

## **Prenatal Exercise Care Plan**

Midwives College of Utah

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MDWF 2020: Prenatal Care II - PN Care for a Healthy PG

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## Prenatal Care Plan regarding exercise

Time Frame	Focus: Client centered exercise education that is factual, encouraging, non-judgmental, and compassionate.	Handout or website
Initial consult	<ul style="list-style-type: none"> <li>● General wellness/activity level screening of potential client</li> <li>● Review of midwifery care = focus on maintaining/achieving prenatal optimal health for benefit of the dyad (and family)</li> <li>● Listen for lifestyle/exercise habits/goals</li> </ul> <p>Consider inquiring about how activity levels have been during this PG:</p> <ul style="list-style-type: none"> <li>○ “What physical activities do you do for fun or as part of a fitness routine?”</li> <li>○ “What have you heard about exercise and pregnancy?”</li> <li>○ “What do you think would help you?”</li> <li>○ “Would you be interested in learning more about the recommendations during PG?”</li> </ul> <ul style="list-style-type: none"> <li>● Discuss plan for sharing the current recommendations for moderate-intensity exercise throughout pregnancy. <ul style="list-style-type: none"> <li>○ If sedentary lifestyle provides link in preparation of initial prenatal visit to discuss gradual increase in activity level.</li> <li>○ If currently moderately to very active, celebrate and encourage continued activity level.</li> <li>○ Avoid exercising in hot/humid conditions (could overheat) in the 1st trimester even more dangerous to the baby (Jordan et al., 2019)</li> <li>○ Sport <u>exceptions/restrictions</u> due to contact/balance/fall risk: <ul style="list-style-type: none"> <li>■ Hot Yoga</li> <li>■ Soccer</li> <li>■ Downhill skiing</li> <li>■ Horseback riding</li> <li>■ Scuba diving</li> </ul> </li> <li>○ Goal of increasing activity to a goal of 150 minutes/week</li> </ul> </li> <li>● Review the timeline of prenatal MW appointments (activity level is discussed at each visit)</li> </ul>	<p>Resources for client:</p> <p><a href="#">Exercises for Every Trimester &amp; Favorite At-home Prenatal Fitness ...</a></p>

