

N432 Focus Sheet 1- Summer 2022

Ricci, Kyle & Carman Ch (3) 4,5, 10, 11, & 12

ATI Ch 1-6 & 8 (Infections)

R,K, & C Ch 3—While this Chapter is technically not on the Exam, you must know these topics as the basis for other processes about which you will learn.

1. BE able to identify these areas of the external female reproductive organs
 - a. Mons pubis
 - b. Labia majora
 - c. Labia minora
 - d. Clitoris
 - e. Perineum
2. Provide a brief description of the internal reproductive organs. Note their location
 - a. Ovary
 - b. Fallopian tube
 - c. Uterus
 - d. Fundus of uterus
 - e. Cervix
 - f. Vagina

R,K & C Ch 4; ATI Ch 1,2

1. Define infertility. How can you as the nurse educate a couple on infertility causes and treatments?
2. What is IVF?
3. Birth Control options

Type	action	Side effect	Pro/con	Contraindications	Important Patient Teaching
Coitus interruptus					
Lactational amenorrhea method					
Condom					
Diaphragm					
Oral contraceptives (combination & progestin only)					
Natural Family Planning (Fertility Awareness-based)					

methods)					
Interuterine devices					
Methoxyprogesterone					
Subdermal implant					

4. What does PAINS stand for? What does ACHES stand for?
5. Name the three forms of sterilization and provide a description for each.

Infections

RKC Ch 5 & Ch 20 pp 760 -771 ; ATI Ch 8

1. What is the treatment for Chlamydia?
2. What is the treatment for Gonorrhea?
3. Which pregnant women should be screened for Syphilis? When should they be screened? What are the names of the tests used for screening?
4. Why are pregnant women at higher risk for Candidiasis infection?
5. If a pregnant woman is diagnosed with an HIV infection, what treatment would you anticipate for the mother and the infant?
6. Why are genital herpes a problem for a pregnant woman? What is the treatment?

R,K,& C Ch 10

1. List 5 functions of the placenta. See RKC Chapter 10 pp342-3

R,K,& C Ch 11; ATI Ch 3, 4, 5

1. Define:
 - a. Braxton hicks contractions-
 - b. Hegars sign-
 - c. Goodells sign-
 - d. Chadwicks sign-
 - e. Ballottement-
2. What is hCG? Why is it so important to watch during pregnancy?
3. What cause supine hypotensive syndrome in a pregnant woman? How can we educate her to prevent this?
4. In your own words, **BRIEFLY** summarize the expected changes a woman will see in each of the following:
 - a. Uterus-
 - b. Cervix-
 - c. Vagina-
 - d. Ovaries-
 - e. Breasts-
 - f. Gastrointestinal system-
 - g. Cardiovascular system-
 - h. Respiratory system
 - i. Renal/urinary system-\musculoskeletal system

- j. Integumentary system-
- k. Vascular related changes-
- l. Endocrine system-
 - i. Thyroid
 - ii. Pituitary
 - iii. Pancreas
 - iv. Adrenal glands-
 - v. Prostaglandin secretion-
 - vi. Placental secretion-
 - vii. Immune system-
- 5. Why are pregnant women often diagnosed with anemia?
- 6. What important roles do each of the following placental hormones play in pregnancy?
 - a. hCG-
 - b. hPL-
 - c. Relaxin-
 - d. Progesterone-
 - e. Estrogen-
- 7. Why are folic acid, iron and prenatal vitamins important for pregnant women?
- 8. What are some good sources for folic acid and iron that you can educate pregnant women to consume?
- 9. What would you tell a pregnant woman who asks you what she should avoid eating during her pregnancy?
What if she asks how much weight she should gain?
- 10. Why is pica? What often precedes the identification of pica?
- 11. In your own words explain what each of the following mean in reference to a pregnant woman.
 - a. Ambivalence
 - b. Introversion
 - c. Acceptance
 - d. Mood swings
- 12. How can pregnancy change the mother's image of herself? Her sexuality? Her relationship with her partner?

R, K, & C CH 12; ATI Ch 4,5, & 6

- 1. Why is preconception care important?
- 2. What types of information should be obtained at the first prenatal appointment?
- 3. What are the thresholds for diagnosis of overt diabetes during pregnancy?
- 4. Calculate the following estimated due dates using Nagele's Rule:
 - a. Last menstrual period (LMP) 7/9/19
 - b. Last menstrual period (LMP) 12/24/16
- 5. State what words GTPAL stand for and what each mean.
- 6. So what is meant by the term para?
- 7. What is linea nigra?
- 8. How does fundal height correlate with gestation?

9. Fill in the following table:

Test	When are these done in the pregnancy?	Evaluation/meaning of results
CBC		
Blood typing & Rh		
Rubella titer		
Hepatitis B		
HIV		
STI screening		
Cervical smears-G/C		
Cervical smears- group B strep		
Blood Glucose Tolerance test		
MSAFP-Maternal Serum Alpha Feto-protein		

- How often are follow up visits and what things are assessed?
- What danger signs are associated with the first trimester? Second? Third?
- How is fetal well being assessed?
- Discuss the following and their implications to the fetus.
 - Lecithin to sphingomyelin ratio (L/S ration)
 - Alpha-fetoprotein
 - Nuchal translucency
- Describe the procedure and expected results for a non stress test.
- Describe the procedure and expected results for a biophysical profile (BPP).
- What are the common discomforts experienced in the third trimester? How can you as the nurse educate women to successfully handle these discomforts?
- Should pregnant women receive vaccines, if so, which ones & why?
- Briefly explain in your own words the value of prenatal/childbirth education classes.