

Assess the Pattern of Weight Gain among Primi Mothers Attending Outpatient Department

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ABSTRACT

A healthy and accurate diet during pregnancy place an important role for both baby and mother. During pregnancy a women must eat adequately to supply enough nutrients to the fetus so it can grow, as well as to support her on nutrition. Most women who are within an average height and weight range at the start of their pregnancy can expect to gain between 10-15 kilograms over the full of 40 weeks of gestation. Aim; To assess the pattern of weight gain among primi mothers attending outpatient department. Materials and methods: The study was conducted using descriptive survey design. The study was conducted among 100 samples in a selected hospital, Kothamangalam. After obtaining consent from the study samples the study was carried out. The data were analyzed using descriptive statistics. The results showed that majority of the women (58) 58% gained weight of 1kg and minority (42) 42% gained weight of 2kg during first trimester. During second trimester majority of the women (72) 72% gained weight of 3kg, (24) 24% gained weight of 2kg and minority (4) 4% gained weight of 4kg. During the third trimester majority of them (66) 66% gained weight of 4kg and minority (34) 34% gained weight of 5kg.

INTRODUCTION

It is important for pregnant women to eat iron rich foods every day. Pregnancy is a period of progressive anatomical, physiological and psychological changes occur in genital organs including all systems of body. It is phenomenon of maternal adaptation towards changes in the body with increasing demand of growing fetus.

A longitudinal study was conducted by Dolatian.M, Sharifi.N, Mahmoodi. Z to access the weight gain during pregnancy and its associated factors. A total of 734 women were selected using multistage cluster sampling. Data were collected using demographic and midwifery questionnaire. Among 734 participants, 28.7% were insufficient,49.6% were adequate and 21.7% had excessive weight gain in pregnancy.

REVIEW OF LITERATURE

A retrospective cohort study was conducted to assess birth weight in relation to gestational weight gain among women who were and were not obese before pregnancy. A total of 231 obese women were included in analyses. In non-obese and obese women, fetal weight was highest when gestational weight gain was above the recommended amount.

Among women who had a gestational weight gain in line with the recommendations, mean birth weight was higher among those with a pre-pregnancy BMI of 35.0–39.9 or at least 40 than among non-obese women. Birth weight is related to both maternal BMI and gestational weight gain. In obese women, adherence to gestational weight gain recommendations does not seem to prevent increased birth weights.

A cohort study was conducted with a sample size of 7086 women with 29,323 weight gain measurements to construct the charts and 4711 women with 31,052 measurements in the external validation. The predicted medians for GWG at 40 weeks, according to pre-pregnancy BMI, were: underweight, 14.1 kg (IQR, 10.8-17.5 kg); normal weight, 13.8 kg (IQR, 10.7-17.2 kg); overweight, 12.1 kg (IQR, 8.5-15.7 kg); obesity, 8.9 kg (IQR, 4.8-13.2 kg). The 10th, 25th, 50th, 75th, and 90th percentiles were estimated. Results for internal and external validation showed that the percentages below the selected percentiles were close to those expected. The charts proposed provide a description of GWG patterns according to gestational age and pre-pregnancy BMI among healthy Brazilian women with good neonatal outcomes. The external validation indicates that this new tool can be used to monitor GWG in the primary health-care setting and to test potential recommended values.

MATERIALS AND METHODS

The quantitative approach was used in this study. The research design selected for the present study was descriptive survey design. The study was conducted at Mar Baselios medical mission hospital Kothamangalam. The target population of this study was primi mothers. A sample of 100 primi mothers were selected.

- 1) The demographic variables includes name, age, obstetric score. The data was analysed using descriptive statistics .
- 2) The biophysical profile include weight gain during each trimesters . The data was analysed using descriptive statistics and presented in the form of percentage

Data Collection Procedure

The study was conducted in a selected hospital Kothamangalam, dated from 10-01-2023 to 20-01-2023, after getting the permission from the authority. The investigators selected samples by convenience sampling. After explaining the purpose of the study and getting informed consent 100 samples were selected according to eligibility criteria and data was collected by administering the tool which include the profile of baseline variables. The time spent for the data collection was about 7 hours per day. The study was extended to a period of 11 days. All the subjects who participated in the study were co-operative.

RESULTS

The pattern of weight gain among primi mothers attending outpatient department. The present study involved a sample of 100 primi mothers in a selected hospital. The study revealed that majority of women (58) 58% gained weight of 1kg and minority (42) 42% gained weight of 2 kg during first trimester. Among the selected sample majority of women (72) 72% gained weight of 3 kg, (24) 24% gained weight of 2 kg and minority (4) 4% gained the weight of 4kg during the second trimester. Among the selected sample, majority of women (66) 66% gained weight of 4kg and minority (34) 34% gained weight of 5kg during the third trimester.

DISCUSSION

The present study was conducted to assess pattern of weight gain among primi mothers attending outpatient department in selected hospital, Kothamangalam. The findings of the study were discussed with reference to the related literature. A study was undertaken among 100 samples to assess the pattern of weight gain among primi mothers attending the outpatient department. The study revealed that majority of women (58) 58% gained weight of 1kg and minority (42) 42% gained weight of 2 kg during first trimester. Among the selected sample majority of women (72) 72% gained weight of 3 kg, (24) 24% gained weight of 2 kg and

minority (4) 4% gained the weight of 4kg during the second trimester. Among the selected sample majority of women (66) 66% gained weight of 4kg and minority (34) 34% gained weight of 5kg during the third trimester.

FUTURE SCOPE

Nursing Service

Nurses can assess the prevalence of maternal weight gain during pregnancy and thus maintain and promote healthy pregnancy. This study can be used as an information illustration for nurses who working in educational set up and gynaecological department.

Nursing Education

The result of the study can be used by a nurse educator as informative illustration to the nursing students while teaching a topic on maternal weight gain during pregnancy. Based on the present study, student nurses can use this tool to identify the prevalence of maternal weight gain. Result of the study can be discussed in continuing nursing education session.

Nursing Research

This study can be utilized by subsequent researchers for their reference and further study.

LIMITATIONS

- 1) The study was done on a small group of samples, so generalization is limited.
- 2) Convenience sampling was used in the sample selection. Hence it reduces the possibilities of generalization of findings.
- 3) The study was confined to the patients of one hospital only.

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