Initial prenatal	<ul style="list-style-type: none"> <li>● Obtain thorough medical hx and perform physical exam <ul style="list-style-type: none"> <li>○ Establish most contraindications to exercise would risk a client out of OOH birth option</li> <li>○ Mesh (2020) found “severe cardiorespiratory disease, placental abruption, vasa previa, uncontrolled type 1 diabetes, intrauterine growth restriction, active preterm labour, severe pre-eclampsia and cervical insufficiency are associated with strong potential for maternal/fetal harm”</li> <li>○ Any modifications due a disability or unique situation?</li> </ul> </li> <li>● Pay attention to client’s attitude toward physical activity and PG desires, then share any risk below that may be lowered by healthy exercise in PG</li> <li>● Share the understanding that exercise is a key part of ensuring optimal health. Ensures: <ul style="list-style-type: none"> <li>○ Better mental health: increases endorphins and blood circulation</li> <li>○ Reduces pregnancy fatigue: more oxygen in blood</li> <li>○ Less muscle tension: helps your body relax</li> <li>○ Reduces ligament pain, constipation, low backache, leg cramps and varicosities (Romm, 2013)</li> </ul> </li> <li>● Increased risk due to inadequate exercise during PG: <ul style="list-style-type: none"> <li>○ Preeclampsia</li> <li>○ GDM</li> <li>○ PTB</li> <li>○ ↓ pain tolerance</li> <li>○ ↓ APGAR scores for baby</li> <li>○ ↑ fat mass gain</li> <li>○ ↑ PG weight gain</li> <li>○ PG discomforts: low-back pain</li> <li>○ ↑ 1st and 2nd stage of labor</li> <li>○ ↑ operative birth rate</li> <li>○ ↑ LGA babies</li> <li>○ ↑ PPD</li> <li>○ ↑ PP wt retention (Bulut et al, 2021; Jordan et. al, 2019; Romm, 2014 )</li> </ul> </li> <li>● Review plan for 1st trimester activity <ul style="list-style-type: none"> <li>○ Ask the client about prenatal activity level <ul style="list-style-type: none"> <li>■ Recent research (Wang, 2020) Studies indicate no risk evidence of preterm birth risk and lower GDM for PG client who had BMI &gt;24</li> <li>■ Benefit to both client and baby</li> </ul> </li> <li>○ Develop a plan for regular exercise (minimum 3x/wk)</li> <li>○ Does the client have what they need to walk daily? <ul style="list-style-type: none"> <li>■ Consider starting with 15 min brisk walking sessions 3x/wk and increase the days to daily after 2-3 weeks.</li> <li>■ Air quality issues may require indoor walks: utilize treadmill, local gym/YMCA, or mall for healthy</li> </ul> </li> </ul> </li> </ul>	<p>Handouts will be in MM/ EHR standard documents</p> <p>[Create handout: Key exercise benefits. Include: Risk of not exercising, and warning to stop exercising when fatigued ..do NOT exercise to exhaustion during PG! No supine positions after 1st trimester (can restrict blood flow to the uterus) and ensure adequate hydration, appropriate attire to avoid overheating] Pictures for handout:</p>  <p><a href="#">Walking paths in Visalia</a></p> <p><a href="#">Best Trails to Hike near Fresno &amp; Clovis - Hiking in Fresno County</a></p>
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	<p>walking options</p> <ul style="list-style-type: none"> <li>■ Consider favorite music and dancing around the house</li> <li>○ <u>Goal:</u> work to increase activity time to 30 minutes daily (min. 5 - 7 d/wk...easily achieve 150 minutes!</li> </ul>	
1st trimester	<ul style="list-style-type: none"> <li>● Follow-up visit: <ul style="list-style-type: none"> <li>○ Review client's activity level in combination with their nutrition log review.</li> <li>○ Discuss adjustments in activity levels</li> <li>○ Current goals?</li> </ul> </li> <li>● Additional resources: <ul style="list-style-type: none"> <li>○ Pedometers/fitbit may assist with tracking</li> <li>○ Fitness on Youtube: Free</li> <li>○ Local parenting networks/local FB groups</li> </ul> </li> </ul>	<p><a href="#">Body by Amy</a></p>  <p><a href="#">Parenting Network</a></p>
2nd Trimester	<ul style="list-style-type: none"> <li>● Discuss activity level/exercise at each PN visit. Clients are more likely to continue if providers encourage exercise (Jordan et al., 2019).</li> <li>● Use motivational counseling tools as needed in regard to exercise</li> <li>● Vary your routine...keep it fun. Include other family members <ul style="list-style-type: none"> <li>○ Family walk after dinner</li> <li>○ Play active games/move together (play catch, frisbee, dancing etc.)</li> </ul> </li> <li>● Discuss childbirth education, ensure movement in labor is encouraged</li> <li>● Share <a href="#">Spinning Babies - Comfort in Pregnancy and Easier Birth</a> info</li> </ul>	
3rd Trimester	<ul style="list-style-type: none"> <li>● Continue to discuss and encourage active lifestyle to support upcoming birth.</li> <li>● Review benefits of non-weight bearing exercise like swimming or bicycling in the 3rd trimester. <ul style="list-style-type: none"> <li>○ Buoyancy rocks!</li> <li>○ Gentle exercise with very little risk of overextending ligaments and which are softened due to PG hormone (relaxin)</li> </ul> </li> </ul>	
EHR	<ul style="list-style-type: none"> <li>● Create master prenatal reminders</li> </ul>	Utilize FB

(Mobile Midwife) updates and admin tasks:	<ul style="list-style-type: none"> <li>● Email templates with handouts for various stages of pregnancy <ul style="list-style-type: none"> <li>○ Organize by trimester</li> <li>○ Add reminder to clients chart with a task/to-do for follow up on any goals set at PN appts.</li> <li>○ Set calendar reminder for to review settings/forms/website links annually</li> </ul> </li> </ul>	MM private group for ?'s and templates.
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### **Additional Resources**

Romm, A. (2014). [The natural pregnancy book: Your complete guide to a safe, organic pregnancy and childbirth with herbs, nutrition, and other holistic choices](#) (3rd ed.). Ten Speed Press.

#### Local resources

##### [Three Rivers Yoga](#)

With Shari Busek, Yoga Mama Mentor

IG: @3ryoga

In-person classes and Private zoom sessions available

##### [Kung Fu Yoga](#)

Smile chair Yoga - for those with adaptive exercise needs ([more information](#))

[City of Visalia Walking Paths](#)- plan your adventure!

[Biking - City of Visalia](#) - family fun

[Walking Trails in Fresno County | Trails near Fresno & Clovis](#)

#### Additional Exercise Website Links:

[BodyFit By Amy - YouTube](#) (free)

[Jane Austin Yoga](#)

[Luna Mother](#)

[Spinning Babies](#)

[The Balanced Life](#)

## References

- Bulut, A. N., Ceyhan, V., Demir, M. B., Ak, M., & Dolanbay, M. (2021 April 11). Exercise and outcomes in macrosomic pregnancies. *The journal of maternal-fetal & neonatal medicine*, 1–5. Advance online publication. <https://doi.org/10.1080/14767058.2021.1875447>
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- Meah, V. L., Davies, G. A., & Davenport, M. H. (2020). Why can't I exercise during pregnancy? Time to revisit medical 'absolute' and 'relative' contraindications: systematic review of evidence of harm and a call to action. *British journal of sports medicine*, 54(23), 1395–1404. <https://doi.org/10.1136/bjsports-2020-102042>
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