

1.0

MOC SECTION 1
MAINPRO-M1

ONLINE MODULE 5As OF HEALTHY PREGNANCY WEIGHT GAIN

ubccpd.ca/5As-online



Learning objectives

1. Highlight the importance of healthy gestational weight gain;
2. Describe the IOM guidelines and the 5As framework for healthy pregnancy weight gain;
3. Employ the 5As of Healthy Pregnancy Weight Gain™ framework for counselling patients about healthy pregnancy weight gain;
4. Describe a practical approach for applying the 5As framework in a busy health care setting; and
5. Identify and utilize resources to support the adoption of behaviours that facilitate healthy weight gain during pregnancy and the adoption of the 5As of Healthy Pregnancy Weight Gain™ framework in practice.

Free online module @ ubccpd.ca/5As-online

Who is it for?

Family physicians, obstetricians, nurse practitioners, midwives, dietitians, and all primary care providers working in perinatal care.

Cost: \$0

Courtesy of Perinatal Services BC

Credits:

Up to 1.0 Mainpro-M1/MOC Section 1

Questions?

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Includes:

- Key pregnancy weight gain information for care providers
- Useful counselling techniques
- Practical resources
- Ask-the-expert
- Cases & scenarios
- Peer-to-peer discussion
- Pre- and post-quizzes

ASK. ASSESS. ADVISE. AGREE. ASSIST.

More online modules: ubccpd.ca/elearning