

## iron-deficiency anemia

**Causes:** Inadequate iron stores and/or insufficient consumption of iron-rich foods.

**Signs & Symptoms:** Fatigue, pallor, SOB, low Hb/H (HGB <11 mg/dL, HCT <33%), pica (Consume food cravings).

**Medic:** Ferrous sulfate - take on empty stomach.

**Vitamin C increases absorption.** Increase fluid and fiber intake to prevent constipation.

**Nursing Care:**

**Encourage**

increased intake of iron-rich foods (meat, green leafy vegetables, fruit, beans).

Ge

Underlying iron deficiency can become problematic

2022

Score: PROBABLY MODERATE >3+, 1 MODERATE, 100% EVIDENCE GRADE I

ADVERSE: AS 3-4 METABOLISM, 100% EVIDENCE

## Spontaneous Abortion

Termination of pregnancy before 20 weeks gestation.

**Types:**

**Threatened:** Spotting, no tissue passed, closed cervix.

**Inevitable:** Mild to severe bleeding, no tissue passed, dilated cervix with tissue bulging.

**Incomplete:** Severe bleeding, partial fetal tissue passed, dilated cervix.

**Complete:** Minimal bleeding, complete uterine contents passed, closed cervix.

**Procedure:**

Mifepristone (RU-486) or misoprostol (a prostaglandin) and aspirin for inevitable or incomplete abortion (to completely remove uterine contents).



## GESTATIONAL DIABETES

IMPAIRED GLUCOSE TOLERANCE DURING PREGNANCY. NORMAL GLUCOSE LEVEL - 90-100 mg/dL.

**Risks:** Preeclampsia, infection, pre-term rupture of membranes, pre-term labor, hypotension, macrosomia, fetal distress, hypoglycemia, hyperglycemia, increased risk of developing diabetes following pregnancy.

**Signs & Symptoms:** Frequent urination, excessive thirst, fatigue, blurred vision, slow wound healing.

**What is it?** Glucose intolerance during pregnancy, usually develops between 24-28 weeks gestation.

**Signs & Symptoms:** Increased thirst, frequent urination, fatigue, blurred vision, slow wound healing.

**Risk factors:** Obesity, maternal diabetes, hypertension, smoking, tubular adenoma, diabetes, hypertension, placenta previa, premature rupture of membranes.

**Signs:** Test vaginal secretions for presence of ketones.

## Preterm Labor

**What is it?** Glucose intolerance during pregnancy, usually develops between 24-28 weeks gestation.

**Signs & Symptoms:** Increased thirst, frequent urination, fatigue, blurred vision, slow wound healing.

**Risk factors:** Obesity, maternal diabetes, hypertension, smoking, tubular adenoma, diabetes, hypertension, placenta previa, premature rupture of membranes.

**Signs:** Test vaginal secretions for presence of ketones.

## ECTOPIC PREGNANCY

is an implantation of the fertilized ovum in the fallopian tube (vs. uterus). Patients at risk for tubal rupture and fatal hemorrhaging.

**Signs:**

vaginal spotting/bleeding, or irritation of peritoneum to diarrhea



**Signs & Symptoms:**

Unilateral stabbing pain in LLQ or RLQ of abdomen, vaginal spotting/bleeding, referred shoulder pain with tubal rupture, signs of shock or hemorrhage (hypotension, tachycardia, pallor).

**Signs & Symptoms:** Dark brown bleeding that resembles prune juice, nausea/vomiting, abnormally high hCG levels.

**Diagnosis:** Ultrasound

**Treatment:** Evacuation of tube (via salpingectomy), chemotherapy for choriocarcinoma.

**Diagnosis:**

1 hour glucose tolerance test: 1 sensation, no fasting required, 1 corrected, 3 hour test.

3 hour test: over 100 mg/dL, 12 hours prior to test, fasting 9 hours, 12 hours prior to test, 1, 2, 3 hours glucose.

**TREATMENT:** Insulin is usually used, medications are costly.

## Maternal Newborn

ANTEPARTUM CARE

INP

AMT

OB G

MAGNESIUM SULFATE

uterine output <30 cc/hr, respiratory depression.

up appropriately.



What is it?

3 types

Signs & Symptoms

Diagnosis

## GTPAL

G = Gravida (total # of times pregnant)

T = Term births (at least 37 weeks or more)

P = Preterm births (at least 34 weeks)

A = # of Abortions/miscarriages

L = # of Living children

Gravida refers to the total number of pregnancies (even if they are miscarriages or abortions). It's a count of pregnancies, not of fetuses. A woman can have multiple pregnancies at once (twins, triplets, etc.).

