

THE EFFECTIVENESS OF HOME BASED EXERCISE IN PREVENTING EXCESSIVE WEIGHT GAIN AMONG OVERWEIGHT PRIMIGRAVIDA MOTHERS

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Introduction: Weight gained among pregnant women varies from one woman to another woman. Gaining weight during pregnancy is crucial for the fetus growth and development but gaining too much weight can cause adverse outcome. In healthy pregnant women without obstetric or medical complications, the benefits of exercise outweigh the risks. Intervention such as exercise can help the pregnant women gain recommended weight gain during pregnancy.

Methods: A quasi experimental design with nonequivalent control group after-only design was conducted at the antenatal clinic of University Malaya Medical Centre (UMMC) with a sample size of 25 samples in intervention group and 25 samples in control group. Women in exercise group were instructed to do home based exercise for 40 minutes each session for at least four times a week started at 20 weeks to 32 weeks of gestation. The exercise was demonstrated by a trained instructor for the first time at 20 weeks. These mothers were given a compact disc on full demonstration of the exercise steps and booklet contains guidelines to exercise and was asked to perform home based exercise for 12 weeks. The effectiveness of home based exercise was measured based on total weight gain after 12 weeks of intervention period. The respondents were also given a daily diary exercise recording. The respondents' motivation level was assessed before and after home based exercise performed.

Result: The mean weight gain for control group is higher than the respondents in intervention group with p value less than 0.05. Multivariate analysis revealed that the odd ratios of the respondents in control group to gain weight exceed IOM (Institute of Medicine) recommendation is 8.75 times more compared to the respondents in intervention group. The odd ratio of the respondents age less than 30 to gain weight exceeds (Institute of Medicine) IOM recommendation is 4.36 times more compared to the respondent at age 30 and more. The motivational level has increased after home based exercise performed compared to before the intervention period.

Discussion: The principal analysis was done on an intention to treat basis (ITT). Considering the results found from this study, the researcher believes that the evidence is sufficient to support current recommendations for exercise during uncomplicated pregnancies. It is clear that structured home based exercise prevent excessive weight gain. This study provides useful information for the study hospital to start structured home based exercise program in the antenatal clinic session.

Conclusion: Overweight primigravida mothers who are in exercise group gained weight according to IOM (Institute of Medicine) recommendation compared with those who did not do exercise. Home based exercise was an effective and client friendly approach to prevent excessive weight gain among overweight primigravida mothers.