

Healthy Pregnancy Weight Gain Research Study

Do you see pregnant women in your practice?

- Yes
- No

In which Canadian province or territory do you work?

- British Columbia
- Alberta
- Saskatchewan
- Manitoba
- Ontario
- Quebec
- Newfoundland and Labrador
- New Brunswick
- Prince Edward Island
- Nova Scotia
- Yukon
- Northwest Territories
- Nunavut

What best describes the location of your practice?

- Urban
- Rural
- Urban and rural

In what type of practice setting do you work?
(Please select all that apply)

- Solo
- Group
- Interdisciplinary
- Academic

What is your occupational specialty?

- General Practitioner/Family Physician
- Obstetrician/Gynecologist
- Physician - other
- Registered Midwife
- Nurse Practitioner
- Registered Nurse
- Prenatal Educator
- Registered Dietitian
- Other

My primary practice is:

- Public/community health
- Primary care
- Acute care
- Other

Please specify:

- Registered Nurse
- Perinatal support worker
- Other

Please specify:

What are some common reasons for pregnant women to be referred to you? (Check all that apply)

- General healthy eating
- High pre-pregnancy BMI
- Low pre-pregnancy BMI
- Excessive weight gain
- Inadequate weight gain
- Multiple food restrictions, e.g. vegetarian, food allergies, etc.
- Nausea/vomiting
- Twin/multiple pregnancy
- Adolescent pregnancy
- Concurrent medical condition, e.g. diabetes in pregnancy
- All pregnant women in my health care setting are referred to me
- I see pregnant women in a group setting
- Other (Please specify)

Of all the patient/clients you see in your practice, what proportion are pregnant women?

< 10% 10-30% 30-60% 60-90% >90%

At what stage during pregnancy do you typically see women for the first time?

- Before they become pregnant, i.e. planning to become pregnant
- First trimester
- Second trimester
- Third trimester
- Don't know/too variable to say

Given all of the issues of concern during a typical prenatal visit, how often do women ask you about:

	Almost never(<10%)	Rarely(10-30%)	Sometimes(30-60%)	Often(60-90%)	Almost always(>90%)
How much weight to gain during pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy eating during pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much they should be eating during pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Where to find resources about healthy eating for pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

With what percentage of pregnant women do you undertake the following activities?

	< 10%	10-30%	30-60%	60-90%	>90%
I provide pregnant women with a weight gain target based on their pre-pregnancy BMI	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I discuss the recommended rate of weight gain (kg/wk) based on their weight gain target	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I discuss the impact that inappropriate weight gain can have on the mother during pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I discuss the impact that inappropriate weight gain can have on the baby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I weigh women at every visit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I relay weight gain information to women every time I weigh them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I discuss appropriate physical activity with pregnant women	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I discuss appropriate extra food requirements with pregnant women	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can easily give examples of appropriate changes that women could make to meet extra food requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I discuss the importance of taking prenatal vitamins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am confident that I could accurately summarize at least 80% of the content of each of the following guidelines to my colleagues within the next week:

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
Health Canada 2010 guidelines for pregnancy weight gain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joint Society of Obstetricians and Gynecologists of Canada (SOGC) and Canadian Society for Exercise Physiology (CSEP) guidelines for exercise in pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Activity Readiness Medical Examination (PARMed-X) for Pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health Canada's Prenatal Nutrition Guidelines for Health Professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Given all of the issues of concern during a typical prenatal visit, I consider...

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
Discussing appropriate gestational weight gain with women a high priority	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assessing gestational weight gain a high priority	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assisting women with appropriate gestational weight gain (e.g. addressing barriers and facilitators; providing resources; referrals to appropriate providers; etc.) a high priority	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there anything that could increase the level of priority you place on discussing, assessing, or assisting gestational weight gain with pregnant women?

Are there any changes you would suggest to increase the likelihood of discussing, assessing or assisting women with gestational weight gain? (Please select all that apply)

- Including "gestational weight gain" on the prenatal form
- Including "calculate cumulative gestational weight gain" on the antenatal record
- Increase your knowledge of consequences of inappropriate gestational weight gain
- Having resources that will prompt/remind me to discuss, assess or assist women
- Change in fee schedule
- Other

Please specify:

Is the fee schedule appropriate for the workload in prenatal visits?

- Yes
- No
- Not applicable

Please explain:

In your practice setting, who do you think is the most suitable person to discuss, assess, assist, and follow-up with gestational weight gain with women?

	Discuss	Assess	Assist	Follow-up
Myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General practitioner/family physician	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obstetrician/gynecologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dietitian	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nurse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nurse practitioner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Midwife	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behavioural health consultant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity specialist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please specify provider: _____

To what extent do you agree or disagree with the following statements? I have appropriate...

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
Knowledge to recommend guideline concordant pregnancy weight gain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information resources to support recommending guideline concordant pregnancy weight gain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Knowledge to recommend guideline concordant physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information resources to support recommending guideline concordant physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Knowledge to recommend guideline concordant healthy eating during pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information resources to support recommending guideline concordant healthy eating during pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Programs for referral to promote healthy nutrition during pregnancy (e.g. dietitian, prenatal nutrition education classes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>