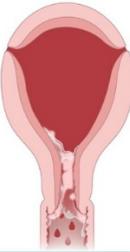


### Interrupted Development of the Fetus- 2023

- Abortion- Termination of a pregnancy
  - Induced Abortion- Purposeful termination of pregnancy before 20 wks gestation. Can be *elective* or *therapeutic*
    - Elective Abortion- Termination of pregnancy at woman's request
    - Therapeutic Abortion- Termination of pregnancy for reasons of health or disease of either mother or fetus or both
  - Spontaneous Abortion- Termination of pregnancy that occurs naturally with no assistance. Otherwise known as a miscarriage.
- Miscarriage- Spontaneous loss of pregnancy
  - Pregnancy that ends due to natural causes
  - 10-15% of pregnancies
  - Most lost very early in pregnancy before 12 weeks of gestation
  - Caused by:
    - Genetic/chromosomal defects
    - Implantation defect
    - Teratogenic drugs
    - Medical disorders
- Threatened miscarriage
  - Days of unexplained *light* bleeding/*mild* cramping
  - *Cervix* remains *closed*. Bleeding= spotting
  - Mother will need to rest, limit activity, and avoid stress
- Inevitable & Incomplete Miscarriage
  - *Moderate* to *heavy* bleeding with an *open cervix*, cramping can be mild to severe and passage of products of conception.
  - Ultrasound to ensure all products of conception were expelled.
  - If retaining products of conception may need a D&C procedure or medication to help complete the miscarriage.
    - (D&C)- Dilation and Curettage- scraping of the uterine walls
    - Prostaglandin medications- misoprostol (Cytotec) PO
- Complete Miscarriage
  - *Cervix* has already *closed* and all products of conception were expelled
  - Can have *slight* bleeding and *mild* cramping after products have passed
  - Ultrasound to ensure all products passed along with cessation of bleeding
- Missed Miscarriage
  - Fetus dies in utero but is not expelled
  - Pregnancy Manifestations suddenly subside
    - Nausea
    - Breast enlargement
    - Uterus enlargement
    - Cravings, hunger, fatigue subside

- o Treatment
  - Misoprostol (Cytotec)
  - D&C

|                               | Threatened  | Inevitable  | Incomplete  | Complete   | Missed  |
|-------------------------------|---|---|---|--|---|
| Types of spontaneous abortion |  |  |  |  |  |
| Cervical os                   |  |  |  |   |  |
| Fetal cardiac activity        |  |  |  |   |  |

- Recurrent Pregnancy Loss
  - o Consecutive abortions: 3+
  - o Causes
    - Anatomic- incomplete cervix, uterine abnormalities
    - Hormonal- 40%
    - Other- genetic abnormalities, immune system issues
  - o Treatment
    - Depends on the cause:
      - Incomplete cervix- cerclage
      - Fibroids- remove
      - Administer hormones
- Blighted Ovum (Anembryonic Pregnancy)
  - o Fertilized ovum development arrested at some point before 12 weeks
  - o Embryo didn't develop normally, empty pregnancy sac
  - o Same S/S of pregnancy, but will have spotting/cramping/bleeding
  - o U/S to visualize empty sac
- Complications of Miscarriage: Physical/Psychological
  - o Physical
    - Septic Miscarriage- fever, abdominal tenderness, bleeding, foul odor d/c. Could be due to ascending infection up through cervix, retained products.
  - o Psychological
    - Depression, PTSD, anxiety, guilt, despair
- Elective Abortions
  - o Laws vary by state regarding abortion
  - o 50% of pregnancies are unintended
  - o 40% end in elective abortion
  - o Decision-making factors for abortion:
    - Preservation of life/ health of the mother

- Rape/incest
  - Fetal disorders
  - The woman's request
- Methods of Elective Abortion
  - First Trimester
    - Surgical: Aspiration
      - 8-12 weeks after LMP
      - Monitor VS
      - Recovery 1-3 hours
      - Prophylactic antibiotics
      - Ibuprofen
    - Medications
      - Misoprostol (Cytotec)
        - Dilates cervix/ stimulates contractions
      - Mifepristone
        - Stops action of progesterone
  - Second Trimester
    - D&C: Dilation and Curettage
    - D&E: Dilation and Evacuation
      - Up to 20 weeks gestation
      - Laminaria used to dilate the cervix
    - Nursing Care
      - Monitor vital signs
      - Emotional support
      - Analgesics
      - Monitor bleeding
- Complications of Elective Abortion
  - Hemorrhage, Infection, Trauma, Retained products of conception
- Nursing Considerations
  - Inform, support, listen, don't judge, encourage F/U appt
  - RhoGam- injection given to Rh negative mothers for future pregnancy protection