A Survey of Physical Activity and Pregnancy

Do you provide prenatal care to Pregnant Women?

If yes, please complete this survey and return it in the enclosed stamped envelope.

If no, please give this survey to an obstetrician in your professional practice or community who does provide prenatal care so they can complete it.

Thank You.

This study is funded by the National Institute for Occupational Safety and Health
A. We would like to learn about the types of information that obstetricians routinely collect from patients during the prenatal period. In other words, information that your patients provide by either completing a history/triage form or that you verbally ask them to provide during a visit.

A1. During the prenatal period do you routinely collect the following information from your patients about employment outside of the home:

- a. employment status? □ No □ Yes
- b. job title? □ No □ Yes
- c. job type (e.g. desk work, factory, production line, manual labor, etc.)? □ No □ Yes
- d. frequency and/or amount of lifting at work? □ No □ Yes
- e. frequency and/or amount standing/walking at work? □ No □ Yes
- f. frequency and/or amount of bending at work? □ No □ Yes
- g. frequency of shift work or night work? □ No □ Yes
- h. if they climb ladders? □ No □ Yes
- i. if they are having problems with their pregnancy because of their job? □ No □ Yes
- j. other aspects of employment that you routinely ask (please describe):

A2. Do you think that any of the work activities listed here should be avoided during certain time periods for an otherwise healthy woman having a normal pregnancy? Please check which work activities, if any, should be avoided during the specified trimesters.

<table>
<thead>
<tr>
<th>FIRST TRIMESTER</th>
<th>SECOND TRIMESTER</th>
<th>THIRD TRIMESTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>NO</td>
<td>YES</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
B. We would like to ask you about prescribed work restrictions, meaning restrictions that you recommend so that a pregnant patient can remain working during pregnancy, but in a reduced capacity.

B1. In the event that a patient has a physically demanding job, what types of symptoms and/or medical conditions typically warrant work restrictions during pregnancy? (check all that apply)

- Fatigue
- Back pain
- Joint pain
- Emotional stress
- Placenta previa
- Incompetent cervix
- Vaginal bleeding
- Preeclampsia
- Elevated blood sugar/diabetes
- Multiple gestation
- Other, please describe

B2. How frequently do you prescribe work restrictions for employed pregnant patients who have physically demanding jobs? (check one)

- Almost always
- Sometimes
- Rarely
- Never

B3. When prescribing work restrictions, how often do you follow up with your pregnant patients to ensure that their employer has provided appropriate restrictions? (check one)

- Almost always
- Sometimes
- Rarely
- Never

B4. How often do you need to talk with a pregnant patient's employer or manager to ensure that your patient receives appropriate work accommodations that meet your prescribed recommendations? (check one)

- Almost always
- Sometimes
- Rarely
- Never

B5. How often do you need to talk with an occupational medicine physician or an occupational health nurse at the company where the pregnant patient works to ensure that your patient receives appropriate work accommodations? (check one)

- Almost always
- Sometimes
- Rarely
- Never
B6. If a pregnant patient has a history from a prior pregnancy of preterm labor or preterm birth that resulted from spontaneous premature rupture of membranes, do you routinely place them on work restrictions as a preventive measure of preterm labor?

- No
- Yes

B7. In the event that a pregnant patient needs to be placed on work restrictions and their manager will not provide accommodations regardless of your interventions, do you ever consider the patient’s financial situation before recommending that they cease employment for a time period during pregnancy?

- No
- Yes

B8. What types of symptoms and/or medical conditions during pregnancy do you prescribe bed rest? (check all that apply)

- Fatigue
- Back pain
- Joint pain
- Placenta previa
- Incompetent cervix
- Vaginal bleeding
- Preterm labor
- Preeclampsia
- Elevated blood sugar/diabetes
- Multiple gestation
- Other, please describe

B9. In the event that a pregnant patient needs to be placed on bed rest, do you ever consider their financial situation before recommending that they cease employment for a time period to go on bed rest?

- No
- Yes

B10. Do you consider bed rest to be an effective intervention for preventing preterm delivery?

- No, therefore I rarely recommend bed rest
- No, but I recommend it anyway
- Yes

C. We would like to learn about the types of information that obstetricians routinely collect from patients during the prenatal period about domestic responsibilities.

C1. During the prenatal period do you routinely ask patients the following about their domestic responsibilities:

- a. if they have children or elderly to care for?
  - No
  - Yes

- b. types of domestic responsibilities?
  - No
  - Yes

- c. frequency and/or amount of lifting at home?
  - No
  - Yes

- d. frequency and/or amount of stair climbing at home?
  - No
  - Yes

- e. if they are having problems with their pregnancy because of their domestic responsibilities?
  - No
  - Yes
**C2.** Do you think that any of these domestic activities listed here should be avoided during certain time periods for an otherwise healthy woman having a normal pregnancy? Please check which domestic activities, if any, should be avoided during the specified trimesters.

