

# Gestational Weight Gain Video Module Increases Patient Knowledge of Weight Gain in Pregnancy

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## Background

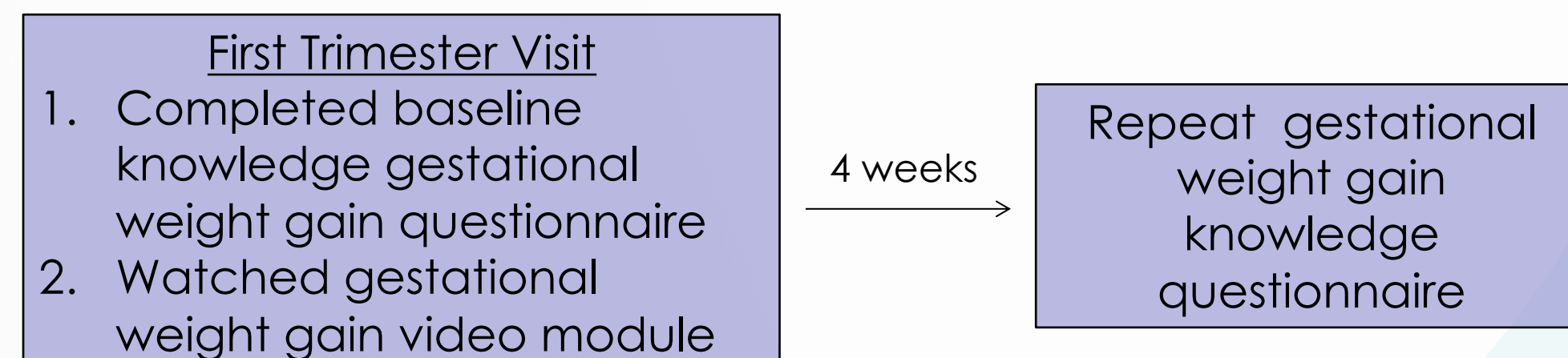
- Approximately 50% of women exceed pregnancy weight gain guidelines set by the National Academy of Medicine
- Excessive weight gain is associated with:
  - Maternal hypertensive disorders & diabetes
  - Preterm delivery & associated neonatal morbidity
  - Delivery complications & need for cesarean delivery
  - Postpartum weight retention
  - Childhood obesity & macrosomia
- One third of women receive no counseling regarding gestational weight gain in pregnancy
- Potential barriers to weight gain counseling include:
  - Lack of provider knowledge
  - Discomfort with discussing the subject
  - Lack of educational resources

## Objectives

- Determine if implementation of a gestational weight gain video module will improve patient knowledge of weight gain guidelines set forth by the National Academy of Medicine

## Study Design

- Prospective cohort study was performed from June to July 2019
- Pregnant women were enrolled from the university's Obstetrics & Gynecology outpatient office sites at time of routine prenatal visit



- Maternal baseline characteristics were collected from the electronic medical record
- Questionnaires were graded and scored
- Paired t-test was used to determine the effectiveness of the gestational weight gain video on patient weight gain knowledge

