PREGNANCY ADAPTATIONS

Nursing 124
Joan W. Kohl, MSN, RN
jkohl@dhs.lacounty.gov

Los Angeles County College of Nursing

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ANTEPARTUM

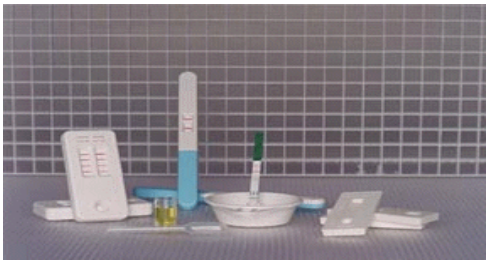
- Pregnancy involves the entire family
  - Woman
    - Physiological
    - Psychological
  - Father of baby
  - Extended family
    - Siblings
    - Grandparents

FIRST TRIMESTER

- Diagnosis of Pregnancy
  - Presumptive
  - Probable
  - Positive

PRESUMPTIVE

PROBABLE



POSITIVE

POSITIVE

FIRST TRIMESTER

- Assessment Interview
- Physical Exam
- Lab work
  - Type and screen
  - Cultures
  - UA

FIRST TRIMESTER

- OB History
  - Gravidity
  - Parity
    - Term
    - Preterm
    - Abortion
    - Living Children

FIRST TRIMESTER

- OB History
  - Gravida 3 Para 3003
    - Term
    - Preterm
    - Abortion
    - Living

FIRST TRIMESTER

- OB History
  - Gravida 3 Para 2103
    - Term
    - Preterm
    - Abortion
    - Living

FIRST TRIMESTER

- OB History
  - Gravida 3 Para 1112
    - Term
    - Preterm
    - Abortion
    - Living

FIRST TRIMESTER

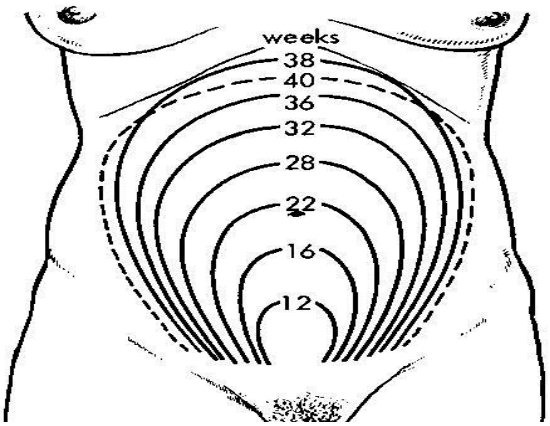
- OB History
  - Gravida 6 Para 4113
    - Term
    - Preterm
    - Abortion
    - Living

FIRST TRIMESTER

- OB History
  - Gravida 5 Para 4106
    - Term
    - Preterm
    - Abortion
    - Living

FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Reproductive*
      - Ovulation / menses cease
      - Cervical changes
      - Uterus increases in size shape and position
      - Breast changes



FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Cardiovascular*
      - Cardiac output increased
      - Heart rate increased
      - Blood volume increased
      - Coagulation changes

FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Respiratory*
      - Maternal oxygen needs increase
      - Diaphragm pushed up
      - Chest may enlarge

FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Musculoskeletal*
      - Body posture / center of gravity
      - Relaxin provides mobility

FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Gastrointestinal*
      - N/V
      - Constipation
      - Motility

FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Renal*
      - Frequency
      - UTI

FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Endocrine*
      - Placenta vs. corpus luteum
      - Action of various hormones

FIRST TRIMESTER

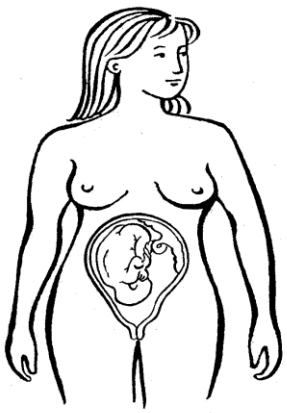
- Changes in Pregnancy
  - Physiological Changes
    - *Integumentary*
      - Hyperpigmentation
      - Increased circulation to skin

FIRST TRIMESTER

- Changes in Pregnancy
  - Physiological Changes
    - *Emotional*
      - Role Transition
      - Reva Rubin's Maternal Tasks of Pregnancy

FIRST TRIMESTER

- Determination of Delivery Date
  - Nagele's Rule
  - McDonald's maneuver



WEIGHT IN POUNDS	
7.5-8.5	FETUS
7.5	STORES OF FAT & PROTEIN
4.0	BLOOD
2.7	TISSUE FLUIDS
2.0	UTERUS
1.8	AMNIOTIC FLUID
1.5	PLACENTA & UMBILICAL CORD
1.0	BREASTS
28-29.0 POUNDS	

