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Relationship between pregnancy weight gain, gestational age and newborn weight among postnatal mothers

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Background: Pre-pregnancy weight gain and Gestational Weight Gain (GWG) are important factors in both maternal and infant outcomes. Several other factors like genetic characteristics, socio-cultural, demographic, pre-pregnancy Body Mass Index (BMI) contribute to birth weight of the newborn. The Institute of Medicine (IOM) 2009, has recommended that total weight gain of the mothers should be based on pre-pregnancy body mass index, i.e. BMI < 18.5 kg/m², weight gain between 12-18.5 kg, BMI 18.5-24.5 kg/m², weight gain between 11.5-16 kg, BMI 25-29 kg/m², weight gain between 7-11.5 kg and BMI > 30 kg/m², weight gain between 5-9 kg. Newborn weight is positively affected by both maternal pre BMI and gestational weight gain.

Objectives: To assess the pregnancy weight gain, gestational age and newborn weight, to find the relation between gestational age and newborn weight and to find the relation between pregnancy weight gain and newborn weight.

Method: To accomplish the objective of the study quantitative research approach was adopted. A non-experimental typical descriptive design was found to be appropriate to assess the relationship between pregnancy weight gain, gestational age and newborn weight. Non probability purposive sampling was used for the selection of 100 samples. Sociodemographic proforma was prepared for both mother and newborn for data collection.

Results: Analysis of baseline characteristics revealed that, highest percentage of samples (98%) belonged to the age group 20-35 years, majority of the samples (58%) have completed their secondary level of education and highest percentage (97%) of mothers were non vegetarian. Most of the mothers (79%) had normal BMI and highest percentage (99%) of mothers had gestational age between 38-40 weeks. Distribution of labor outcome revealed that highest percentage (60%) of mothers had normal delivery. In the sample characteristics of babies, highest percentage of newborn (56%) were female and highest percentage (85%) were having 2.5-3.5 kg birth weight.

Conclusion: The study findings revealed that majority of the samples shows weight gain between 10-12 kg, gestational age between 38-40 weeks and birth weight of 2.5-3.5 kg. There is a significant relation between gestational age and newborn weight. There is also a significant relation between pregnancy weight gain and newborn weight.

Biography

Sabitha Nayak is currently working as a Professor, HOD and Vice Principal at Nitte Usha Institute of Nursing Sciences, India.

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