



SESSION

3

Moving to Stay Healthy During Pregnancy

DMCPG-EX
Moving to Stay Healthy During Pregnancy

STATEMENT OF PURPOSE

This session provides information about the role of physical activity in reaching and staying at target blood sugar goals and provides the opportunity to make a plan for safe physical activity during pregnancy.

PREREQUISITES

None for women with gestational diabetes. It is recommended that women with pre-gestational diabetes have a basic knowledge of diabetes and physical activity.

LEARNING OBJECTIVES

- DMCPG-EX-1 List two or more benefits of physical activity during pregnancy.
- DMCPG-EX-2 Identify two or more kinds of physical activity safe for pregnancy.
- DMCPG-EX-3 Identify two or more ways to keep physical activity safe during pregnancy.
- DMCPG-EX-GS State or write a personal plan for physical activity during pregnancy.



CONTENT

Physical activity for pregnancy and diabetes

MATERIALS NEEDED

Visuals Provided

- #1 *Tips for Safe Physical Activity During Pregnancy*
- #2 *Taking Care of Yourself by Walking*
- #3 *Gestational Diabetes—How to Have a Healthy Baby*
- #4 *Changes I Can Make*

Additional Resources

Local *resource list*
Physical activity logbooks
My Prenatal Care Record
Step counters/pedometers
Exercise bands
Simple exercise/stretching videos
Simple exercise/stretching handouts
Posters

METHOD OF PRESENTATION

Instructors need to review *BYLD*, Session #5: *Moving to Stay Healthy* prior to presenting this session.

Start by introducing yourself. Use a creative icebreaker. (See *BYLD* Introduction on p. XIII for examples.) You may want to ask participants to introduce themselves and share something about themselves, their family and how they live with pregnancy and diabetes. Explain that the purpose of this session is to provide information about physical activity with pregnancy and diabetes and to develop a personal plan for safe physical activity.

Use facilitated group discussion to present material. Encourage participants to share stories and ask questions to facilitate the discussion. Have a variety of teaching tools available based on participants' learning needs. Be creative and encourage interaction. Use real life situations for discussion. A videotape or audiotape may be used to introduce content if available. If possible, start the class with a walk or stretching.



CONTENT OUTLINE

Objective	Content	Instructor’s Notes
<p>DMCPG-EX-1. List 2 or more benefits of physical activity during pregnancy.</p>	<p>Women with pregnancy and diabetes need to be physically active each day.</p> <p>Being active during pregnancy can help a woman:</p> <ul style="list-style-type: none"> • reach and stay at target blood sugar goals • get in shape for labor and delivery • handle stress • gain a healthy amount of weight • have energy • have fun 	<p>Ask, “How do you think being active helps you during your pregnancy?” List/discuss responses.</p> <p>Physical activity helps women reach and stay at target blood sugar goals by decreasing insulin resistance. This makes the body’s insulin work better and body cells take in sugar more easily. <i>See BYLD, Session #5: Moving to Stay Healthy for more information on physical activity and insulin resistance.</i></p>
<p>DMCPG-EX-2. Identify 2 or more kinds of physical activity safe for pregnancy.</p>	<p>Physical activities that are safe for most women with pregnancy and diabetes include:</p> <ul style="list-style-type: none"> • walking • swimming • water aerobics • dancing 	<p>Ask, “What kind(s) of physical activity are you doing?” List/discuss responses.</p> <p>Increasing general daily activity is also helpful, such as:</p> <ul style="list-style-type: none"> · using stairs instead of the elevator · parking farther away from the store when shopping <p><i>Visual # 2: Taking Care of Yourself by Walking, pp. 6 and 12</i></p> <p>Walking is a safe physical activity for most pregnant women.</p>



Objective	Content	Instructor’s Notes
<p>DMCPG-EX-2. (continued)</p>	<ul style="list-style-type: none"> • gardening • upper body movements <p>These activities are generally not safe for most women during pregnancy:</p> <ul style="list-style-type: none"> • racquet sports • volleyball • basketball • skiing • jogging • aerobics 	<p>This includes other outside activities, including some yard work.</p> <p>Upper body movement may be done with an arm ergometer (arm bike), exercise bands and/or light weights. Emphasize the importance of instruction on proper use of equipment for safe upper body activity during pregnancy.</p> <p>These activities generally need to be avoided because they may involve:</p> <ul style="list-style-type: none"> • jumping • sudden starts and stops • body contact • risk of falling <p>These activities may be safe for women who were doing them as a daily activity before their pregnancy. Emphasize the importance of talking with their health care team about continuing these activities during pregnancy.</p>
<p>DMCPG-EX-3. Identify 2 or more ways to keep physical activity safe during pregnancy.</p>	<p>These are ways to keep physical activity safe during pregnancy:</p> <ul style="list-style-type: none"> • talk with the health care provider before starting or changing physical activity 	<p>Ask, “What are some ways to stay safe during physical activity?” List/discuss responses.</p> <p><i>Visual #1: Tips for Safe Physical Activity During Pregnancy</i></p> <p>Safe physical activity will not hurt the mother or baby.</p> <p>Women need to talk with the health care team about choosing physical activity that is best for them. Women who were physically active before pregnancy can usually continue the same amount and kind of activity during and after the pregnancy.</p>



