

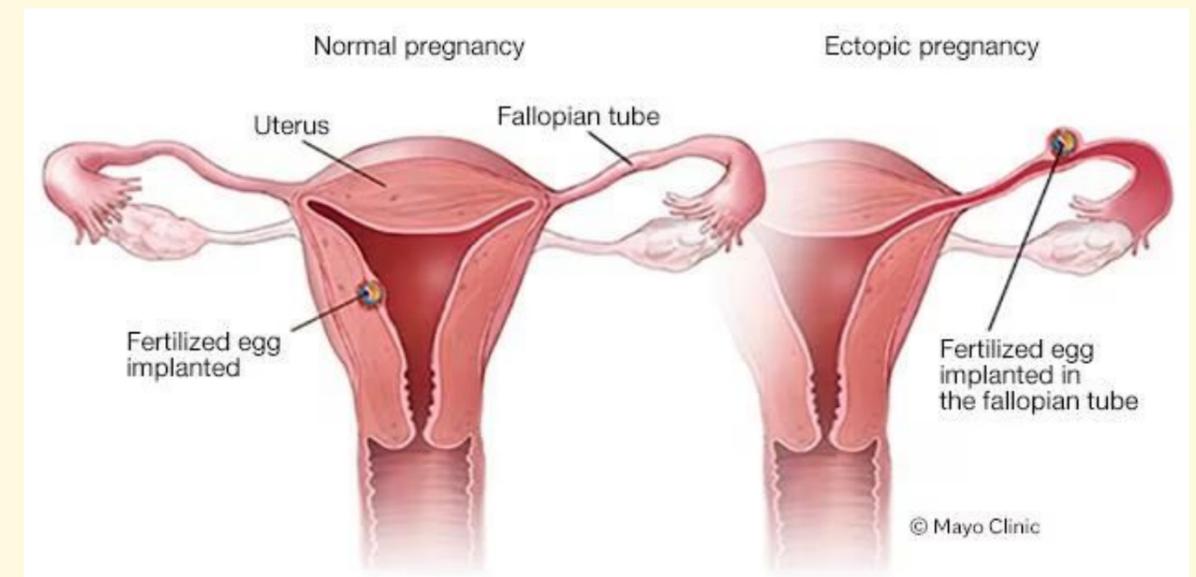


Ectopic Pregnancy

By Meredith Huber & Teresita Munoz

Ectopic Pregnancy

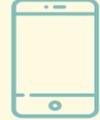
- Fertilized egg attaches and grows outside of the main part of the uterus
- Most often happens in the fallopian tube (95%), but can happen in the ovary, or the abdominal cavity of the cervix
- Cause - "...fallopian tube is damaged by inflammation or is misshapen. Hormonal imbalances or abnormal development of the fertilized egg also might play a role."
- History of one EP = 10% risk of recurrence
 - Two or more EPs = greater than 25% risk



Patient Impact

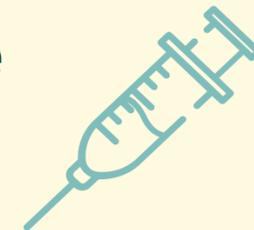
- Physical recovery, time off work, worry about future pregnancies
- Post-Traumatic Stress
 - “Flashbacks, nightmares, feel distressed when reminded of the event, pain, palpitations, sweating or nausea”
 - “Difficulty sleeping, irritable, angry, anxious, easily startled, difficulty concentrating”
 - Avoiding people or places that remind them of the event
 - Feeling “self-blame, anger, sadness, guilt or shame”
- Anxiety
- Depression

Nursing Actions/Responsibilities

- Assess vital signs
- Check for vaginal bleeding
- Start large bore IV to start fluids
- Notify provider immediately 
- Assess for abdominal masses or adnexal tenderness
- Prepare patient for abdominal ultrasound

If ruptured, rapid surgical treatment:

- Explain procedures and sign consents – give pre- and post-op instructions
- Type and crossmatch 2 units PRBCs
- Observe for shock
- Rho (D) immune globulin if patient is Rh negative