## DECREased PHYSIOLOGICAL CHANGES during pregnancy

**Cardiovascular changes:** Increased blood volume, increased heart rate, increased stroke volume, increased cardiac output.

**Respiratory changes:** Increased tidal volume, increased minute volume, increased oxygen consumption.

**Renal changes:** Increased glomerular filtration rate, increased renal plasma flow, increased renal clearance.

**Endocrine changes:** Increased progesterone, increased estrogen, increased prolactin, increased growth hormone.



Lower Placenta

## Placenta Previa

What is it? Placenta implants near (or over) the cervical os - can bleed during the third trimester of preg.



Incomplete

2 types

not

2x 2x

## NURSING CARE:

- Do not perform vaginal exam (or digital exam)
- Avoidance of sexual intercourse
- Monitor for signs of hemorrhage
- Monitor for signs of shock
- Monitor for signs of infection

## Signs of Pregnancy

**Signs:**

missed menses, breast tenderness, fatigue, nausea, vomiting, increased urination.

**Probable signs:**

breast tenderness, uterine enlargement, positive pregnancy test, increased urination, fatigue, nausea, vomiting, increased urination.

**Positive signs:**

hearing fetal heart, seeing fetal movement, ultrasound of fetus or ultrasound.

## Calculating due date

add 280 days (40 weeks) to last menstrual period

## Fundal Height

It shows the growth of the fetus in the uterus.

28-32 weeks gestation, 10-12 cm - gestational age.



# Obgyn Study Guide

**Larry D. Platt, Christina S. Han**



## **Obgyn Study Guide:**

*Study Guide* BookCaps Study Guides Staff,2012-08-06 The perfect companion to Barbara Kingsolver s *The Bean Trees* this study guide contains a chapter by chapter analysis of the book a summary of the plot and a guide to major characters and themes BookCap Study Guides do not contain text from the actual book and are not meant to be purchased as alternatives to reading the book We all need refreshers every now and then Whether you are a student trying to cram for that big final or someone just trying to understand a book more BookCaps can help We are a small but growing company and are adding titles every month CEN® Exam Prep Study Guide Springer Publishing Company,2023-03-16 CEN Exam Prep Study Guide gets right to the point with a targeted content based on the latest BCEN exam blueprint This easy to follow guide includes all the tools you need to prepare practice and pass the exam and nothing you don t PREPARE Concise coverage of the content you ll be tested on Quick reference features with complications alerts and nursing pearls Need to know information to prepare you for exam day PRACTICE Two full length practice tests one in book and one online to assess your readiness and simulate the test taking experience Detailed rationales for correct and incorrect answers Pop quizzes that highlight key information you don t want to miss PASS The first time with Springer Publishing Exam Prep s 100% Pass Guarantee With confidence knowing you re well prepared with all the skills and knowledge you need on exam day and in practice With pride in your commitment to patient health and safety CEN is a registered trademark of Board of Certification for Emergency Nursing BCEN BCEN does not sponsor or endorse this resource nor does it have a proprietary relationship with Springer Publishing **Specialty Certified Medical Assistant-OBGYN** Certitrek Publishing,2015-08-01 This study guide and practice exam will provide an overview of the clinical and practical areas which will be covered in the Specialty Certified Medical Assistant OBGYN certification exam The study guide will include a review of 1 Medical terminology abbreviations Practice exam 75 questions and answer key Neonatal Intensive Care Nursing Exam Prep Study Guide Springer Publishing Company,2023-04-24 Neonatal Intensive Care Nursing Exam Prep Study Guide gets right to the point with a targeted content based on the latest NCC exam blueprint This easy to follow guide includes all the tools you need to prepare practice and pass the exam and nothing you don t PREPARE Concise coverage of the content you ll be tested on Quick reference features with complications alerts and nursing pearls Need to know information to prepare you for exam day PRACTICE Two full length practice tests one in book and one online to assess your readiness and simulate the test taking experience Detailed rationales for correct and incorrect answers Pop quizzes that highlight key information you don t want to miss PASS The first time with Springer Publishing Exam Prep s 100% Pass Guarantee With confidence knowing you re well prepared with all the skills and knowledge you need on exam day and in practice With pride in your commitment to patient health and safety RNC NIC is a registered trademark of National Certification Corporation NCC NCC does not endorse this exam preparation resource nor do they have a proprietary relationship with Springer Publishing Company PCCN® Exam

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Stewart,2022-06-07 A preparation guide to the 2023 PSAT NMSQT that covers relevant topics with a diagnostic test and four full length practice tests Pocket Guide for Obstetrics and Gynecology Frank W. Ling,Patrick Duff,2002 A pocket sized

quick reference to the protocols clinical pearls and pitfalls to avoid from the major new text Obstetrics and Gynecology Principles for Practice It features essential and practical guidelines focusing on what house officers clinicians and third and fourth year medical students need most **All-in-one CCIE Lab Study Guide** Stephen Hutnik,Michael Satterlee,1999

