1. Prenatal Plus Requirement: Monitor Weight Gain in Pregnancy
   a. As an integrated health home, the pcp will take the lead in evaluating weight gain during pregnancy. OK to check in with pcp to see if there are any concerns about rate of weight gain during pregnancy.
      i. Identify starting weight: Can use pre-pregnancy weight if patient knows and it is entered in to the grid. OR
      ii. Identify weight when patient entered prenatal care. If patient is unsure of their prepregnancy weight can use their weight when patient starts care.

2. Once a pre pregnancy weight has been identified, determine BMI.

3. BMI before pregnancy provides guide for weight of rate gain recommended:
4. Throughout the pregnancy, charting should indicate that the patient’s weight gain is evaluated. Examples:
   a. Note pre-pregnancy BMI and recommended weight gain
   b. Reference pcp evaluation “per pcp, pt weight gain meets goal”
   c. Document amount of weight gain in time interval: “Patient gained 4 pounds in four weeks”
   d. If weight gain exceeds or does not meet recommended amount, refer to RD and document referral
      i. “PCP concerned about rapid/slow weight gain, scheduled appointment with RD”
      ii. “PCP concerned about rapid/slow weight gain, pt declined referral to RD”
5. Why monitor weight gain?
   a. Adequate weight gain promotes healthy outcomes for mom/baby
      i. Baby with healthy weight at birth, not requiring as many interventions which can be required for babies with low or high birth weights
      ii. Part of ensuring good nutrition status for mom and baby
iii. Weight gain per guidelines can help reduce risk of onset of gestational diabetes in mom