

301 Hyperemesis Gravidarum (PG)

- Description**
- Severe nausea & vomiting in pregnancy (diagnosed by provider)
 - At risk for weight loss, dehydration & metabolic imbalances

Assess Readiness for Change: with open ended questions

- “Tell me more about your nausea/vomiting?”
- “Have you talked to your Dr about the nausea/vomiting?”
- “What have you already tried to decrease the nausea/vomiting (self treated, medications, and hospitalization)?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I get sick everyday but my sister said it would go away soon.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “It’s nice to have a sister for help. What other suggestions did she have?” • “Would you like more information on coping with nausea/vomiting?” 	<ul style="list-style-type: none"> • “Unfortunately 50-80% of women experience some nausea/vomiting. If severe, it can lead to complications like weight loss & dehydration.” • “We can talk about some tips to decrease nausea/vomiting, but if it doesn’t improve by your 2nd trimester, I’d suggest talking to your Dr.”

Record Plan or Goal Mom didn’t want info, She will contact Dr if worsens. Will re-assess readiness for change at next appointment.

<p>Unsure →</p> <p>“I talked to the Dr but he said it should go away?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “I’m sorry you haven’t been feeling well. Some nausea/vomiting is common, but for some, it can be severe. On a scale of 1-10, how bad do you think your nausea/vomiting is?” • “Why did you pick that number?” • “What helps your nausea/vomiting?” 	<ul style="list-style-type: none"> • To reduce nausea/vomiting: <ul style="list-style-type: none"> ○ Avoid foods know to be upsetting ○ Sense of smell increase in pregnancy- may trigger nausea/vomiting ○ Frequent meals- don’t get over hungry ○ Have a bedtime snack ○ Wear loose clothing
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Record Plan or Goal Mom to try more snacks, agrees hunger triggers. Will check tolerance & weigh and re-asses next appointment.

<p>Ready →</p> <p>“I feel so bad. I had to go to the ER one night.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “It sounds like your nausea/vomiting is pretty severe?” • “What have you tried to help reduce the nausea/vomiting?” 	<ul style="list-style-type: none"> • “You’ve tried most of the common suggestions, some women also find it helpful to not over do; it’s ok to rest, lay down or ask someone to give you a ride if motion bothers you.”
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Record Plan or Goal Mom said her husband is supportive, he will help cook meals.

Education Resources	<p>http://www.hyperemesis.org/health-professionals/ Resource- <i>Hyperemesis Foundation</i></p> <p>http://www.hyperemesis.org/downloads/survival-guide.pdf Resource- <i>Hyperemesis Survival Guide</i></p>
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