

CLASS I

THE FOLLOWING SHOULD BE REVIEWED INDEPENDENTLY

REPRODUCTIVE A& P
CONCEPTION & FETAL DEVELOPMENT
PHYSIOLOGICAL & PSYCHOLOGICAL CHANGES IN PREGNANCY

REVIEW OF REPRODUCTIVE A & P

EXTERNAL GENITALS

INTERNAL REPRODUCTIVE ORGANS

VAGINA

UTERUS

UTERINE CORPUS

CERVIX

UTERINE LIGAMENTS

FALLOPIAN TUBES

OVARIES

UTERINE LIGAMENTS

BROAD LIGAMENT

ROUND LIGAMENT

OVARIAN LIGAMENTS

CARDINAL LIGAMENTS

BLOOD SUPPLY TO REPRODUCTIVE ORGANS

UTERINE MUSCULATURE

PELVIC STRUCTURE

INNOMINATE BONES

ILIUM

ILIAC CREST

ISCHIUM

ISCHIAL TUBEROSITY

ISCHIAL SPINES

PUBIS

SYMPHYSIS PUBIS

SACRUM

SACRAL PROMOTORY

SACROILIAC JOINTS

COCCYX

PELVIC DIVISION

TRUE PELVIS

INLET

PELVIC CAVITY

OUTLET

PELVIC DIAPHRAGM

LEVATOR ANI MUSCLES

COCCYGEAL MUSCLES

DEEP FASCIA

PELVIC FLOOR MUSCLES

LEVATOR ANI

ILLIOCOCCYGEUS

PUBOCOCCYGEUS

PUBORECTALIS

BREASTS

NIPPLE

AREOLA

TUBERCLES OF MONTGOMERY

LACTIFEROUS DUCTS

ADIPOSE, GLANDULAR, FIBROUS TISSUE

COOPER'S LIGAMENTS

NEUROHUMORAL RESPONSE

HYPOTHALMUS RELEASES GONADATROPIN-RELEASING HORMONE TO PITUITARY
FROM RESPONSES FROM CNS

ANTERIOR PITUITARY THEN RELEASES LH AND FSH

MATURATION OF OVARIAN FOLLICLE

OVULATION

CORPUS LUTEUM

FEMALE REPRODUCTIVE CYCLE

OVARIAN CYCLE

- FOLLICULAR PHASE

- LUTEAL PHASE

UTERINE CYCLE (MENSTRUAL)

