

339 History of Birth with Nutrition Related Congenital or Birth Defect (PG/BF/NBF)

- Description**
- Recurrent birth defects related to mother’s personal-family history & poor nutrition (PG: current preg, BF/NBF: most recent preg)
  - Low zinc is linked to LBW; low folic acid and excess Vitamin A are linked to cleft palate

**Assess Readiness for Change:** with open ended questions

- “One of your children was born with a birth defect. How are you feeling about this pregnancy?”
- “What has your Dr said about the risk of this baby also having a birth defect?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“I don’t believe in terminating a pregnancy, so I will accept what God gives me.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “I respect your beliefs. Good nutrition, especially folic acid, is important in preventing birth defects. You are taking a vitamin. Does it contain folic acid?”</li> <li>• “How has eating been going for you?”</li> </ul> <p>*****</p> <p>Postpartum:</p>	<ul style="list-style-type: none"> <li>• “To prevent birth defects, it is recommended women take 400 micrograms folic acid &amp; 30 milligrams iron daily. Most prenatal vits contain folic acid, but check the label. If helpful, bring your label, we can help you check the amount.”</li> </ul> <p>*****</p> <p><i>Knowledge: Any woman who could become pregnant should take folic acid. Dr may prescribe extra for women with history of birth defects (4000 micrograms)</i></p>
<p><b>Record Plan or Goal</b></p>	<p>Mom taking prenatal vitamin. Will check label for folic acid content. Follow-up vitamin use next appointment.</p>	
<p><b>Unsure</b> →</p> <p>“My Dr said it was ok because I am taking my vitamin?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “Great, prenatal vitamins are important. Some foods have folic acid too. Good sources are cereal (enriched), beans/lentils or orange juice. How often do you eat those foods?”</li> <li>• “On a scale of 1-10, how likely are you to add foods high in folic acid into your diet?”</li> <li>• “What other questions do you have today?”</li> </ul>	<ul style="list-style-type: none"> <li>• Other causes of birth defects:                             <ul style="list-style-type: none"> <li>○ Smoking</li> <li>○ Exposure to toxins (lead, mercury, paint)</li> <li>○ Genetics</li> <li>○ Alcohol (FAS)</li> </ul> </li> </ul>
<p><b>Record Plan or Goal</b></p>	<p>Mom is taking prenatal vitamins. Plans to try beans/lentils weekly. Follow-up success beans/lentils next appointment.</p>	
<p><b>Ready</b> →</p> <p>“My Dr did some genetic testing but the results aren’t back yet.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “It sounds like they are taking good care of you. I see you are taking a vitamin. That is important so you get folic acid.”</li> <li>• “Tell me about any changes you have made in your eating?”</li> </ul>	<ul style="list-style-type: none"> <li>• “You noted you sometimes have a glass of wine. How would you feel about eliminating all wine during your pregnancy?”</li> <li>• “Even small amounts of alcohol can harm the baby.”</li> </ul>
<p><b>Record Plan or Goal</b></p>	<p>Mom to stop all alcohol use. Verify results of genetic testing next appointment.</p>	

- Education Resources**
- [http://www.marchofdimes.com/pnhec/173\\_769.asp](http://www.marchofdimes.com/pnhec/173_769.asp) Resource- *Folic Acid*
  - <http://www.cdc.gov/ncbddd/bd/faq1.htm> Resource- *Birth defects*
  - <http://www.cdc.gov/ncbddd/bd/abc.htm> Resource- *Birth Defects- ABC’s of Healthy Pregnancy*
  - [http://www.marchofdimes.com/pnhec/298\\_834.asp](http://www.marchofdimes.com/pnhec/298_834.asp) Resource- *Newborn-Genetic Screening Tests*