

Question #	Student Name: <i>Kaitlyn Dicy</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>Structural</i>	
<input checked="" type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> • Structural and ventilatory adaptations occur during pregnancy to provide for maternal and fetal needs. • Maternal oxygen consumption increases during pregnancy by 20% to 40% above nonpregnant levels. • As pregnancy progresses, the enlarging uterus places upward pressure on the diaphragm causing the level of the diaphragm to rise by as much as 4 cm. • Ligaments of the rib cage relax due to the effects of progesterone, permitting increased chest expansion. • The transverse diameter of the thoracic cage increases by about 2 cm and the circumference by 5 to 7 cm. 	

Question #	
Based on the "Topic" and "Subtopic," I missed a question about: <i>Respiratory System</i>	
<input checked="" type="checkbox"/>	I have reviewed each of the excerpts/activities listed under the Packet > Remediation Content
List five or more bullet points with your "take-aways" from this packet. (What is most important for you to remember as you prepare for the NCLEX and future patient care?)	
<ul style="list-style-type: none"> • The expanding uterus exerts upward pressure on her diaphragm, causing it to rise about 4 cm (1.6 inch). • To compensate, her rib cage flares, increasing the circumference of the chest about 16 cm (2.4 inches) • Dyspnea may occur until the fetus descends into the pelvis (lightening), relieving upward pressure on the diaphragm. • Increased estrogen levels during pregnancy cause edema or swelling of the mucous of the nose, pharynx, mouth, and trachea. • The woman may have nasal stuffiness, epistaxis (nosebleeds), and changes in her voice. A similar process occurs in the ears, causing a sense of fullness or earaches. 	