

MATERNITY

NURSING STUDY NOTES

Maternity and mother-baby bundle



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STUDY ANYWHERE

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GTPAL & MATERNITY TERMS

MATERNITY TERMINOLOGY

Amniotic fluid: liquid that protects baby in uterus	Fetus: unborn baby
Amniotic sac: sac that surrounds baby & amniotic fluid	Fibroids: non-cancerous growths in uterus
Braxton-Hicks contractions: false contractions	Fundus: rounded top part of the uterus
Cervix: canal between the uterus & vagina	Gestation: time between conception & birth
Colostrum: first breast milk produced	Involution: shrinking of uterus to original size
Conception: fertilization of egg & sperm	Labor: stages of active childbirth
Contraception: measures used to prevent pregnancy	Lochia: vaginal discharge after giving birth
Dilation: cervix opening during labor	Meconium: baby's first bowel movement when born
Effacement: thinning of the cervix during labor	Menopause: time when period stops indefinitely
Engagement: labor stage when baby's head enters pelvis	Oligohydramnios: lack of amniotic fluids
Embryo: fertilized egg	Os: opening of cervix
Endometritis: inflammation of uterine lining	Preterm birth: baby born before 37 weeks
Endometriosis: endometrial cells grow outside uterus	Prom: water breaking < 37 weeks
Fertility: the ability to become pregnant	Post-term: pregnancy lasting >42 weeks
Fetal heart tones: baby's heartbeat	Rupture of membranes: water breaking

GRAVIDY & PARITY

PARITY

Number of times a woman has given birth >20 weeks

- Includes living & stillborn births
- Twins or triplets count as **one** pregnancy

NULLIPARA

0 births > 20 weeks

PRIMIPARA

1 birth > 20 weeks

MULTIPARA

2+ births > 20 weeks

TERMS TO KNOW

GRAVIDA: Woman who is pregnant

GESTATIONAL AGE: Age of baby in womb

ABORTION: Spontaneous or intentional termination of pregnancy

MISCARRIAGE: Spontaneous loss of pregnancy < 20 weeks

GTPAL

GTPAL is an acronym used to obtain a more detailed breakdown of parity to assess a woman's full obstetric history

GRAVIDA

of times a woman has been pregnant

Includes:

- ▶ Current pregnancy
- ▶ Miscarriages & abortions
- ▶ Twins or triplets count as **one**

NULLIGRAVIDA

Never pregnant

PRIMIGRAVIDA

First pregnancy

MULTIGRAVIDA

2+ pregnancies

TERM

of babies born that reached full term

Includes:

- ▶ >37 weeks gestational age
- ▶ Alive or stillbirth
- ▶ Twins & triplets count as **one**

PRETERM

of pregnancies delivered preterm

Includes:

- ▶ 20-37 weeks gestational age
- ▶ Alive or stillbirth
- ▶ Twins & triplets count as **one**

ABORTION

of pregnancy loss before 20 weeks

Includes:

- ▶ Abortions & miscarriages
- ▶ Counts as gravidity
- ▶ Twins & triplets count as **one**

LIVING CHILDREN

of current living children

Includes:

All children counted individually (twins & triplets counted separately)

EXAMPLE

A 32 year old female is pregnant with twins. She has a 5-year old born at 37 weeks gestation, and had a miscarriage at 8 weeks gestation.

G→3

→Current pregnancy
→1 miscarriage
→1 full term (5 year old)

T→1

→1 full term
(5 year old)

P→0

→No preterm births

A→1

→1 miscarriage

L→1

→1 child
(5 year old)

ANSWER

3-1-0-1-1

CONTRACEPTION METHODS

TYPES of CONTRACEPTION

Methods to PREVENT PREGNANCY



ABSTINENCE

Restraining from having sexual intercourse

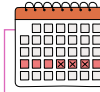
MOST EFFECTIVE METHOD



COITUS INTERRUPTUS

Withdrawal of penis before ejaculation

NOT EFFECTIVE & DOESN'T PROTECT AGAINST STD'S



CALENDAR RHYTHM

Tracking of ovulation periods to determine when to avoid engaging in sexual intercourse

NOT USEFUL FOR IRREGULAR PERIODS



CONDOMS

Thin sheath worn on the penis during sexual intercourse to prevent ejaculation into the uterus

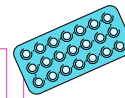
ONLY METHOD PROTECTIVE AGAINST STD'S (besides abstinence)



SPERMICIDE

Product inserted into vagina before sexual intercourse to kill sperm cells before they enter the cervix

