



Case Study 129

Name _____ Class/Group _____ Date _____

Group Members _____

► Scenario

P.M. comes to the obstetric (OB) clinic because she has missed two menstrual periods and thinks she might be pregnant. She states she is nauseated, especially in the morning, so she completed a home pregnancy test and the result was positive. As the intake nurse in the clinic, you are responsible for gathering information before she sees the physician.

1. What are the two most important questions to ask to determine possible pregnancy?

2. You ask whether she has ever been pregnant, and she tells you she has never been pregnant. How would you record this information?

3. What additional information would be needed to complete the TPAL record?

4. It is important to complete the intake interview. What categories will you address with P.M.?

CASE STUDY PROGRESS

According to the clinic protocol, you obtain the following for her prenatal record: complete blood count, blood type with Rh factor, urine for urinalysis (protein, glucose, blood), vital signs, height, and weight. Next, the nurse-midwife does a physical examination, including a pelvic examination and confirms that

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P.M. is pregnant. P.M. has a gynecoid pelvis by measurement, and the fetus is at approximately 6 weeks' gestation.

Chart View

Vital Signs

Blood pressure	116/74 mm Hg
Heart rate	88 beats/min
Respiratory rate	16 breaths/min
Temperature	98.9° F (37.2° C)

5. Do any of these vital signs cause concern? What should you do?
6. P.M. tells you that the date of her last menstrual period (LMP) was February 2. How would you calculate her due date? What is her due date?
7. What is the significance of a gynecoid pelvis?
8. What specimens are important to obtain when the pelvic examination is done?

CASE STUDY PROGRESS

Nursing interventions focus on monitoring the woman and fetus for growth and development; detecting potential complications; and teaching P.M. about nutrition, how to deal with common discomforts of pregnancy, and activities of self-care.

9. A psychological assessment is done to determine P.M.'s feelings and attitudes regarding her pregnancy. How do attitudes, beliefs, and feelings affect pregnancy?

-  10. P.M. asks you whether there are any foods that she should avoid while pregnant. She lists some of her favorite foods. Which foods, if any, should she avoid eating while she is pregnant? Select all that apply.
- a. Hot dogs
 - b. Sushi
 - c. Yogurt
 - d. Deli meat
 - e. Cheddar cheese
11. As the nurse, you know that assessment and teaching are vital in the prenatal period to ensure a positive outcome. What information is important to include at every visit and at specific times during the pregnancy?

15. P.M. asks, "Is a vaginal examination done at every visit?" Select the best response and explain your answer.
- "Yes, an examination is done with each visit because it allows the examiner to note any possible infections that may be developing."
 - "Yes, an examination is done with each visit because it offers vital information about the status of the pregnancy."
 - "No, a vaginal examination will not be done again until you go into labor."
 - "No, vaginal examinations are not routinely done until the final weeks of your pregnancy."

CASE STUDY OUTCOME

P.M. makes an appointment for her next checkup. You tell her that an ultrasound may be done at about 8 to 12 weeks' gestation to check fetal growth.