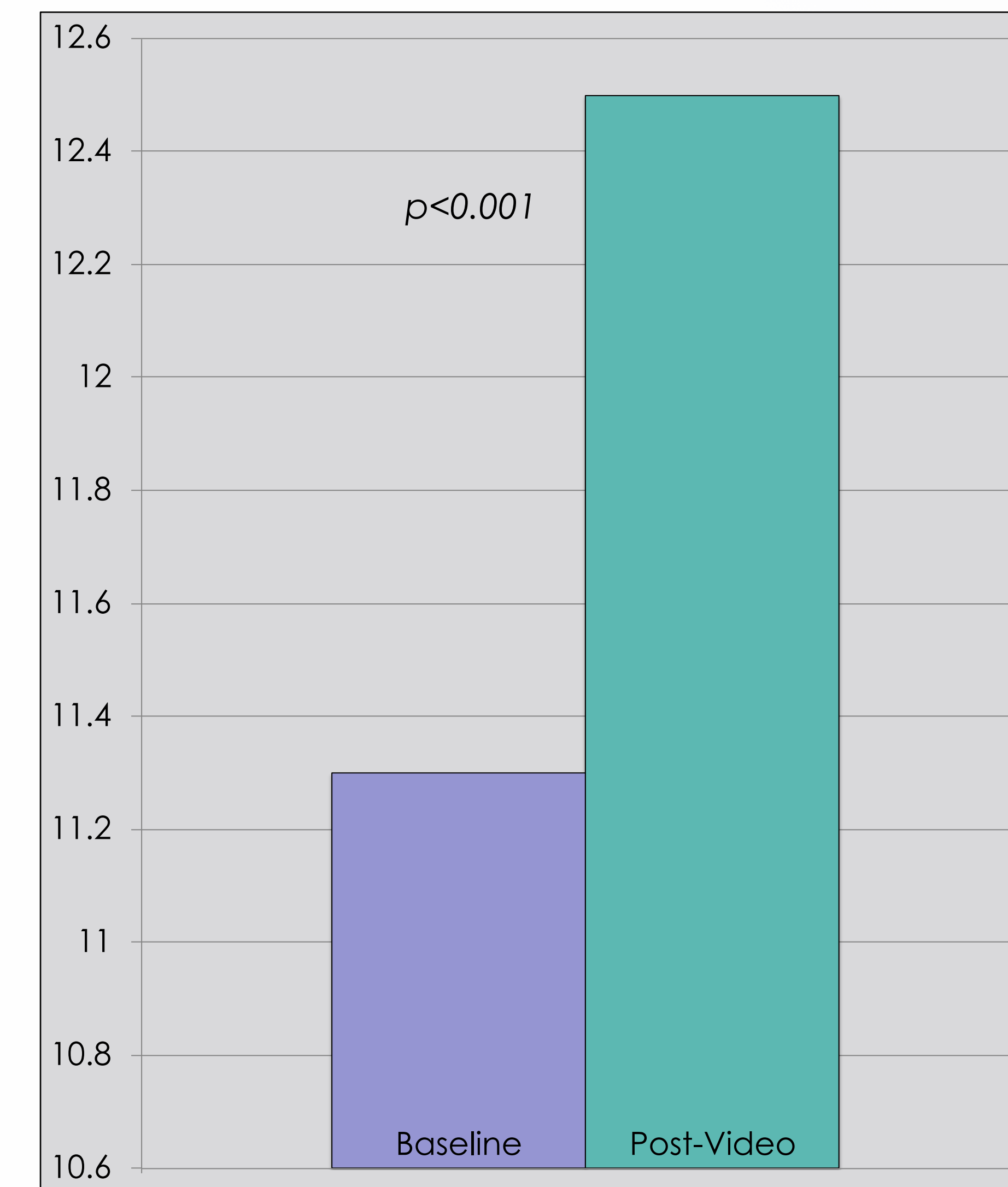
## Results

- A total of 26 pregnant women were enrolled
- Women enrolled in the study were approximately 30 years old, and primarily of varied racial backgrounds, multiparous, and obese (Table 1)
- The mean gestational weight gain knowledge score before and after viewing the gestational weight gain module were  $11.3 \pm 2.1$  and  $12.5 \pm 2.3$ , respectively
- Viewing the gestational weight gain video module significantly improved women's baseline pregnancy weight gain knowledge ( $p < 0.001$ ) (Figure 1)

**Table 1. Maternal characteristics of enrolled patients**

Maternal Characteristics	
<b>Age, years</b>	30.3±6.6
<b>Race</b>	
White	9 (34.6)
African American	2 (7.7)
Asian	4 (15.4)
Hispanic	8 (30.8)
Other	3 (11.5)
<b>Multiparous</b>	17 (65.4)
<b>BMI (kg/m<sup>2</sup>)</b>	27±9.1
<b>Weight classification</b>	
Underweight	1 (3.8)
Normal	9 (34.6)
Overweight	6 (23.1)
Obese	10 (38.5)

**Figure 1. Comparison of baseline and post-video gestational weight gain knowledge**



**Figure 2. Images from GWG Video Module.**



## Conclusion

- Utilization of a gestational weight gain video module improves patient knowledge of gestational weight gain guidelines
- A gestational weight gain video module provides an interactive, convenient means to increase knowledge of individual weight gain goals in pregnancy

## Future Directions

- Determine if utilization of a gestational weight gain video module improves gestational weight gain adherence in pregnancy
- Determine if utilization of a gestational weight gain video module improves maternal and neonatal pregnancy outcomes.

## References

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