<table>
<thead>
<tr>
<th></th>
<th>FIRST TRIMESTER</th>
<th>SECOND TRIMESTER</th>
<th>THIRD TRIMESTER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
</tr>
<tr>
<td>carry toddler</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>lift heavy groceries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>climb stairs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>lift laundry basket</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other, specify</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**D.** We would like to learn about the types of information that obstetricians routinely collect from patients during the prenatal period about exercise.

**D1.** During the prenatal period, do you ask women about their history of exercise before pregnancy?
- No
- Yes

**D2.** During the prenatal period do you routinely ask pregnant patients the following about exercise during pregnancy?

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. types of exercise (running, swimming, etc.)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. frequency of exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. duration of exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. intensity of exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. symptoms associated with exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>f. average heart rate during exercise?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
E. We are interested in your opinions (whether you Agree or Disagree) about the following statements regarding physical activity at work, as well as exercise during pregnancy.

| E1. While at work, pregnant women should take rest breaks every few hours? | Agree | Disagree |
| E2. While at work, pregnant women should take a meal break about every four hours? | Agree | Disagree |
| E3. While at work, it is OK for pregnant women to perform work tasks that require both lifting and bending at the waist simultaneously. | Agree | Disagree |
| E4. While at work, it is OK for pregnant women to vary their positions with sitting, standing and walking. | Agree | Disagree |
| E5. Before considering work restrictions during pregnancy, possible adverse consequences of missing work needs to be considered. | Agree | Disagree |
| E6. Prolonged standing and/or lifting at work can trigger labor. | Agree | Disagree |
| E7. Working shift work or night work can trigger labor. | Agree | Disagree |
| E8. Most women can continue their regular exercise during pregnancy. | Agree | Disagree |
| E9. Most women who have never exercised can begin an exercise program during pregnancy. | Agree | Disagree |
| E10. Pregnant women will gain some benefit from mild exercise that feels fairly light. | Agree | Disagree |
| E11. Pregnant women will gain some benefit from moderate exercise that feels somewhat hard. | Agree | Disagree |
| E12. Pregnant women will gain some benefit from vigorous exercise that feels hard or very hard. | Agree | Disagree |
| E13. During pregnancy, regular exercise done at least 3 times per week is better than activity done irregularly or less often. | Agree | Disagree |
| E14. Pregnant women should not exercise while lying down on their back during the third trimester. | Agree | Disagree |
| E15. Long periods of standing in one place without moving should be avoided while pregnant. | Agree | Disagree |
| E16. Physical activity and exercise during pregnancy might make a woman feel more energetic. | Agree | Disagree |
| E17. Physical activity and exercise during pregnancy will improve a woman’s labor and delivery. | Agree | Disagree |
| E18. Physical activity and exercise during pregnancy will improve the health of the baby. | Agree | Disagree |
| E19. Exercise during pregnancy causes lower weight babies. | Agree | Disagree |
| E20. Exercise during pregnancy can trigger labor. | Agree | Disagree |

F. In this last section, we would like to ask you about your professional practice.

F1. How long have you practiced as an obstetrician (including your residency and fellowship)?

- [ ] < 5 years
- [ ] 5 - 9 years
- [ ] 10 - 14 years
- [ ] 15 - 19 years
- [ ] 20 or more years

F2. Please indicate the type of professional practice you currently have (check all that apply):

- [ ] Academic
- [ ] Private
- [ ] Public Health

F3. What type of geographic setting best describes the location of your practice?

- [ ] Rural (< 50,000 residents)
- [ ] Urban (>= 50,000 residents)
- [ ] Both

F4. What percentage of your practice consists of patients in lower socioeconomic groups (e.g., Indigent, Medicaid, undocumented immigrant workers)?

- [ ] 0 - 5%
- [ ] 6 - 25%
- [ ] 26 - 50%
- [ ] > 50%
F5. What percentage of your patient population holds jobs that are physically demanding (e.g., prolonged standing, frequent lifting and/or night work, etc.)?

- [ ] 0 - 5%
- [ ] 6 - 25%
- [ ] 26 - 50%
- [ ] > 50%
- [ ] Not Sure

F6. Please indicate the demographic make-up of the patients that you care for. The final total should add up to 100%.

<table>
<thead>
<tr>
<th></th>
<th>25%</th>
<th>50%</th>
<th>75%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic Black</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic Black</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Hispanic White</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic White</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian, Pacific Islander</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other, specify:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

F7. In the past 5 years, have you attended any continuing education classes or research presentations at a professional conference that addressed the following:

YES | NO

- [ ] [ ] Recommended levels of activity at work during pregnancy
- [ ] [ ] Recommended levels of activity at home during pregnancy
- [ ] [ ] Recommended levels of exercise during pregnancy
- [ ] [ ] Weight loss during the post partum period

F8. In your opinion, what research question(s) about physical exertion at work or home, or exercise during pregnancy or the post partum period could be asked to better help you do your job?


Thank you for taking the time to complete this survey.