

Obesity

CC: None

Updated: 5/1/12

Physical Examination:

- Weight, height
- Pre-pregnancy weight
- Calculate BMI

Orders:

BMI	Orders
25-30: Overweight	<input type="checkbox"/> 15-25 lb weight gain <input type="checkbox"/> Counsel re: maternal/fetal risk <input type="checkbox"/> Advise healthy eating/exercise <input type="checkbox"/> If >25 lb weight gain do EFW at 38 wks <input type="checkbox"/> Consider LMWH prophylaxis postpartum
30-35: Obese	<input type="checkbox"/> 11-20 lb weight gain <input type="checkbox"/> Counsel re: maternal/fetal risk <input type="checkbox"/> Advise healthy nutrition (20 kcal/kg) <input type="checkbox"/> Exercise 30 minutes 5 x/week <input type="checkbox"/> Labwork: fasting lipids (initial and term), TSH <input type="checkbox"/> EFW at 38 weeks <input type="checkbox"/> Consider LMWH prophylaxis postpartum, give if CS <ul style="list-style-type: none"> ○ Lovenox 40mg SQ qd or 30 mg SQ BID
>35: Morbidly obese	<input type="checkbox"/> WM clinic if 25 weeks or less <input type="checkbox"/> No more than 15 lb weight gain <input type="checkbox"/> Counsel re: maternal/fetal risk <input type="checkbox"/> Nutrition consultation <input type="checkbox"/> Labwork: fasting lipids (initial and term), TSH, Chem 7 <input type="checkbox"/> EKG <input type="checkbox"/> EFW at 38 weeks <input type="checkbox"/> Ted hoes <input type="checkbox"/> Assess patient activity and consider LMWH prophylaxis if sedentary <input type="checkbox"/> LMWH prophylaxis postpartum

Risks to pregnancy:

- Maternal risks: excessive weight gain, SAB, Cesarean section, hypertensive disorders, GDM, IUFD, thromboembolic disease, postoperative complications
- Fetal risks: macrosomia, shoulder dystocia, congenital anomalies, in-utero imprinting, childhood obesity/metabolic syndrome, autism

Notes:

- All patients should be screened for DM according to new IADPSG guidelines: first visit: FPG or A1C, 2 hour gtt at 24-28 weeks
- Postpartum counseling: weight loss to ideal body weight
- Refer to weight loss/maintenance program
 - Overeaters Anonymous (oa.org)
 - Weight Watchers (weightwatchers.com)

