Pregnancy Care for Women after Bariatric Surgery
A Clinical Case Narrative and Care Map
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Purpose
The purpose of this project was to:
- Demonstrate the development of an evidence based care map.
- To implement strategies utilizing evidence based antenatal care of a post-bariatric client.
- Evaluate outcomes and the change in practice that occurred utilizing practice-based evidence.

The objectives were as follows:
1. Improve the health of an antenatal woman who has undergone bariatric surgery.
2. Cite changes in "routine" well-woman and antenatal care along with rationale when providing care for women after bariatric surgery.

Background and Significance
Evidence exists that improving the knowledge of health care providers who are unaware of health care needs of women post bariatric surgery during pregnancy will improve the outcomes of post bariatric patients which may result in fewer pregnancy complications and better maternal and fetal pregnancy outcomes.

- Co-morbidities are significantly improved or completely resolved after bariatric surgery
- Psychosocial benefits improve after bariatric surgery
- Pregnancy risks following bariatric surgery decrease significantly
- High return of fertility in women following weight loss
- Health care providers may be unaware of pregnancy risks following bariatric surgery specifically nutritional deficits
- Costs of bariatric surgery far beneficial to costs of pregnancy and neonatal complications of obese women

Methods

Design of the project
- Comprehensive case study of antenatal care of a post-bariatric client
- Loosely based on Columbia University guidelines of clinical case narratives utilizing Roy’s Adaptation Model of care

Sample and setting
40-year-old, G2 P0101 post bariatric client receiving care in a private OB/GYN practice in the southeastern United States

Procedures

The Case Study was developed by:
- A chart review of current pregnancy including problems, modifications of care, pertinent medical and surgical histories.
- Summary of care detailed including initial diagnosis, relevant clinical findings, interventions, client response to therapeutic intervention, and proposed plan developed
- Centre for Evidence-Based Medicine guidelines utilized to identify level of evidence.

Ethical Considerations

The project received approval from the Frontier Nursing University IRB committee in July 2012. The project was extensively reviewed with the client and her husband who both signed a consent to participate in the study.

Results

The following Care Map is recommended when providing antenatal care to women after bariatric surgery in addition to "routine" antenatal care:
- Monitor macro and micro nutritional status at the beginning of pregnancy and each trimester thereafter
- Monitor adequate weight gain based on ACOG recommendations at each patient visit
- Discuss and educate client regarding alternate method of Gestational Diabetic Screening during second trimester visit and implement screening procedure at 26-28 weeks
- Monitor adequate fetal growth during third trimester with serial ultrasounds include amniotic fluid volume bi-weekly during the third trimester

Conclusions

The development of this Capstone project was the first step in implementing evidence-based pregnancy care for bariatric women.
- This body of knowledge is rapidly growing
- The literature suggests maternal and fetal complications related to obesity are decreased in women after bariatric surgery.
- The level of evidence is restricted as the data is limited to case studies, cohort studies and is retrospective.

Implications for Practice

This investigator believes it is important to continue and expand this project to more fully explore and understand the health care needs of the target population of women. In the future, it will be essential to follow the client to the end of her pregnancy to evaluate the positive and/or negative outcomes of bariatric surgery on the entire pregnancy, labor, birth, and postpartum period. In addition, more time will be needed to fully evaluate, not only the physical needs but psychological and emotional needs of post bariatric pregnant women.

Conflicts of interest

There were no conflicts of interest for any of the authors of this study.

References


Access for Individually Authorized Users Only

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