

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.
  - b. Understand Pre-pregnancy BMI (aka: pregravid BMI).
    - 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.

09/03/2021 09:20 AM : "Prenatal Detail - Obstetrics" x

Add

**Prenatal Visits**

Patient note:

Pre - pregnancy wt (lb):  Date:

Total pregnancy weight gain (lb):  Select the row with an asterisk in the column to show detail [P.E.](#) [ROS](#) [OB In](#)

Date	EGA	Wt (lb)	BP	Fund	FM	FHR	Pres	Edema	Glu	Prot	Nitr	Ket	DTR	Dil	Efface	Station	Note	Initials	Next Appt	FL
08/05/2021	29w5d	191.60	112/58	28	normal	147			neg	neg	neg	trace					*	MC		
07/19/2021	27w2d	193	113/54	26	normal	150												KB		
05/05/2021	16w4d	185	105/63			141			neg	trace	neg	neg						RL		
04/13/2021	13w3d	186.20	117/67		NA	158			neg	trace	neg	neg						EI		
04/12/2021	13w2d				NA			neg									*	CC		

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

Date	Time	BP	Pulse	Resp	Temp (F)	Wt (Lb)	BMI	Ht (In)	Ht Position	Puls
09/03/2021	9:24 AM	110/62	79	19	97.70	193.40	32.18	65.00	Standing	
08/20/2021	9:51 AM	96/59	66	18	97.50	191.70	31.90	65.00	Standing	
08/05/2021	1:15 PM	112/58	69	22	96.80	191.60	31.88	65.00	Standing	
07/19/2021	4:04 PM	113/54	79	20	97.60	193.00	32.12	65.00	Standing	
05/05/2021	3:43 PM	105/63	86	18	97.90	185.00	30.79	65.00	Standing	
04/13/2021	4:02 PM	117/67	79	16	98.40	186.20	30.99	65.00	Standing	
04/12/2021	2:14 PM									

**Vital Signs** ! Vital Signs Outside Normal Range ! BMI Outside Normal Range

Smoking Status:   Reviewed 09/03/2021 [Historical information entered this encounter](#) [Health Promotion Plan | History | Graph](#)

Time	Ht (in)	Wt (lb)	BMI	BP	Position	Side	Site	Cuff Size	Pulse	Respiration	Temp (F)	Pulse Ox Rest	Pain Level	Comment
9:24 AM	65.00	193.40	32.18	110/62	sitting	left	arm	adult	79	19	97.70			

Add Edit Remove

3. BMI before pregnancy provides guide for weight of rate gain recommended:

Prepregnancy BMI	BMI* (kg/m <sup>2</sup> ) (WHO)	Total Weight Gain Range (lbs)	Rates of Weight Gain* 2nd and 3rd Trimester (Mean Range in lbs/wk)
Underweight	<18.5	28–40	1 (1–1.3)
Normal weight	18.5-24.9	25–35	1 (0.8–1)
Overweight	25.0-29.9	15–25	0.6 (0.5–0.7)
Obese (includes all classes)	≥30.0	11–20	0.5 (0.4–0.6)

Can also reference the weight gain grid in the chart to review weight gain over time.



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