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Tintinalli's Emergency Medicine: A Comprehensive Study Guide, Seventh Edition Judith Tintinalli,J. Stapczynski,O. John Ma,David Cline,Rita Cydulka,Garth Meckler,2010-11-12 The landmark emergency medicine text is now in full color 17 additional chapters available for download With 418 contributors representing over 120 medical centers around the world Tintinalli's Emergency Medicine is the most practical and clinically rigorous reference of its kind It covers everything from prehospital care disaster preparedness and basic resuscitative techniques to all the major diseases requiring emergency treatment such as pulmonary emergencies renal and GU disorders and hemophilia This authoritative in depth coverage makes this classic text indispensable not only in emergency departments but also for residents and practitioners when studying or preparing for any exam they may face While continuing to provide the most current information for acute conditions the seventh edition of Tintinalli's Emergency Medicine has been substantially revised and updated to cover all of the conditions for which patients seek emergency department care in a concise and easy to read manner NEW Features Full

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instrumentation information and photos introduce the equipment you will be using during training and in clinical practice End of chapter critical thinking questions help in applying chapter content to reality based scenarios Professional Organizations and Agencies appendix furthers your career with a listing of influential organizations and agencies *Your Over-35 Week-by-Week Pregnancy Guide* Kelly M. Shanahan, M.D.,2011-03-30 Know What to Expect Week by Week Preparing for the arrival of a new baby is both a joy and a challenge This is true at any age but as an expectant mother over the age of 35 you want real answers for your unique needs and concerns With wisdom and compassion Dr Kelly Shanahan shares her own experiences as an obstetrician and over 35 mom Her detailed and reassuring approach will help you understand the significant changes in your body and life as well as your baby s development Inside you will find Explanations and answers for your special health concerns Advice about making career relationship and lifestyle adjustments Practical tips for safe weight gain exercise and travel Excerpts from Dr Shanahan s journal of her over 35 pregnancy From pregnancy planning and proper nutrition to labor and delivery this informative book will fully prepare you for the birth of your healthy happy baby A must read for expectant couples over the age of 35 and a valuable reference for pregnancy at any age Lynn D Montgomery M D director Maternal Fetal Medicine Rocky Mountain Perinatal Center Missoula Montana This book addresses virtually all of the questions commonly asked by expectant couples Great job E Albert Reexed M D professor and chairman Department of Obstetrics and Gynecology Temple University A work of art and a work of love with a lot of good science thrown in along the way R Daniel Braun M D FACOG clinical professor Department of Obstetrics and Gynecology Indiana University School of Medicine What a great week by week commonsense journey through pregnancy William F von Almen II M D FACOG editorial adviser obgyn net [The Ultimate Medical School Rotation Guide](#) Stewart H. Lecker,Bliss J. Chang,2021-06-14 Written by the top medical student rotators this book provides medical students with the often elusive information and skills required to ace their clinical rotations Chapters cover all major medical sub specialties such as internal medicine general surgery cardiology dermatology orthopedics neurosurgery and ophthalmology Additionally the book offers many novel features including a review of core rotation skills for oral presentations and a walk through of a day in the life of the medical student on a particular rotation It focuses on the common cases that students actually encounter in the hospital This format thereby administers a complete concise overview of what is needed for each rotation A unique resource The Ultimate Medical School Rotation Guide is not only instructional and comprehensive but also assuring and supportive as it encourages students to appreciate this rewarding time in their medical careers [A Comprehensive Guide to Hidradenitis Suppurativa - EBook](#) Vivian Y. Shi,Jennifer L. Hsiao,Michelle A. Lowes,Iltefat H. Hamzavi,2021-10-20 Despite being a relatively straightforward clinical diagnosis recognition of hidradenitis suppurativa HS is highly variable and clinical management is challenging and complex Written by the world s leading experts in HS A Comprehensive Guide to Hidradenitis Suppurativa brings together up to date scientific evidence on the diagnosis patho mechanisms comorbidities

and multi faceted medical and surgical interventions for this debilitating condition in one convenient reference Covers every aspect of this complex skin disorder etiology pathophysiology epidemiology medical alternative therapies a range of surgical options laser treatments and comorbidities Discusses specific patient populations such as children women of childbearing potential and pregnant and breastfeeding women Because HS has higher prevalence in people of skin of color this patient population is well documented in the text Offers insights into multi disciplinary care patient support and education patients at risk for rapid disease progression and clinical and translational research Features procedural videos covering laser therapies de roofing procedures excisions and closure techniques cryoinsufflation techniques and special wound care material selection and techniques Includes recent FDA approved drugs as well as those drugs and therapies that show future promise Identifies evidence gaps that provide a springboard to the future innovations in HS care to come Edited and authored by global experts who have co authored 2019 U S and Canadian guidelines on hidradenitis suppurativa

