

Nutrition/Health Volume
Certification Section

Risk Factor 132 (Maternal Weight Loss During Pregnancy) (2.04250)

ER# 2.04250

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POLICY: Risk factor 132 (Maternal Weight Loss During Pregnancy) shall be assigned to a prenatal woman with any weight loss below pregravid weight during the first trimester, or with weight loss of \geq (greater than or equal to) 2 pounds in the second or third trimesters, as documented in MOWINS. Procedures for obtaining data, documentation and assigning risk factors must be followed.

PROCEDURES:

A. Obtaining Data

For a pregnant woman, obtain data necessary to determine this risk factor.

1. Ask the woman her pre-pregnancy weight, after emphasizing the need for accurate information. If the stated weight is questionable, ask questions such as, "Do your usual clothes still fit?" or "Are you still wearing the same size clothing as before you were pregnant?" to determine if the stated weight is accurate.
2. Obtain the woman's current height and weight.

B. Documenting and Plotting

1. Record the woman's pre-pregnancy weight and current height and weight in MOWINS.
2. MOWINS will automatically plot both her pre-pregnancy and current anthropometric data on the Prenatal Weight Gain Chart based on her weight gain channel using her pre-pregnancy BMI (underweight < 18.5, normal weight 18.5 to 24.9, overweight 25.0 to 29.9 and obese \geq 30).

C. Assessing and Assigning Risk Factor

1. Risk factor 132 will be automatically assigned by MOWINS when the criteria are met. Refer to the [Risk Factor Detail Guide](#) for additional information.
2. MOWINS will flag a prenatal as high risk when the criteria are met. Complete a SOAP note in MOWINS. Refer to [ER# 2.02900](#).

D. Providing Appropriate Counseling (See [Counseling Guides](#) for suggested counseling). Refer to the [Nutrition Training Manual](#) for more information.

1. Counseling and education shall be provided by the CPA.
2. Document counseling contact in MOWINS.

E. Providing Referrals.

1. Provide appropriate referral information and document in MOWINS.