ANTEPARTUM TESTING

- Ultrasonographic testing
- Fetal surveillance
- Biophysical profile
- Kick count

ANTEPARTUM TESTING

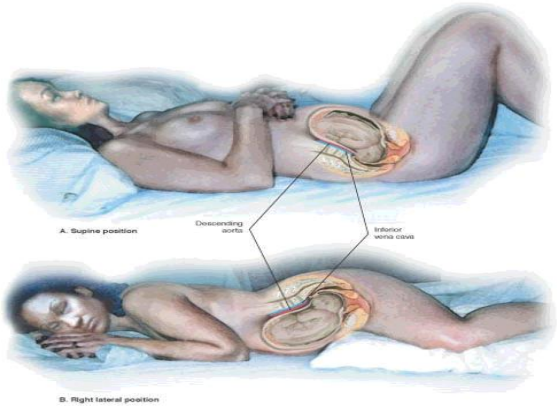
- Amniocentesis
- AFP Screening
- Fetal lung maturity

SECOND TRIMESTER

- Monthly visits
  - Monitor and evaluate
  - Physical
  - Emotional

THIRD TRIMESTER

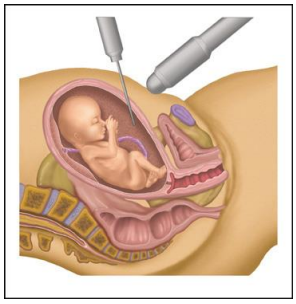
- Continue to monitor and evaluate
  - Physical
    - Risk assessment
    - Warning signs
  - Emotional



PREGNANCY AT RISK

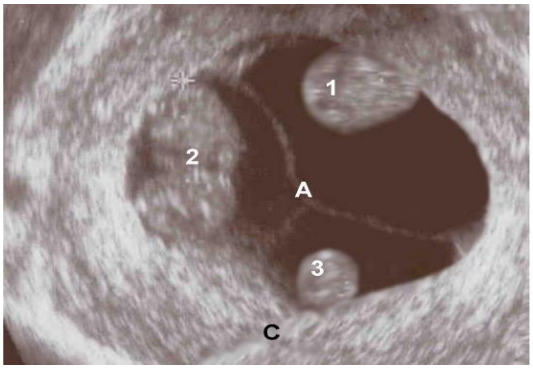
- Advanced Maternal Age
  - Pregnancy after 35
- Multifetal pregnancy

AMNIOCENTESIS

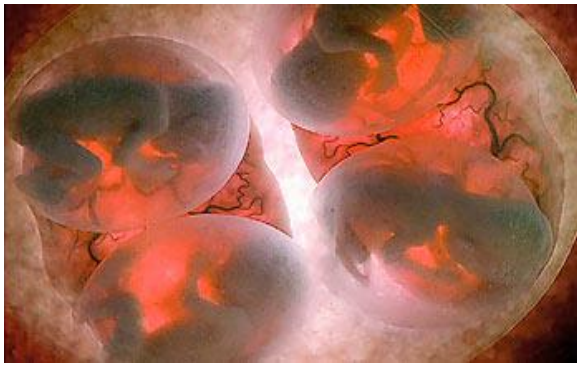


MULTIFETAL PREGNANCY

TRIPLET PREGNANCY



QUADS PREGNANCY



QUESTION

- Why would the nurse use Leopold's maneuvers?
  - A. to determine fetal well-being.
  - B. to detect a fetal heart rate.
  - C. to determine fetal position.
  - D. to determine fetal blood pH.

QUESTION

- The nurse assesses a patient in the clinic who is 13 weeks gestation. Which presumptive sign of pregnancy should the nurse anticipate?
  - A. Ballottment.
  - B. Hegar's sign.
  - C. Urinary frequency.
  - D. Positive serum pregnancy test.

QUESTION

- A patient at 7 weeks gestation states she's not sure she wants the baby or if she'll be a good mother. What is the nurse's best response?
  - A. Ask her if she wants an abortion.
  - B. Ask her if she wants to put the baby up for adoption.
  - C. Tell her ambivalence can be a normal reaction to parenthood.
  - D. Call for a social worker referral.

QUESTION

- A pregnant woman is prone to UTI primarily because:
  - A. a large volume of fetal waste must be excreted by her kidneys.
  - B. nutrients that enhance bacterial growth are excreted by her kidneys.
  - C. the volume of urine excreted is reduced and its specific gravity is high.
  - D. Reduced blood flow to the urinary tract allows wastes to accumulate.

QUESTION

- Fewer fetal movements than expected suggest possible:
  - A. intrauterine fetal growth restriction.
  - B. inaccurate gestational age dating.
  - C. rapid intrauterine fetal maturation.
  - D. Reduced placental perfusion with fetal hypoxia.