

1  **Physiologic Changes During Pregnancy**

Unit 2

Chapter 7 & 8

2  **Reproductive System**

⊗ Uterus

⊗ Cervix

⊗ Vagina and vulva

⊗ Ovaries

⊗ breasts

3  **Cardiovascular System**

⊗ Heart

⊗ Blood volume

⊗ Cardiac output

⊗ Peripheral vascular resistance

⊗ Blood pressure

⊗ Blood flow

⊗ Blood components

4  **Respiratory System**

⊗ Oxygen consumption

⊗ Hormonal factors

⊗ Physical changes

5  **Gastrointestinal System**

⊗ Mouth

⊗ Esophagus

⊗ Stomach and small intestine

⊗ Liver and gallbladder

6  **Urinary System**

⊗ Bladder

⊗ Kidney and uterus

7  **Integumentary System**

1

⊗ Skin

Chloasma

Linea negra

Areola

⊗ Hair and nails

2

⊗ Cutaneous vascular changes

Angiomas

Palmar erythema

- ⊗Connective tissue
- Striae gravidarum

## 8 Musculoskeletal System

- ⊗Postural changes
- ⊗Abdominal wall

## 9 Endocrine System

- ⊗Pituitary gland= Prolactin, oxytocin
- ⊗Thyroid gland= Basal metabolic rate
- ⊗Parathyroid glands
- ⊗Pancreas=insulin
- ⊗Adrenals=cortisol, aldosterone

## 10 Endocrine System

- 1  ⊗Placental hormones=
- ⊗HCG
  - ⊗Estrogen
  - ⊗Progesterone
  - ⊗HPL
  - ⊗Relaxin

- 2  ⊗Metabolism=
- ⊗Weight gain
  - ⊗H<sub>2</sub>O
  - ⊗Edema
  - ⊗Carpal tunnel
  - ⊗carbohydrate

## 11 Confirmation of Pregnancy

- ⊗Presumptive Indicators
- ⊖Amenorrhea
- ⊖Nausea and vomiting
- ⊖Fatigue
- ⊖Urinary frequency
- ⊖Breast and skin changes
- ⊖Fetal movements

## 12 Confirmation of Pregnancy

- ⊗Probable indicators
- ⊖Abdominal enlargement
- ⊖Cervix= Chadwick, Hegar, Goodell
- ⊖Uterus= ballottement, Braxton-Hicks, fetal outline, uterine souffle, pregnancy tests

## 13 Confirmation of Pregnancy

- ⊗ Positive Indicators=
- ☺ Auscultation of FHT's
- ☺ Fetal movements
- ☺ Visualization

14  **Antepartum Assess**

- ⊗ OB History
  - ✓ Gravida
  - ✓ Para
  - ✓ Term
  - ✓ Preterm
  - ✓ Abortions
  - ✓ living
- ⊗ Physical Exam
- ⊗ Laboratory data
- ⊗ High-risk assess

15  **Maternal/Fetal Assess**

- 1 
  - ⊗ Visit schedule
  - ⊗ Vital signs
  - ⊗ Weight
  - ⊗ U/A
  - ⊗ Glucose screen
- 2 
  - ⊗ Fundal height
  - ⊗ Leopold's maneuver
  - ⊗ FHT's
  - ⊗ Fetal activity
  - ⊗ Pelvic exam

16  **Common Discomforts**

- 1 
  - ⊗ N/V
  - ⊗ Heartburn
  - ⊗ Backache
  - ⊗ Round ligament pain
- 2 
  - ⊗ Urinary frequency
  - ⊗ Varicosities
  - ⊗ Hemorrhoids
  - ⊗ Constipation
  - ⊗ Leg cramps

17  **Teaching Health Behaviors**

- 1 
  - ⊗ Bathing
  - ⊗ Hot tub/sauna
  - ⊗ Douching
  - ⊗ Breast care
  - ⊗ Clothing
  - ⊗ Exercises

- 2 
  - ⊗ Sleep/rest
  - ⊗ Employment
  - ⊗ Maternal safety
  - ⊗ Sexual activity
  - ⊗ Travel
  - ⊗ Immunizations

18  **Teaching Lifestyle Changes**

- ⊗ OTC drugs
- ⊗ Tobacco
- ⊗ ETOH
- ⊗ Illegal drugs

19  **Maternal Psychosocial**

- ⊗ First trimester=uncertainty, ambivalence, self as primary focus
- ⊗ Second trimester=physical, fetus primary focus, narcissism and introversion, body image, changes in sexuality
- ⊗ Third trimester=vulnerability, dependency, preparation for birth

20  **Maternal Role Transition**

- 1 
  - ⊗ Mimicry
  - ⊗ Role-play
  - ⊗ Fantasy
  - ⊗ Role fit
  - ⊗ Grief work
- 2 
  - ⊗ Seeking safe passage
  - ⊗ Acceptance
  - ⊗ Giving of self
  - ⊗ Committing to maternal role

21  **Adaptation**

- ⊗ Paternal
- ⊗ Grandparents
- ⊗ Siblings
- ⊗ Factors that affect adaptation
- ⊗ Barriers to prenatal care

22  **Cultural Influences**

- ⊗ Culturally divergent groups
- ⊗ Differences within cultures
- ⊗ Conflict
- ⊗ Culturally competent nursing care