

Prenatal Care

- Antepartum
 - Before birth
- Intrapartum
 - During birth
- Postpartum
 - After birth

Goal Of Prenatal Care

- Factors
 - Ensure birth for mom and child by ensuring good health habits and decrease in risk factors.
 - Continue health habits that are taught during pregnancy afterwards.
 - Educate self care.
 - Provide physical care.
 - Prepare for parenthood.

Goals Of Prenatal Care

- Prenatal Visits
 - As soon as the woman suspects that she is pregnant.
- Education
 - Folic acid taken prior to becoming pregnant – reduces the chance of deformity.
- History
- Physical Exam
 - Complete exam on the first visit.
- Labs

Prenatal Care

- Definitions Of Terms
 - Gravida – any pregnancy no matter the duration.
 - Primigravida – pregnant for first time.
 - Multigravida – pregnant bef
 - Abortion – termination of pregnancy before 20 wks either spont or induced.
 - Age of viability – fetus reaches 20 wks and is capable of living outside uterus.

Prenatal Care

- Para 2 gravida 3
- Para- no of living. (2)
- Gravida – no of pregnancies.(3).
- Miscarriage.(1).

Prenatal Care

- Determining The Estimated Date Of Delivery
 - Nagele's Rule
 - Determine the first day of last menstrual period.
 - Go back 3 months.
 - Add 7 days.
 - Change the year if needed.
 - Trimesters
 - Three 13 wks.

Diagnosis Of Pregnancy

- Presumptive Signs Of Pregnancy
- Those that a definite diagnosis can not be made
 - Amenorrhea
 - Nausea
 - Breast Tenderness
 - Deepening Pigmentation
 - Urinary Frequency
 - Quickening

Diagnosis Of Pregnancy

- Probable Signs
- More stronger signs bur still can be caused by other conditions.
 - Goodell's Sign – softening of cervix.
 - Chadwick's Sign – purplish or bluish discoloration of cervix, vagina, and vulva due to increased vascular congestion.
 - Abdominal Enlargement
 - Braxton Hicks Contractions
 - Striae
 - Postive Pregnancy Test

Diagnosis Of Pregnancy

- Positive Signs
 - Audible Fetal Heartbeat – 10th wks with doppler.
 - Fetal Movement – 2nd trimester. Can be seen on US.
 - Ultrasound – 100% accuracy. 4 to 5th wk gestation.

Normal Physiological Changes In Pregnancy

- Reproductive System
 - Uterus
 - Prepregnancy Size
 - 2 oz, 3 in x 2 in x 1 in.
 - Can hold one third of an oz or 10 ml.
 - First Trimester
 - Becomes a temporary abd organ.
 - Term
 - Weighs 2.2 lbs, 5000 ml or 5 qts.
 - Holds fetus, placenta, and amniotic fld.

Normal Physiologic Changes In Pregnancy

- Cervix
 - Color
 - Chadwick and Goodell's sign.
 - Mucus Plug
 - Thick secretion that prevents the vaginal organisms into the uterus.
 - Effacement
 - Thinning of the cervix.
 - Dilation
 - Opening of the cervix when labor begins. The plug is expelled.

Normal Physiological Changes In Pregnancy

- Ovaries
 - Eggs are not produced during pregnancy.
 - Corpus Luteum – produces progesterone.
 - Decidua – uterine lining.

Normal Physiological Changes In Pregnancy

- Vagina
 - Chadwick's Sign
 - Bluish color of the vagina.
 - Changes
 - Secretions increases.
 - pH becomes acidic to protect the vagina.
 - Secretions have more glycogen which produces candida
 - a yeast infection.

Normal Physiological Changes In Pregnancy

- Breast
 - Hormones
 - High levels of estrogen and progesterone for lactation
 - Areolae
 - Help to lubricate the nipples.
 - Colostrum
 - Thin yellowish fluid expressed by the breast in the last few months.
 - Contains the mother's antibodies to disease and found in the milk 2 to 3 days after birth.

Normal Physiological Changes In Pregnancy

- Respiratory
- Breathes more deeply
- Oxygen increases by 15%
 - Dyspnea
 - Until the fetus descends into the pelvis which is known as lightening.
- Hormones
 - Increased estrogen levels cause edema of the mucous membranes of nose, pharynx, mouth, and trachea.
 - Nasal stuffiness, nosebleeds, and change in voice.
 - Fullness in ears or earache.

Normal Physiological Changes In Pregnancy

- Cardiovascular System
 - Cardiac output
 - BP
 - 140/90 requires attention.
 - Orthostatic Hypotension
 - Palpitations
 - Thoracic pressure increased when woman moves suddenly.
 - Clotting Factors
 - Increased levels of clotting factors VI, VII, and X and plasma fibrinogen.

Normal Physiological Changes In Pregnancy

- Gastrointestinal System
 - Ptyalism
 - Increased salivary secretions which affect taste and smell.
 - Pyrosis
 - Heartburn. Relaxation of the cardiac sphincter of the stomach.

Normal Physiologic Changes In Pregnancy

- Urinary System
 - Glycosuria and Proteinuria
 - Water Retention
 - Frequency of Urination

Normal Physiologic Changes In Pregnancy

- Integumentary and Skeletal Systems
 - Spider nevi –small red elevations of skin with lines radiating from the center.
 - Posture – low back pain and rounding shoulders.
 - Pelvic joints – waddling gait in last few weeks due to slight separation of symphysis pubis.
 - Changes In Gravity – softening of ligaments and causes problems with balance.

Common Discomforts In Pregnancy

- Nausea
- Vaginal Bleeding
- Fatigue
- Backache
- Constipation
- Varicose veins
- Hemorrhoids
- Heartburn
- Nasal Stiffness
- Leg cramps
- Edema of the lower extremities