**Emergency Nurse Practitioner Core Curriculum** Reneé Holleran,Theresa M. Campo,2021-08-27 The only book to deliver essential knowledge specific to the needs of ENPs Edited by the American Academy of Emergency Nurse Practitioners this authoritative resource encompasses the full scope of holistic evidence based practice across the lifespan and serves as a comprehensive certification review for emergency nurse practitioners ENPs The only book written specifically for this specialty practice it delivers essential core knowledge for ENPs in all relevant programs and practice arenas The book s four editors 57 authors and 15 reviewers all recognized leaders in the field present the most current knowledge available in a clear and succinct format Incorporating diversity and inclusion throughout this resource contains all essential information needed for the provision of skilled care including the history and development of ENP fundamental clinical skills management of medical emergencies shock and trauma and environmental emergencies toxicology emergency medical services and disaster preparedness and the needs of special patient populations all according to the most current evidence based research and guidelines Key Features Edited and authored by the American Association of Emergency Nurse Practitioners Provides succinct and pertinent details regarding patient management and care Addresses complexity and the need for acuity in the ENP setting Mirrors the AAENP Certification blueprint for use as a certification review guide Each chapter consistently written to include learning objectives medical screening physical examination diagnostic testing medical decision making and differential diagnosis management and patient disposition

**Evaluation and Management of Vulvar Disease, An Issue of Obstetrics and Gynecology Clinics** Aruna Venkatesan,2017-08-17 Vulvar disorders are prevalent but often overlooked conditions in the curricula of obstetrics and gynecology dermatology and primary care residency training programs This has led many outpatient clinicians to feel unprepared to evaluate the patient with a vulvar complaint Often patients with complex chronic vulvar disorders have seen multiple providers in consultation before they are appropriately diagnosed and treated leading to frustration amongst patients and providers alike as well as excessive health



care costs The goal of this issue is to present a practical review on vulvar disease for outpatient clinicians to improve patient care The topics highlighted in this issue represent gaps in knowledge among residents fellows providers and course and conference attendees The issue begins with a general approach to the evaluation and management of vulvar disorders and then moves on to an article on vulvar pathology that will help clinicians obtain the most useful pathology reads from their biopsies Also addressed are specific vulvar disorders or presenting findings that are common or challenging A pelvic floor physical therapy colleague provides information on how this modality can help manage vulvar pain The issue concludes with an article on hot topics in vulvar disease In the last several years there has been a growing number of newly trained physicians committed to advancing patient care in the area of vulvar disease and many of this issue s authors are part of this group This issue should serve as a useful resource in the office of any provider who evaluates patients with vulvar complaints

*Ultrasonography in Gynecology and Early Pregnancy, An Issue of Obstetrics and Gynecology Clinics* Larry D.

Platt,Christina S. Han,2019-11-12 In consultation with Dr William Rayburn Consulting Editor Drs Larry Platt and Christina Han have put together expert authors to provide a current update on ultrasound in gynecology and pregnancy The clinical review articles have high utility and include the following topics Normal pelvic anatomy Ultrasound in evaluation of pelvic pain Abnormal uterus and uterine bleeding Abnormal ovaries and tubes Methods of assessing ovarian masses IOTA approach Imaging in endometriosis Assessment of IUD Ultrasound evaluation in infertility Ultrasound in pelvic floor dysfunction Non gynecologic findings in the pelvis Three D imaging in gynecology Pregnancy of unknown location Cesarean scar ectopic Early pregnancy evaluation of anomalies and Coding and legal issues in gynecologic ultrasound Readers will come away with the information they need to provide current authoritative care to their patients and to improve outcomes Gynecology Adam Ostrzenski,2002 This first of its kind book describes the roles of conventional medicine complementary therapies and natural alternative therapies in the treatment of gynecological disorders The book gives practitioners much needed information on how complementary and alternative therapies work and how they interact with conventional medicines The chapters are organized by disease and each includes information on etiology diagnosis differential diagnosis the conventional therapy drug procedure etc complementary therapy acupuncture chiropractic and manipulative therapy biofeedback etc and alternative therapy nutrition herbal homeopathy The sections on complementary and alternative therapies explain what the therapies are and describe the postulated mechanisms of action

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