

initiatives that aim to prevent and manage obesity in children and young people by focusing on:

- targeted interventions for those who are obese
- increased support for those at risk of becoming obese
- broad approaches to make healthier choices easier for all New Zealanders.

The emphasis is on healthy nutrition, positive and sustained behaviour change, tackling the obesogenic environment and being active at each life stage, starting during pregnancy and early childhood. The package brings together initiatives across government agencies, the private sector, communities, schools, families and whānau.

The new health target will see 95% of obese children identified at the B4School Check programme offered a referral to a health professional for clinical assessment and family based nutrition, activity and lifestyle interventions by December 2017. The target was selected as the existing B4 School Check focuses on a life course approach and early intervention, to ensure positive, sustained effects on health. As part of the B4School check almost 95% of 4 year old children will receive a comprehensive check and parents are offered advice and/or referred to services.

<https://doi.org/10.1016/j.orcp.2016.10.277>

277

### Healthy gestational weight gain: Improving maternity professionals' delivery of evidence-based care



Shelley A. Wilkinson<sup>1,\*</sup>, Elin Donaldson<sup>1</sup>, Michael Beckmann<sup>2</sup>, Helen Stapleton<sup>3</sup>

<sup>1</sup> *Nutrition & Dietetics, Mater Health Services, Brisbane, Queensland, Australia*

<sup>2</sup> *Director of Obstetric Medicine, Mater Mothers' Hospital, Brisbane, Queensland, Australia*

<sup>3</sup> *Mater Mothers' Hospital/Mater Research, South Brisbane, Qld, Australia*

Guidelines exist to ensure consistency in the delivery of care to minimise health-related complications. Even when good evidence is available, professionals do not necessarily implement it resulting in an evidence-practice gap. Guidelines for the management of maternal obesity exist, however a 2011 study at our tertiary maternity hospital demonstrated varied staff knowledge of,

and attitudes and adherence to these guidelines. We subsequently followed an implementation science approach to facilitate the translation of these guidelines into practice to ensure best practice delivery of care to pregnant women regarding gestational weight gain (GWG). The aim of this study was to re-assess staff knowledge, attitudes and behaviours around the management of GWG in our hospital following these service changes.

This cross-sectional, prospective online survey was distributed to staff in antenatal clinic. The survey assessed staff awareness of pregnancy-related weight complications, knowledge and application of specific guidelines, and a guideline adherence score was calculated.

Sixty-nine staff (44.8% response rate) completed the survey. Just over half (51.9%) stated they were familiar with clinical guidelines regarding weight management in pregnancy. Guideline adherence ranged from  $3.7 \pm 1.9$  to  $11.3 \pm 1.0/15$  across different professional groups; significant improvements with adherence by dietitians were noted over time. Despite minimal change over time in the overall adherence score, compliance with individual elements of the guideline recommendations comprising the adherence score differed. Improvements in staff practices and attitudes are apparent since the first survey.

The delivery of evidence-based care is an iterative process of monitoring and improvement. This study has highlighted further improvements in guideline awareness and guideline elements are still required to improve the delivery of best practice antenatal GWG care.

<https://doi.org/10.1016/j.orcp.2016.10.278>