

Physical Activity Interventions in Pregnancy and Risk of Gestational Diabetes Mellitus: A Systematic Review and Meta-analysis

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1. Describe the criteria used to diagnose gestational diabetes mellitus in your institution or practice. Discuss how these criteria are similar or different from those recommended by the American College of Obstetricians and Gynecologists and The International Association of the Diabetes and Pregnancy Study Groups.
2. Summarize the search strategy utilized by the authors to identify randomized trials included in their report. Discuss any limitations of the search strategy.
3. Meta-analyses can utilize cohort studies or case series. What would be the advantages or disadvantages of including these types of studies? Do you think that important data were not included for this topic?
4. Describe the meanings of fixed and random effects models and discuss when it is appropriate to use each model. Also explain what the authors mean by heterogeneity testing and what funnel plots test.
5. Identify the study intervention and primary outcome and describe how they are defined in this study. Discuss whether or not you agree with these definitions. Identify any other important outcomes of interest not examined in this study. Is the primary outcome an important measure of pregnancy outcomes?
6. What in your opinion are the major strengths and limitations of this study?
7. Discuss whether or not you would routinely recommend physical activity as an effective intervention to reduce the risk of gestational diabetes mellitus. If you recommend physical activity, what regimen will you use? How would you determine adherence to the intervention?