- MENSTRUAL
- PROLIFERATIVE
- SECRETORY
- ISHEMIC

MALE REPRODUCTIVE SYSTEM

EXTERNAL GENITALS

INTERNAL REPRODUCTIVE ORGANS

TESTES

EPIDIDYMIS

VAS DEFERENS, EJACULATORY DUCTS

URETHRA

ACCESSORY GLANDS

CONCEPTION & FETAL DEVELOPMENT

CELLULAR DIVISION

MITOSIS

MEIOSIS

OOGENESIS

SPERMATOGENESIS

PRE-FERTILIZATION

CAPACITATION

ACROSOMAL REACTION

FERTILIZATION

PREEMBRYONIC STAGE

CELLULAR MULTIPLICATION--CHANGES IN FERTILIZED OVUM

CLEAVAGE

MORULA

BLASTOCYST

TROPHOBLAST

EMBRYONIC STAGE

IMPLANTATION

CHANGES IN ENDOMETRIUM

DECIDUA CAPSULARIS

DECIDUA BASALIS

DECIDUA VERA

CELLULAR DIFFERENTIATION

THREE PRIMARY GERM LAYERS

ECTODERM

MESODERM

ENDODERM

FEMALE HORMONES

ESTROGEN

PROGESTERONE

PROSTAGLANDINS

EMBRYONIC MEMBRANES

AMNION

CHORION

AMNIOTIC SAC

AMNIOTIC FLUID

UMBILICAL CORD

PLACENTA

CIRCULATION

PLACENTAL FUNCTION

METABOLIC

TRANSPORT

ENDOCRINE

EMBRYONIC AND FETAL DEVELOPMENT

EMBRYONIC STAGE—DAY 15 TO 8TH WEEK

FETAL STAGE—8TH WEEK TO BIRTH

TERATOGENESIS

MEDICATIONS

TOBACCO

ALCOHOL

CAFFEINE

MARIJUANA

COCAINE

OTHER FACTORS AFFECTING FETAL DEVELOPMENT

MATERNAL NUTRITION

RADIATION

HYPERTHERMIA

PHYSICAL CHANGES IN PREGNANCY

UTERUS

CERVIX

OVARIES

VAGINA

BREASTS

CIRCULATORY SYSTEM

RESPIRATORY SYSTEM

GASTROINTESTINAL SYSTEM

RENAL SYSTEM

SKIN AND HAIR

MUSCULOSKELETAL SYSTEM

METABOLISM

ENDOCRINE

THYROID

PITUITARY

ADRENALS

PANCREAS

LIVER

PREGNANCY HORMONES

HcG

hPL

ESTROGEN

PROGESTERONE

RELAXIN

SIGNS OF PREGNANCY

SUBJECTIVE

OBJECTIVE

DIAGNOSTIC

CULTURAL CONSIDERATIONS

ANTERPARTUM

OBSTETRIC TERMINOLOGY

GESTATION

ANTEPARTUM

INTRAPARTUM

POSTPARTUM

PRETERM LABOR

POSTTERM LABOR

GRAVIDA

NULLIGRAVIDA

PRIMIGRAVIDA

MULTIGRAVIDA

PARA

NULLIPARA

PRIMIPARA

MULTIPARA

TPAL

T
P
A
L

G	T	P	A	L
3	1	2	0	1
2	0	3	1	3
5	2	1	3	3
2	0	5	0	3

CLIENT PROFILE REFER TO PAGES 200-201

PRENATAL RISK FACTORS

REFER TO OUTLINE ON PAGES 203

VS, WEIGHT

SKIN

MOUTH, NOSE, NECK

CHEST AND LUNGS

BREAST

HEART

ABDOMEN

EXTREMITIES, SPINE, REFLEXES

PELVIC AREA ANUS, RECTUM

LAB VALUES

CULTURAL ISSUES

PSYCHOLOGIC ISSUES

EDUCATIONAL NEEDS

SUPPORT SYSTEMS

FAMILY FUNCTIONING

ECONOMIC STATUS

ENVIRONMENT

DUE DATE--EDB

NAEGLE'S RULE—SUBTRACT 3 MONTHS FROM FIRST DAY OF LAST MENSTRUAL PERIOD
AND ADD 7 DAYS

EXAMPLE: LMP OCT. 12---EDB—JULY 19

QUICKENING

FETAL HEARTSOUNDS

ULTRASOUND

CLINICAL PELVIMETRY

DANGER SIGNS OF PREGNANCY

VAGINAL BLEEDING
LEAKAGE OF FLUID FROM VAGINA
ABDOMINAL PAIN
TEMP>101
DIZZINESS, BLURRING OF VISION
SEVERE HEADACHE
EDEMA OF HANDS, FACE, FEET
PERSISTENT VOMTING
MUSCULAR IRRITABILITY
EPIGASTRIC PAIN
OLIGURIA
DYSURIA
ABSENCE OF FETAL MOVEMENT

CONTINUING PRENATAL ASSESSMENT

REFER TO OUTLINE ON PAGES 206-213

VISITS USUALLY SCHEDULED:

EVERY 4 WEEKS TO 28TH WEEK

EVERY 2 WEEKS TO 36TH WEEK

EVERY WEEK FROM 36TH TO BIRTH

VISITS MAY BE MORE FREQUENT WITH HIGH RISK PREGNANCY

DISCOMFORTS OF PREGNANCY

FIRST TRIMESTER

NAUSEA AND VOMITING

URINARY FREQUENCY

FATIGUE

BREAST TENDERNESS

INCREASED VAGINAL DISCHARGE

NASAL STUFFINESS AND EPITAXIS

SECOND AND THIRD TRIMESTER

HEARTBURN

ANKLE EDEMA

VARICOSE VEINS

HEMORRHOIDS

CONSTIPATION

BACKACHE

LEG CRAMPS

FAINTNESS

DYSPNEA

FLATULENCE

CARPAL TUNNEL SYNDROME

DIFFICULTY SLEEPING

ROUND LIGAMENT PAIN

SELF CARE PROMOTION

FETAL ACTIVITY MONITORING

BREAST CARE

CLOTHING

BATHING

EMPLOYMENT

TRAVEL

ACTIVITY, REST

DENTAL CARE

IMMUNIZATIONS

SEXUAL ACTIVITY

