

Gestational Weight Gain Care Pathway

ASSESS

- Check for measured pre-pregnancy weight (if not ask woman)
- Measure height
- Calculate pre-pregnancy BMI
- Determine recommended weight gain range
- Measure weight, and compare to recommended weight gain
- Ask eating and physical activity (PA) habits

ADVISE

Discuss:

- Recommended weight gain range, and current weight gain
- Purpose of monitoring weight gain (encourage self-monitoring)
- Benefits of gaining weight within recommended range
- Healthy eating (Dietary Guidelines)
- Australian PA Guidelines – 150min/week moderate intensity activity - subject to contraindications

ARRANGE

- Offer all women a referral to the Get Healthy in Pregnancy Service (GHIP).

If 5kg+ above or below recommended rate of weight gain

- Offer referral to Dietitian (if available)
- Arrange culturally appropriate support pathway for Aboriginal and Torres Strait Islander women (where available, e.g. Dietitian at Aboriginal Medical Service)

ALL WOMEN AT
• BOOKING IN

THEN

ALL WOMEN
ALL FOLLOW
UP VISITS

1. Offer opportunity to be weighed, and compare to recommended weight gain
2. Discuss:
 - a. Weight gain in relation to recommended weight gain
 - b. Self-monitoring weight gain
 - c. Eating and PA habits

3. Discuss previous referral OR recommend referral again: GHIP for all women, or dietitian/culturally appropriate support pathway if
 - 2kg+ above or below recommended weight gain at 2 consecutive appointments, or
 - 5kg+ above or below recommended weight gain at 1 appointment