Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Women’s Health

A. Laurie Vining, BSN, RN, BPS

BS in Nursing, May 2015, Austin Peay State University
BPS in Paralegal Studies, August 1998, University of Memphis

Increasing Patient Adherance to Gestational Weight Gain Goals in Pregnancy

Date: April 22, 2020
Time: 8:00 a.m. to 9:00 a.m.
Place: Remote

Abstract
Problem: The inability to maintain an acceptable weight gain during pregnancy can lead to multiple pregnancy-related complications such as: macrosomia, gestational diabetes, risk for cesarean section, and risk for obesity after pregnancy. Nutritional education and support during pregnancy has been associated with an increase in improved nutrition and vitamin consumption. Pregnant women have reported lack of support, and what they perceived as minimal advice regarding healthy weight gain from their healthcare providers during pregnancy.

Methods: This was a quality improvement project using a descriptive correlational design. A cohort of pregnant women from first trimester through six weeks postpartum who received individual counseling and face-to-face interaction at an interval during each trimester for nutritional and weight management success were evaluated.

Results: A logistic regression analysis revealed 65% of women who received individual weight counseling gained no more than five pounds above practice guideline recommendations. Women were 85.7% more likely to achieve recommended weight gain when nutrition counseling was given (OR=1.857, p=0.187), and was clinically significant.

Implications for practice: Healthcare providers who assist women during pregnancy to achieve a recommended weight gain based on their body mass index (BMI) with counseling and expanded nutritional support may minimize adverse health effects. Personal counseling benefits women across all weight classes, may increase self-efficacy, and enhance the patient-provider relationship.

Defense of Dissertation Committee
Nancy Magnuson, DNP, APRN, PCNS, FNP-BC (Committee Chair)
Laura Kuensting, DNP, APRN, PCNS-BC, CPMP, CPEN (Committee Member)
Tanvira Alam, DO, OB-GYN, Board Certified (Committee Member)