

Teaching : Premonitory signs of labor are the symptoms that labor is coming. It is different than the probable/presumable/positive signs of labor. These signs and symptoms happen at the “finish line” of pregnancy. These signs are important to know to educate moms so they are not scared and know what they need to do. There are only 2 premonitory signs that are indicative of TRUE labor. Not having these signs does not mean they won’t have the baby soon, it just means the labor has not *officially* begun.

(Go over all the premonitory signs with emphasis on the signs that mean TRUE labor)

Activity: Pass out post-it notes that say various signs/symptoms regarding pregnancy to everyone. There is a T-Chart labeled “ Premonitory vs Not ” . The class will place their sticky notes where they believe the sign goes. Once they are done we will go over the chart, correcting any mistakes. We will ask them what are the 2 signs that are the only confirmation of TRUE labor.

Questions:

1. A client at 39 weeks reports having irregular contractions that do not increase in intensity and are relieved when she walks. Which statement best explains what the client is experiencing?
 - A. True labor
 - B. False labor (correct)
 - C. Premature rupture of membranes
 - D. Lightening
2. A nurse is assessing a term pregnant woman who reports a sudden increase in energy and cleaning her house all night. The nurse recognizes this as which premonitory sign of true labor?
 - A. Lightening
 - B. Nesting instinct (correct)
 - C. Bloody sho
 - D. Braxton Hicks contractions
3. A nurse is teaching a primigravida client about differences between true and false labor. Which finding indicated true labor?
 - A. Contractions are irregular and short in duration
 - B. Walking decreases contraction intensity
 - C. Contractions radiate from the back to the abdomen (correct)
 - D. The cervix remains unchanged during contractions.

Premonitory signs	false signs
<ul style="list-style-type: none"> • consistent, frequent contractions • back ache • cervical ripening • lightening • bloody show • weight loss • energy spurt • Braxton Hicks 	<ul style="list-style-type: none"> • severe HA • quickening • abdominal pain • N / V • melasma • stretch marks • goodell's sign • hot flashes • 4cm/20%. no progression

TRUE LABOR

- 3cm/40%. turns into 5cm/60%.