Objective	Content	Instructor’s Notes
<p>DMCPG-EX-3. (continued)</p>	<ul style="list-style-type: none"> • start new physical activity slowly • gently stretch legs and arms before and after physical activity • do gentle activity like walking • check blood sugar before and after physical activity 	<p>Sometimes women need to change their activity—not be active—during the pregnancy to keep themselves and the baby healthy. Women need to check with their health care provider if they have:</p> <ul style="list-style-type: none"> • vaginal bleeding or spotting • pre-term labor with any pregnancy • high blood pressure • heart problems • placenta previa <p>Note: Placenta previa means the placenta is covering the opening from the uterus to the vagina. This can lead to bleeding.</p> <p>Increase the intensity and the amount of activity slowly.</p> <p>Warming up and cooling down may prevent muscle cramps and injury. Begin each activity with a 5 to 10-minute “warm-up” of stretches and/or walking in place. Slow down before the activity is finished and end with a 5 to 10-minute “cool-down” of stretches. Demonstrate or show visual of stretching, warm-up and cool-down.</p> <p>Visual #2: <i>Taking Care of Yourself by Walking</i>, pp. 6-7 and Visual #3: <i>Gestational Diabetes—How to Have a Healthy Baby</i>, p. 12</p> <p>Women who take insulin need to check blood sugar before and after physical activity to prevent, recognize and/or treat low blood sugar. If low blood sugar is happening during physical activity, the meal plan and/or amount of insulin taken may need to be changed.</p>



Objective	Content	Instructor’s Notes
<p>DMCPG-EX-3. (continued)</p>	<ul style="list-style-type: none"> • do activity after a meal or snack • wear comfortable shoes and loose fitting clothing • drink water before, during and after physical activity • carry diabetes identification • carry a form of sugar • choose a safe walking place • listen to the body • stop activity if there is any pain 	<p>Physical activity may lower blood sugar for several hours after the activity is finished. A woman may have a chance of low blood sugar up to 24 hours after the activity.</p> <p>The best time to be active is 30-60 minutes after a meal. If the activity is done 2 or more hours after a meal, the woman may need a snack before the activity. Emphasize the importance of talking with their health care team about balancing physical activity with food and medicine.</p> <p>See Visual #2: <i>Taking Care of Yourself by Walking</i>, pp. 8-9. Choose shoes that fit, and cushion and support the feet.</p> <p>This will help prevent dehydration.</p> <p>Emphasize this for women who take insulin.</p> <p>Such as:</p> <ul style="list-style-type: none"> • 3 glucose tablets • ½ cup fruit juice • 6 small pieces of hard candy • 2 tablespoons of raisins <p>Emphasize this for women who take insulin.</p> <p>Tell someone the location and route of the walk.</p> <p>If it hurts, do not do it.</p> <p>If a woman feels cramps, abdominal pain or regular painful contractions during physical activity, she needs to stop. Emphasize the importance of contacting the health care provider right away.</p>



Objective	Content	Instructor’s Notes
<p>DMCPG-EX-3. (continued)</p>	<ul style="list-style-type: none"> • avoid: <ul style="list-style-type: none"> - extreme temperatures - activities that cause “bearing down” - lying on the back - bouncing movements - getting up quickly from lying down 	<p>Such as very hot, cold or humid weather.</p> <p>Such as sit-ups and lifting while holding breath.</p> <p>Such as leg lifts.</p> <p>Such as jumping jacks, jumping rope or high-impact aerobics.</p> <p>Getting up quickly from a lying position may cause dizziness.</p>
<p>DMCPG-EX-GS. State or write a personal plan for physical activity during pregnancy.</p>	<p>Making changes in health habits, such as physical activity during pregnancy, is easier when plans are broken down into small, easy-to-do steps.</p> <p>Tips for staying with the physical activity plan include:</p> <ul style="list-style-type: none"> • choosing enjoyable activities • starting slowly and increasing gradually • doing physical activity with a family member or friend • setting aside the same time each day for physical activity • joining a physical activity group or class • planning activities for good and bad weather • writing down the physical activity that was done • rewarding oneself when a physical activity goal is achieved 	<p>Ask participants to share successful and unsuccessful things they have tried. What helped them—or did not help them—make changes in physical activities? List/discuss responses.</p> <p>Visual #5: <i>Changes I Can Make</i></p> <p>Assist participants in stating or writing one safe physical activity they will do during pregnancy.</p> <p>See <i>BYLD</i>, Session #3: <i>Making Healthy Changes</i>.</p>



SKILLS CHECKLIST

Each participant will be able to develop a personal plan for physical activity during pregnancy.

EVALUATION PLAN

Knowledge will be evaluated by achievement of learning objectives and by responses to questions during the session. The ability to apply knowledge will be evaluated by identifying personal activity goals and implementation of a plan to achieve those goals. Application of knowledge can also be evaluated through *Diabetes and Real Life Activities*. Evaluation will also include program outcome measures.

DOCUMENTATION PLAN

Record class attendance and objectives achieved. Document patient response on the PCC record using current *IHS Patient Education Protocols and Codes (PEPC)*.