DOES NOT PROTECT AGAINST STD'S



ORAL CONTRACEPTIVES

Pill that contains hormones that block the release of eggs into the ovaries

INCREASED RISK FOR BLOOD CLOTS

OTHER METHODS

VAGINAL RING

Small, soft plastic ring placed inside the vagina that releases hormones to prevent pregnancy

IUD

T-shaped device placed inside uterus to prevent pregnancy

TUBAL LIGATION

Surgical procedure for female sterilization which involves tying of the fallopian tubes

PATCH

Small patch that releases hormones in the body to prevent pregnancy

INFERTILITY

Inability to conceive after 12 months of regular unprotected sexual intercourse

OVULATORY DYSFUNCTION

- Endocrine disorders
 - ▶ PCOS (↑ testosterone production)
 - ▶ Cushing's (↑ cortisol)
 - ▶ Hypo/hyperthyroidism
- Functional hypothalamic amenorrhea
 - ▶ Hypothalamus doesn't stimulate pituitary to release FSH & LH

CAUSED BY:

- ▶ Excessive exercising
- ▶ Stress
- ▶ BMI <18.5 or >25

ANATOMICAL DYSFUNCTION

- Tumors
- Endometriosis
- Pelvic inflammatory disease
- STD's
- Fallopian tube adhesions
- Radiation exposure (damages eggs)

MALE INFERTILITY CAUSES

- Genetic disorders
- Testicular tumors
- Varicocele (enlarged veins compress testes)
- Cryptorchidism (testes don't ascend)
- Cystic Fibrosis

ALTERNATIVE CONCEPTION METHODS

IN VITRO FERTILIZATION (IVF): Client's egg fertilized with sperm in lab, then embryo implanted into uterus

SURROGATE: A person agrees to carry & deliver baby for another person/ couple

INTRAUTERINE INSEMINATION: Sperm is placed directly into uterus using a small catheter

SIGNS OF PREGNANCY

PRESUMPTIVE

ALL SUBJECTIVE SIGNS



Possible signs of pregnancy

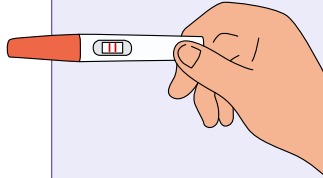
- Fatigue
- Enlarged & sore breasts
- Missing period
- Urinary frequency
- Nausea & vomiting
- Quickening (sensation of fetal movement)

**NOT DEFINITIVE
DIAGNOSIS FOR
PREGNANCY!**

Symptoms could be
from other underlying
conditions

PROBABLE

ALL OBJECTIVE SIGNS



Likely signs of pregnancy

- Positive pregnancy test
- Ballottement: return of fetus when uterus pushed with finger
- Chadwick's sign: blue/ purple discoloration of cervix
- Goodell's sign: softening of cervix
- Hegar's sign: softening of lower part of uterus
- Braxton-Hick contractions (false contractions)
- Enlarged uterus or abdomen

**STILL
NOT
DEFINITIVE**

POSITIVE



Conclusive, definitive, absolute pregnancy

- Fetus visualized on ultrasound
- Fetal heart rate
- Delivery of baby
- Fetal movement felt by provider

★ **SYMPTOMS THAT CAN ONLY
BE ATTRIBUTED TO PREGNANCY**

↓ ↓ ↓ **ONCE PREGNANCY CONFIRMED** ↓ ↓ ↓

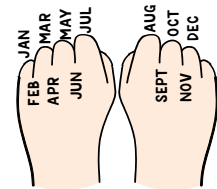
NAEGELE'S RULE

Tool used to calculate a pregnant woman's **ESTIMATED
DELIVERY DATE (EDD)** based on **LAST MENSTRUAL PERIOD (LMP)**

BASED ON...

- Calendar months (remember which days have 30 & 31 days)
- 28 day menstrual cycle
- Gestation lasting 280 days (40 weeks)
- NO leap year

HOW MANY DAYS ARE IN EACH MONTH?



FORMULA

**FIRST DAY OF LAST
MENSTRUAL PERIOD** - 3 MONTHS + 7 DAYS + 1 YEAR

EXAMPLE

1st day of LMP: → Minus 3 months: → Plus 7 days: → Plus 1 year:
MAY 4TH, 2022 **FEB 4TH, 2022** **FEB 11TH, 2022** **FEB 11TH, 2023**

EDD

MONTHS ON KNUCKLES
31 days
MONTHS B/W KNUCKLES
30 days

*except February which has 28