**TEST 2 REVIEW – postpartum, newborn, antepartum complications, 50 questions**

**Know involution process - where the uterus is at 30 min, 6 hrs, or at 2 days**

-Birth to 1 hour uterus is between pelvic bone and umbilicus.

-1 hour it’s at the umbilicus

-moves down 1 cm every 24 hours

**Know postpartum changes in the body**

the changes of the lochia: rubra, serosa, alba

increase temp

**Postpartum**

**taking in:** will take care of baby but focused on herself

taking hold:

letting go:

**Fundal assessment—If it is deviated up or to side what might cause it, what to do if it is boggy**

-full bladder

-hemorrhage

**Breastfeeding- how to avoid sore cracked nipples**

-whole breast in mouth not just nipple

-don’t pop of the breast, break suction first

**what to do for the non-breastfeeding mom if milk starts to come**

ice packs in the axilla

**Know newborn apgar scoring-- how to calculate score -remember 100 or above is a score of 2**

-HR: 100 or greater 2

-Respiratory effort: good strong cry 2

-Muscle tone: active motion

-Reflex response: cough / sneeze or vigorous cry 2

-Color: acro is a 1 and completely pink is 2

**Know signs of newborn maturity**

**Term infant**

-pinna recoils easily

**Preterm infant**

-slow recoil of pinna due to little cartilage

-vernix

-lanugo

**Review ectopic pregnancy and signs and symptoms**

-implantation of the blastocyst anywhere other than the uterus. Typically, the fallopian tubes.

s/s: vaginal bleeding, lower abdominal pain, fainting or dizziness, hypovolemia, rigid/tender abdomen, palpable mass on vaginal exam – extreme pain, low HCG levels, deferred pain to the shoulder

**Premature rupture of membranes**

Amniotic sac ruptures before 37 weeks

**Know the way heat is lost from the baby**

Convection: convection oven. Cool air blowing on baby

Evaporation: wet baby
conduction: touching something cold

Radiation: radiates heat towards something cold

**Know the normal newborn vital signs – resp 30-60, temp if low what to do**

Temp: 36.5-37 C / 97.9-98 F

HR: 110-160

RR: 30-60

BP: 65/41 mmHg

**Know normal newborn changes**

-**Mongolian spots**: blue black mark on lumbar dorsal area and buttocks. Gradually fades between 2 and 3 y/o.

-**telangiectactic nevi / stork bite**: pale pink or red, flat, dilated capillaries on eyelids, nose, lower occipital bone, and nape of neck. Blanches easily. Disappears by age 2.

-**milia**: pinpoint white papules; disappear 2-4 weeks.

Know newborn head-to-toe assessment

**Know how to calculate newborn weight loss- normal is up to 10% (remember to turn it to ounces then find 10%, take it away from original weight then compare to weight now**

**Know newborn signs of maturity**

cartilage in the ear

rugae on the scrotum

creases of foot bottom

**Never do vaginal examinations if a patient is bleeding since you do not know if the bleed is due to placenta previa.**

**Know how to compare placenta previa with placenta abruption**

**Placenta previa**: placenta implantation in the lower uterine segment

\*quiet onset, bright red bleeding, soft abdomen, no pain unless in labor

**Placenta abruption**: premature separation of the placenta

\*dark venous blood, rigid abdomen, severe pain, sudden onset

**Molar pregnancy and nursing responsibilities- what to teach mom**

-abnormal formation of placenta into fluid filled grape-like clusters.

-prune juice vaginal bleeding

-passage of hydropic vesicles

-actually cancer, no baby formed.

-90% survive

-HCG levels excessively high

-belly measuring ahead. Look like you are 20 weeks when you are actually 12 weeks.

-labs drawn monthly for HCG. Looking to see the levels go down. Cannot get pregnant for 1 year.

**PIH – signs and symptoms, know how to differentiate mild from severe preeclampsia**

**PIH** – 140/90

**Mild preeclampsia**: increased BP, proteinuria, and edema

**Severe preeclampsia**: BP 160/110, 5 g/L proteinuria in 24 hours, oliguria 400 mL in 24 hours, headache, blurred vision, pitting edema, n/v, epigastric pain

**HELLP Syndrome**

Hemolysis of RBC’s

Elevated liver enzymes

Low platelets

**Know meds for and antidotes**

**preterm labor**: between 20 and 37 weeks of pregnancy

\*tocolysis: terbutaline and MgSO4

Postpartum:

PIH:

**Know when to test for gestational diabetes and the tests that are done**

Test between 24 and 28 weeks

-random glucose test

-3 hour GTT if fails random glucose test

**Types of abortions: spontaneous and induced**

**Threatened abortion:** cramps and contractions, maybe spotting. All s/s go away after treatment. Cervix closed.

**Imminent abortion:** it’s going to happen. Dilated and baby is coming.

\*Complete: everything comes out. Fetus and placenta.

\*Incomplete: not all contents come out. Placenta stays behind. Must do D&C to get the placenta out.

**Missed abortion:**  baby dies in utero. Under 12 weeks D&C. Over 12 weeks mom will be induced and deliver the baby.

**Habitual abortion:** incomplete cervix, Rh incompatibility

**Incompetent cervix what it is and what is done to stop it from opening**

-premature dilation of the cervix associated with repeated second trimester spontaneous abortions.

-cerclage to help prevent it.

**Please know the medications for these sections.**

**Know meds, side effects and antidotes**

**Pitocin**: used for induction of labor, controls postpartum bleeding

\*side effects: abruptio placenta, water intoxication, fetal hypoxia, rapid labor/birth, uterine rupture

**Magnesium sulfate** – nursing assessment

-Early sign: decreased deep tendon reflex

-Late sign: respiratory distress

-Antidote: calcium gluconate

**Celestone** (betamethasone, dexamethasone)- why given: to mature the lungs

**Calcium Gluconate**: antidote for magnesium sulfate

**Brethine(terbutaline)—why given, side effects**

-given for preterm labor to relax the uterus.

-side effects: palpitations

**Erythromycin:** given to babies in their eyes to prophylactically treat for chlamydia and gonorrhea.

**Vitamin K:** given IM within 1st hour. Coagulation.

**Simethicone**: antiflatulent

**Dulcolax**: stool softener, prevention of constipation