

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 DECREASE

ADVERSE: ASH+ METABOLISM, NEED VITAMIN C

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:

Dilation & curettage (D&C) or administration of prostaglandins 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, infections, pre-term rupture of membranes, pre-term labor, hypotension, macrosomia, fetal macrosomia, hypoglycemia, hyperglycemia, increased risk of developing diabetes following pregnancy.

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

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

Signs & Symptoms: Rapid weight gain, increased thirst, frequent urination, fatigue, blurred vision, slow wound healing, recurrent infections.

Risk factors: Obesity, maternal age, hypertension, gestational diabetes, previous history of diabetes, previous history of macrosomia.

Signs: Test vaginal secretions for presence of glucose.

Preterm Labor

What is it? Labor before 37 weeks gestation.

Signs & Symptoms: Rapid weight gain, increased thirst, frequent urination, fatigue, blurred vision, slow wound healing, recurrent infections.

Risk factors: Obesity, maternal age, hypertension, gestational diabetes, previous history of diabetes, previous history of macrosomia.

Signs: Test vaginal secretions for presence of glucose.

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 bleeding, or rupture of fallopian tube to cause



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: Excision of tube (via salpingectomy), chemotherapy for choriocarcinoma.

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

Treatment: Insulin is usually used, medications are costly.

Maternal Newborn

ANTEPARTUM CARE

INP

AMT

OB G

MAGNESIUM SULFATE

GTPAL

G = Gravida (total # of times pregnant)
T = Term births (at least 37 weeks or more)
A = Aborted (miscarriage or <37 weeks)
L = # of liveborn/previous pregnancies
P = # of living children

Gravida refers to the total number of pregnancies (even if aborted). If a woman is pregnant with twins it will count as one pregnancy.

not appropriate



What is it?

3 types

Signs & Symptoms

Diagnosis

Placenta Previa

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



Incomplete

2 types

not

2x 2x

IL

NURSING CARE:

Do not perform vaginal exam (or digital exam)
Administer 20 mg of morphine IV
Elevate patient on left side for blood flow
Administer corticosteroids to promote fetal

Signs of Pregnancy

Signs:

missed menses - may imply, but may not

Probable signs:

breast tenderness, darkening of areola, nausea, vomiting, fatigue, weight gain, increased urination, frequent urination, constipation, bloating, dizziness, headache, back pain, leg cramps, swollen feet, increased appetite, increased energy, increased sensitivity to smell, increased sensitivity to taste, increased sensitivity to touch, increased sensitivity to sound, increased sensitivity to light, increased sensitivity to heat, increased sensitivity to cold, increased sensitivity to pain, increased sensitivity to pressure, increased sensitivity to vibration, increased sensitivity to movement, increased sensitivity to sound, increased sensitivity to light, increased sensitivity to heat, increased sensitivity to cold, increased sensitivity to pain, increased sensitivity to pressure, increased sensitivity to vibration, increased sensitivity to movement.

Positive signs:

hearing fetal heart - mid term exam, mid trimester test by provider, evidence of fetal or uterine

Calculating due date

order 1 week from last menstrual period

Fundal Height

15-20 weeks gestation, 15-20 weeks gestation, 15-20 weeks gestation

15-20 weeks gestation, 15-20 weeks gestation, 15-20 weeks gestation



which changes



Linea Nigra

Obgyn Study Guide

Xiang Xie



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

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Study Guide, 2023: Comprehensive Review with 4 Practice Tests + an Online Timed Test Option Brian W.

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 All-in-one CCIE Lab Study Guide Stephen Hutnik,Michael Satterlee,1999 Only 33% of the CCIE candidates pass the test the first time an exam consisting of a 100 question written test and a grueling two day hands on exam This guide contains all the information candidates need to pass with flying colors with detailed hands on practice labs The CD ROM includes over 100 configurations that can be easily manipulated for use along with an evaluation program

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 **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 color design with more figures and tables than ever Reader friendly chapter presentation makes

it easy to find important material Updated tables covering drugs and important clinical information Patient safety considerations and injury prevention are integrated into chapters as appropriate Total revision of the dermatology section enables diagnosis by lesion description and body area affected and provides current treatment Organ systems sections reorganized to reflect considerations for actual clinical practice New chapters New adult chapters include Natural Disasters Aneurysms of the Aorta and Major Arteries Hip and Knee Pain Aortic Dissection Acute Urinary Retention Subarachnoid Hemorrhage and Intracranial Bleeding Clotting Disorders Community acquired Pneumonia and Noninfectious Pulmonary Infiltrates Type I Diabetes Type II Diabetes Anemia Tests of Hemostasis Clotting Disorders Head Injury in Adults and Children the Transplant Patient Grief Death and Dying and Legal Issues in Emergency Medicine Twelve new pediatric chapters including The Diabetic Child Hematologic Oncologic Emergencies Ear and Mastoids Eye Problems in Infants and Children Neck Masses GI Bleeding Nose and Sinuses Urologic and Gynecologic Procedures in children Renal emergencies in children Behavioral and Psychiatric Disorders in children Pediatric Procedures Pediatric ECG Interpretation Greater coverage of procedures throughout for the most common conditions seen in the emergency department Available content for download includes an additional 17 chapters such as Hyperbaric Oxygen Therapy Principles of Imaging Prison Medicine Military Medicine The Violent Patient Forensics Wound Ballistics and Drug Interactions Free downloads also feature videos and animations for teaching and learning performance of important procedures especially Ultrasound Guided Procedures