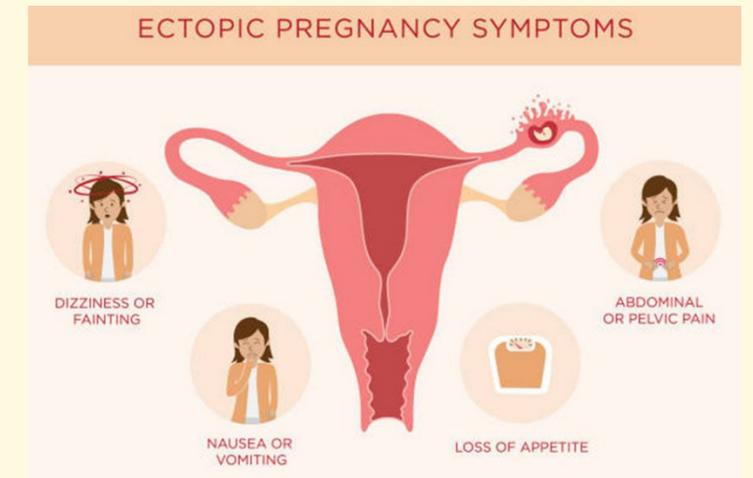
Patient Education

- **Risk:**

- Woman of child bearing age
- Previous STI infection
- Surgery on: abdomen, c-section, removal of appendix
- Pelvic Inflammatory disease

- **Signs & Symptoms:**

- Vaginal Bleeding
- Adnexal Pain
- Amenorrhea
- Shoulder Tip Pain



- **Management:**

- Methotrexate– blocks the enzymes in the body that maintain pregnancy
- Aromatase Inhibitors (Letrozole)– Deprive the placenta of estrogen
- Gefitinib– mimics methotrexate in which it regresses pregnancy like tissues
- Surgery: Laparotomy

- **Complications:**

- Hemorrhage

Community Resources

- **Mommies Enduring Neonatal Death (M.E.N.D)-**

- Non-profit organization based in the Dallas area that provide services for grieving mothers. They have online zoom meetings, magazines to read about coping and its provided on a monthly bases, and they also hold monthly events to do crafts and talk about their losses. Their phone # to reach out to them is 972-506-9000
 - <https://www.mend.org/local>

- **Services in Texas that support grieving mothers-**

- A list with numbers and websites that help moms with their loss in Texas
 - <https://www.texaschildrens.org/sites/default/files/uploads/documents/deathofachild/grief%20support%20resources.pdf>

- **The Ectopic Pregnancy Trust-**

Although this site is not based in the United States it has great information regarding ectopic pregnancy, and support groups specifically for ectopic pregnancy. It is based in the UK but has virtual ways of communicating the moms feelings like through: discussion forums, virtual zoom meetings, and phone calls. Also it is free of charge. <https://ectopic.org.uk/how-we-can-help>

References

Gennaro, D. D., Damiani, G. R., Muzzupapa, G., Stomati, M., Cicinelli, R., Gaetani, M., Schonauer, L. M., Naro, E. D., Trojano, G., & Cicinelli, E.

(2022). Ectopic pregnancy: An overview. *Clinical and Experimental Obstetrics & Gynecology*, 49(12), 262.

<https://doi.org/10.31083/j.ceog4912262>

Mayo Clinic. (2022, March 12). *Ectopic pregnancy*.

<https://www.mayoclinic.org/diseases-conditions/ectopic-pregnancy/symptoms-causes/syc-20372088>

M. E. N. D. (n.d.). *Our beginning*. <https://www.mend.org/beginning>

Mullany, K., Minneci, M., Monjzeb, R., & Coiado, O. C. (2023). Overview of ectopic pregnancy diagnosis, management, and innovation.

Women's Health, 19. <https://doi.org/10.1177/17455057231160349>

Neel, D. (2024, January 29). Pregnancy at risk [PowerPoint slides].

References

Texas Children's. (2019). *Grief support resources*.

<https://www.texaschildrens.org/sites/default/files/uploads/documents/deathofachild/grief%20support%20resources.pdf>

The American College of Obstetricians and Gynecologists. (2018, February). *Ectopic pregnancy FAQ*.

<https://www.acog.org/womens-health/faqs/ectopic-pregnancy#:~:text=Almost%20all%20ectopic%20pregnancies%E2%80%94more,emergency%20that%20needs%20immediate%20surgery>

The Ectopic Pregnancy Trust. (2021, January 6). *Mental health*. <https://ectopic.org.uk/emotional-recovery/mental-health>

The Ectopic Pregnancy Trust. (2024). *How we can help*. <https://ectopic.org.uk/how-we-can-help>