Abstract 098
Category: Research on nursing diagnosis

TITLE: **Risk factors for unstable blood glucose level in pregnant women: case control study**
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Introduction with problem statement:
NANDA International indicates pregnancy as one of the risk factors of the nursing diagnosis, *risk for unstable blood glucose level* (00179).[1] However, other factors may increase the risk of glycemic instability when associated with pregnancy. The aim of the study is to verify the risk factors for the unstable blood glucose level during pregnancy.

Methods:
A retrospective case control study was conducted, using 417 patient records, accompanied by a prenatal clinic at the School Maternity Unit of the Federal University of Rio de Janeiro, from 2009 to 2015. Participants were distributed into a case group with 200 women with unstable glycemia, and a control group of 217 pregnant women without glycemic instability. excluding those with a history of diabetes. Data collection was performed between September and December of 2016. The research received the approval of the ethics committee, number 1.705.122.

Results and discussion:
Out of 417 pregnant women, 200 were slotted into the case group, and 217 were placed in the control group. Age ≥ 25 years old (< 0.001), sedentary lifestyle (0.005), pre-gestational obesity (< 0.001), history of diabetes mellitus from first-degree relatives (< 0.001), and from second-degree relatives onwards (0.035) showed a higher likelihood for an unstable blood glucose level.

Conclusions:
Other factors associated with pregnancy increase the *risk for unstable blood glucose level* in pregnant women.

Impact on the discipline:
Knowledge of the factors associated with unstable blood glucose level in pregnancy helps nurses make clinical decisions.

Descriptors:
Nursing diagnosis, gestational diabetes, pregnant women.

References
1. Herdman TH, Kamitsuru S. NANDA International nursing diagnoses: definitions and classification, 2015-2017. Oxford: Wiley-Blackwell; 2014.