

Questions to Ask When Hiring a Size Friendly Healthcare Provider

The list below will help you to determine if you have selected a care provider who will not only provide outstanding evidence based care but also be size friendly.

1. What is your previous experience working with plus size women?
2. Will I be considered high risk based only upon my BMI?
3. Please explain your philosophy of pregnancy and birth?
4. How do you typically manage prenatal care and birth with a low-risk mom?
5. How often do you perform inductions?
6. What is the c-section rate at your practice?
7. Who will deliver my baby?
8. How do you feel about me laboring in different positions?

9. How do you feel about continuous fetal monitoring?

10. How do you feel about eating and drinking during labor?

11. What are your feelings on pain relief in labor?

12. What are your thoughts on Birth Plans?

13. How would you feel if I disagreed with a recommendation you make during my labor or birth?

14. How do you feel about doulas?

15. Would you consider yourself a size friendly provider?

Additional questions and notes:

Questions & Explanations For Hiring a Size Friendly Provider

Remember to always do your own research when selecting a care provider but the questions below will help you with your search.

1. What is your previous experience working with plus size women?

This question can be answered in numerous ways so you will be looking for a sensitive and nonjudgmental answer. If they respond in a way that makes you feel uncomfortable then take note of that.

2. Will I be considered high risk based only upon my BMI? Within the United States a classification of high risk based only upon a high BMI is not typical. Unless you already have a preexisting condition or incur a risk like gestational diabetes you should not be labeled as high risk.

3. Can you explain your pregnancy and birth philosophy? This answer will provide you with insight if this care provider is a good match for you.

4. How do you typically manage prenatal care and birth with a low-risk mom? If you are looking for someone who is more hands on or hands off this can be assessed within the answer they provide. Also a care provider might state their views if you will be classified as low-risk or not based upon your weight.

5. How often do you perform inductions? Having an induction increases your risk of having a c-section. Since major abdominal surgery is not an optimal outcome for plus size women, you will want to do all you can to avoid having a c-section.

6. What is the c-section rate of your practice? This can be very insightful. The c-section rate in most states is around 30% (click [here](#) to see your state) if the practice is well above that number you will want to ask why. Be aware that practices that see a lot of high risk patients will often have higher c-section rates. If the number is lower it is a good indication they are using evidence based medical practices.

7. Who will deliver my baby? Most OB-GYNs and even some midwives work with a collective of professionals. Therefore, there is a possibility that your selected care provider will not be there for your birth. If that is the case you will want to know that upfront and make sure all of the providers within the group are size friendly.

8. How do you feel about me laboring in different positions? Having the freedom to move as your body directs during labor is ideal. This allows for additional comfort measures to be used and will help the baby descend into the birth canal. Note that movement during labor will become restricted if you would like an epidural.

9. How do you feel about continuous fetal monitoring? Studies show that the heart rate of a baby can be monitored just as safely with the use of a doppler hand-held monitor or something similar intermittently throughout labor. If you are planning on having an unmediated labor then you will want to find a care provider who is comfortable with intermittent rather than continuous fetal monitoring.

10. How do you feel about eating and drinking during labor? This is another important question to ask if you are planning an unmediated birth. Being in labor is like running a marathon and you will want fuel to provide you with extra energy.

11. What are your feelings on pain relief in labor? This will allow you to see if your feelings regarding medication during labor mesh well with your care providers. If your views do not align then be sure to question if they will be supportive of your desires for your labor and birth.

12. What are your thoughts on Birth Plans? Birth Plans are not set in stone, but they do allow you to clearly state what your wishes are for your labor and birth. Having a care provider who wants to know your wishes in advance is ideal.

13. How would you feel if I disagreed with a recommendation you make during my labor or birth? You will want to hire a care provider who is open to your desires for your birth as long as you and the baby are not in any harm.

14. How do you feel about doulas? If you are considering working with a doula this is a critical question to ask. A doula is a trained professional who supports women and their families during pregnancy, birth, and postpartum.

15. Would you consider yourself a size friendly provider? This question can help you make a final decision regarding if this is the right care provider for you.