screening test and recommending that women undergo a 75g OGTT. It may be a fasting and one hour sample is used, though the role of a two hour test and cut off values are still being discussed.

The meeting concluded with Chris Nolan as outgoing ADIPS president and Claire McLintock from SOMANZ presenting awards. In closing remarks they thanked the participants and welcomed them to return to Adelaide for the 2009 ADIPS ASM to be held in conjunction with ADS and ADEA August 28th and 29th 2009.

Bill Jeffries
Physician, Head of Dept
Lyell McEwin Hospital
Adelaide