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Improving Family Planning Services for Teenagers Urban and Rural Systems Associates,1978

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SAVE WHEN YOU BUY THE CMDT VALUE PACK AND TAP INTO THE EXPERTISE OF THE 1 ANNUAL BOOK IN INTERNAL MEDICINE This dollar saving package includes CURRENT Medical Diagnosis Treatment 2017 CMDT is the most successful annual book covering the field of internal medicine and has been acclaimed for its comprehensive coverage of current inpatient and outpatient care diagnostic tools relevant to day to day practice and full review of all primary care topics In addition to its use as a reference text CMDT is outstanding as a core clinical textbook for medical students and nurse practitioner and physician assistant students to study for a variety of exams in a variety of medical and health related markets CURRENT Medical Diagnosis Treatment Study Guide 2nd edition The study guide is organized according the Core Curriculum of the Clerkship Directors in Internal Medicine The 30 core topics include essentials conditions presentations and diseases seen by general practitioners in the inpatient and outpatient setting The Second Edition study guide has been extensively updated and covers the essential issues a third year medical student must know for the clerkship shelf exam in Internal Medicine The study guide utilizes content from CMDT Quick Answers and LANGE Pathophysiology of Disease to provide case based content that tests key concepts in clinical reasoning clinical problem solving and recognition of essential clinical facts Each topic includes Learning Objectives An expanded list of questions to evoke case analysis Detailed discussion of Signs and Symptoms Lab Findings Imaging Studies Medications Discussions of Therapeutic Procedures and Outcomes eg Follow up and Complications References for each topic

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

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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 *The Everything Health Guide to PMS* Dagmara Scalas, 2007-08-01 Do you dread the days before your period Are you curious about the latest traditional and alternative treatments that could quell your symptoms Packed with resources advice treatment information and clinical research The Everything Health Guide

to PMS helps you understand the symptoms causes risk factors and types of PMS The Everything Health Guide to PMS also gives dietary suggestions explains the difference between PMS and more serious conditions like Premenstrual Dysphoric Disorder PMDD and offers a PMDD self test as well as authoritative advice on What questions to ask your doctor Treatments such as aromatherapy acupuncture and massage Health issues stemming from PMS such as fibroids Men and PMS Perimenopause and menopause The Everything Health Guide to PMS is a useful resource to help you feel and look your best during that otherwise challenging time of the month

OB/GYN Peds Notes Brenda Walters Holloway, Cheryl Moredich, Amanda Kratovil, Taralyn McMullan, 2022-02-01 A Davis s Notes Title Perfect wherever you are in class in clinical and in any practice setting This handy guide delivers quick access to the essential clinical information you need to care for obstetric gynecological newborn and pediatric patients in any setting The 4th Edition of this popular pocket guide has been thoroughly revised and updated to reflect nursing practice today See what students and practitioners are saying online about the previous edition Worth it Very good for clinical Fits in pocket Helps me on tests A handy reference book A handy book for nurses just starting out in OBGYN I have been a nurse for a year and just started working on a labor delivery floor I needed a little refresher from nursing school This little book is handy to have if you want a quick reference book Best little study guide for OB peds This little notebook is so great Fits in my purse for on the go studying It s great because it follows my lectures in the same order I love this Highly recommend for supplemental studying

Contemporary Ob/gyn ,1987 Obstetrics and Gynecology Frank W. Ling, W. Patrick Duff, 2001-01-01 Training and clinical practice of obstetrics and gynaecology is evolving to encompass general women s health issues In fact primary care is now a required component of OB GYN residency programmes Concomitantly OB GYNs must continue to be knowledgeable and expert in the traditional aspects of their discipline such as maternal foetal medicine and general gynaecologic care This comprehensive text covers obstetrics gynaecology and women s health A supporting pocket companion and study guide will also be published The work s 68 chapters present the bread and butter of OB GYN plus the primary care that is delivered by OB GYNs The book is organized into sections on obstetrics women s health care issues management of chronic medical problems in women s health and special problems in gynaecologic oncology

The Ultimate Guide to Choosing a Medical Specialty, Fourth Edition Brian Freeman, 2018-11-26 THE BOOK ALL MEDICAL STUDENTS SHOULD READ BEFORE THEY CHOOSE A MEDICAL SPECIALTY A true must read for medical students who have not yet selected a specialty this acclaimed resource delivers a well researched insider s look into the complex issues surrounding this important decision Supported by first hand knowledge useful facts and statistics plus the author s personal experience and gut level reports from current students this unique guide provides everything necessary to compare specialties and make a confident decision The Ultimate Guide to Choosing a Medical Specialty Fourth Edition is divided into two sections Part 1 Planning Your Medical Career delves into the main issues surrounding the choice of your medical specialty These 12 chapters provide everything you need to begin making

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