

Title: The relationship study pregnancy excessive weight with outcome of pregnancy

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Introduction: Excessive weight is one of the important health problems in various societies and one of the aims of national organization of health in the year 2000 is to decrease weight less than 20 percent of the whole population because excessive weights over normal weight threaten women's health. Among obese women, the danger of dystocia, postpartum hemorrhage, pregnancy-induced hypertension, cesarean section, gestational diabet and so on increase. Being aware of the medical and obstetrical problems caused by obesity will make the midwife able to do their best to improve the health of the mother and the fetal outcomes.

Methods: The data have been gathered through systematic interview and observation and scales is confirmed questionnaire.

Results: The results of the research have been shown in 46 tables by descriptive and deductive statistics and show there is a relationship between excessive weight before pregnancy and kind of fetus presentation, type of delivery, dystocia and pregnancy-induced hypertension. But there is no relationship between excessive weight pre-pregnancy and newborn weight, twins, and post-term pregnancy Urinary tract infection in mother, newborn Apgar, perinatal mortality, maternal mortality and neural tube defects in infant.

Conclusion: Since the rise of side effects during pregnancy and delivery in mother and infant is still one of the major problems in different levels of the society, and one of the ways to solve this problem is to improve the knowledge of individuals, teaching the obstetrics students about the ways of identifying excessive weight and related problems can result in their ability to control overweight pregnant women.

It is advisable to inform overweight pregnant women about the danger of excessive weight during pregnancy and non-pregnancy in health therapeutic centers and encourage them to toose their excessive weight before pregnancy.

Keywords: excessive weight, pregnancy outcome, pregnant woman, Body mass index.