

337 History of Birth of a Large Gestational Age Infant (PG/BF/NBF)

Description

- History of infant ≥ 9 lb (4000 g)
- Increased risk of delivering ≥ 9 lb infant & difficult labor; infant at risk for birth injuries and developing future diabetes

Assess Readiness for Change: with open ended questions

- “You had a baby ≥ 9 lb before, so this baby may be large too. How do you feel about that?”
- “How comfortable are you with only gaining about xx pounds this pregnancy?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“We are big people. All of my babies are big. It is good to have big babies.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Large babies are cherished in some cultures. We like to make sure you know the health risks large babies may have.” • “It sounds like you aren’t concerned about the size of the baby. Would you be interested in some information on eating during pregnancy?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because you have had an infant ≥ 9lbs at birth. Large babies can be at risk for developmental issues and may be obese as children. Mom’s of large babies have risks too; they may have a difficult delivery and may develop diabetes in the future.”
<p>Record Plan or Goal Mom’s culture desires large babies. Not interested in changing. Will re-assess next appointment.</p>		
<p>Unsure →</p> <p>“My last baby was ≥ 9lbs but he hasn’t had any problems and he is two.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “I’m glad he is healthy. Some problems due to high birth weight don’t show up until later. What has the Dr told you about your risk of having a large baby this pregnancy?” • “Your weight gain is a little high. On a scale of 1-10, how comfortable would you be in slowing your gain?” • “Has the Dr told you if have gestational diabetes?” 	<ul style="list-style-type: none"> • “Genetics and high weight gain during pregnancy affect an infant’s birth weight. Diabetes during pregnancy can also cause a baby to be large at birth.” • <i>Knowledge: treatment may include inducing early, planning a C-section, controlling mom’s diabetes and controlling weight gain</i>
<p>Record Plan or Goal Mom wasn’t aware of risks with a large baby. Mom will talk to Dr. Will re-asses next appointment.</p>		
<p>Ready →</p> <p>“I heard large babies could be caused by diabetes. The Dr hasn’t said if I have it?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “There are many causes, diabetes is one. Talk to your Dr about testing for gestational diabetes.” • “It looks like your weight gain is a little high. How do you feel about the amount you are eating?” 	<ul style="list-style-type: none"> • “We will check your weight each visit, and talk about food questions you have. If you had gestational diabetes, your Dr would help you control your weight, blood sugar and talk about exercise.”
<p>Record Plan or Goal Mom to talk to Dr about glucose test. Check on testing status next appointment. Reviewed mom’s weight gain.</p>		

Education Resources

<http://www.merck.com/mmhe/sec23/ch264/ch264f.html> Resource- Large for Gestational Age

<http://www.chw.org/display/PPF/DocID/23374/router.asp> Resource- Large for Gestational Age