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# Poor knowledge about gestational weight gain limits provision of counselling by maternity care providers: a systematic review

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# Poor knowledge about gestational weight gain limits provision of counselling by maternity care providers: a systematic review

## **Abstract**

Abstract of a presentation that was present at the NSA 2014 Annual Scientific Meeting, 26-28 November, Hobart, Australia.

## **Disciplines**

Medicine and Health Sciences | Social and Behavioral Sciences

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Gorman, E., Billington, T., Lucas, C., Probst, Y. & Charlton, K. E. (2014). Poor knowledge about gestational weight gain limits provision of counselling by maternity care providers: a systematic review. Abstracts of HSA 2014 Annual Scientific Meeting (pp. 1-1). Australia: HSA.

**POOR KNOWLEDGE ABOUT GESTATIONAL WEIGHT GAIN LIMITS PROVISION OF COUNSELLING BY MATERNITY CARE PROVIDERS: A SYSTEMATIC REVIEW**

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**Background/Aims:** Excessive gestational weight gain (GWG) is associated with a number of adverse pregnancy outcomes. Women receiving appropriate weight gain advice from their maternity care provider are more likely to gain weight within recommended ranges. Evidence suggests that relatively few women receive appropriate counselling. This study aimed to explore factors that influence whether information on appropriate GWG is provided to pregnant women by midwives and other maternity care providers.

**Methods:** A systematic literature review using Scopus, Web of Science and Medline databases (2004-2014) was conducted in May 2014. Peer-reviewed English language studies from western countries exploring maternity care providers' knowledge of and practices related to GWG were included.

**Results:** Twenty one studies were included. Maternity care providers believed GWG to be an important obstetric issue but lacked knowledge regarding correct body mass index classification and appropriate GWG targets. Inadequate knowledge of GWG was cited as a frequent barrier to the provision of counselling. Providers with a high self-perceived knowledge of GWG were more likely to include this topic in their counselling of pregnant women. To improve GWG knowledge maternity care providers expressed a desire for further training and education. Interactive problem based learning was cited as a favourable model for future education.

**Conclusions:** Maternity care providers may refrain from offering, or provide incorrect, GWG advice, due to an inadequate understanding of the topic. Further understanding of this relationship and other barriers that may prevent provision of weight gain counselling is needed.

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