

332 Closely Spaced Pregnancies (PG/BF/NBF)

- Description**
- Conception before 16 months postpartum (PG current pregnancy, BF/NBF most recent pregnancy)
 - Mother at nutritional risk as nutrition stores depleted from previous pregnancy

Assess Readiness for Change: with open ended questions

- “Your pregnancies are close together, how have you been feeling?”
- “What are your thoughts about gaining weight this pregnancy?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
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<p>Not ready →</p> <p>“I am tired. My son Sam still wakes up at night.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “That can be tiring. How has it affected your eating?” • “What can I share with you today?” <p>*****</p> <p>Breastfeeding</p>	<ul style="list-style-type: none"> • “You are eligible for WIC because your pregnancies are close together. During pregnancy your body uses stored nutrients. When pregnancies are close together, your body does not have time to save up nutrients for the next pregnancy. So healthy eating is important.” • Offer information eating during pregnancy ***** • BF adds nutrient needs to already reduced maternal stores
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Record Plan or Goal	Participant feels confident since pregnant before. Will re-assess readiness for change at next appointment.
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<p>Unsure →</p> <p>“I haven’t lost the weight from my last pregnancy. I don’t want to gain much more?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “I hear your concern. How much would you feel comfortable gaining?” • “On a scale of 1-10, how comfortable are you with gaining xx pounds a month?” • “How different is your eating this pregnancy compared to your last?” 	<ul style="list-style-type: none"> • Supporting closely spaced pregnancies: <ul style="list-style-type: none"> ○ Nutrition to support depleted stores & new pregnancy ○ Adequate weight gain ○ Take prenatal vitamins ○ See a Dr early
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Record Plan or Goal	Mom concerned with gaining weight. Shared gain grid. Comfortable with xx gain. Check weigh, re-asses next appointment.
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<p>Ready →</p> <p>“I know they are close. I just want to have a healthy baby.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “You sound worried, what health concerns do you have?” • “Your pregnancies are close together. Weight gain and eating well are important. Based on what you experienced your last pregnancy, what can I answer for you today?” 	<ul style="list-style-type: none"> • “If you would feel comfortable with it, I can refer you to a public health nurse that may be able to visit you.”
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Record Plan or Goal	Mom states overwhelmed with new pregnancy. Mom will contact PHN. Follow-up on referral.
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Education Resources	<p>http://www.webmd.com/baby/your-next-pregnancy Resource- <i>Your next pregnancy (conception choices)</i></p> <p>http://www.acog.org/publications/patient_education/bp103.cfm Resource- <i>Especially for Teens Having a Baby- ACOG</i></p> <p>http://kidshealth.org/teen/sexual_health/girls/pregnancy.html# Resource- <i>Having a Healthy Pregnancy (teen site)</i></p>
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