

Question # _____ Student Name: *Via Warren*

Based on the "Topic" and "Subtopic," I missed a question about:

Maternity / Antepartum

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?)

- Discuss increased incidences of Preterm labor and explain signs related to smoking alcohol and drugs
- Alcohol is contraindicated throughout pregnancy
- Alcohol can cause birth defects, impaired cognitive and psychomotor development and emotional and behavior problems.
- FAS can result from maternal alcohol consumption this disorder involves growth restriction CNS abnormalities and facial dysmorphism
- Any alcohol consumption should be stopped immediately

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- The diets of teenagers before and during pregnancy are often low in vitamins A, B and C, folic acid, calcium, zinc, iron and magnesium
- Adolescents are often concerned about their body image.
- If weight is a major focus for a teen she may restrict her diet to prevent weight gain during pregnancy
- The fetus requires a steady supply of nutrients and the expectant mother's stores may be used if intake is not sufficient
- Teenagers tend to skip meals especially breakfast

Question #	Student Name: <i>Kia Warren</i>
Based on the "Topic" and "Subtopic," I missed a question about: <i>Maternity / Antepartum</i>	
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<ul style="list-style-type: none"> • a diet rich in Vitamin C and have iron will increase absorption of iron supplements • Bran, tea, coffee, milk oxalates and egg yolk decrease iron absorption • Constipation is common with iron supplementation, A diet high in fiber with adequate fluid intake will help avoid constipation • A variety of dietary factors can affect the completeness of absorption of iron supplements and some women experience discomfort while taking iron supplements • Iron may be taken at bedtime if abdominal discomfort occurs when taken between meals 	

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<ul style="list-style-type: none"> • An abnormally small head may indicate poor brain growth and microcephaly • The chest is measured at nipple line and is usually 2-3 cm smaller than the head • The measurement may be affected by molding during the birth process • if molding is present at birth then the measurement may be equal • If a large amount of molding occurred, the head is remeasured after regaining its normal shape 	

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- In preparation for latch during early feedings the mother should manually express a few drops of colostrum and spread it over the nipple
- To facilitate latch the mother supports her breast in one hand with the thumb on top and four fingers underneath at the back of areola
- When the infant is latched on and sucking correctly breastfeeding is not painful
- Remove infant from breast by inserting a finger to break suction
- The nurse should observe at least one feeding each shift to ensure proper form

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