

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 (unusual 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 IMPROVED, 100% IMPROVED 100%

ADVERSE, 100% IMPROVED, 100% IMPROVED

Spontaneous Abortion

Termination of pregnancy before 20 weeks gestation.

Types:

Threatened: Spotting, no tissue passed, closed cervix.
Imminent: 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, infection, pre-term rupture of membranes, pre-term labor, hypotension, macrosomia, birth asphyxia, hypoglycemia, hyperglycemia, increased risk of developing diabetes following pregnancy.

Signs & Symptoms: Polyuria, polydipsia, polyphagia, weight gain.

What is it? Glucose intolerance, blood sugar changes between 24-28 weeks gestation.

Signs & Symptoms: Rapid weight gain, increased thirst, increased urination, vaginal infection.

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

Signs: Test vaginal infection for presence of diabetes.

Preterm Labor

What is it? Glucose intolerance, blood sugar changes between 24-28 weeks gestation.

Signs & Symptoms: Rapid weight gain, increased thirst, increased urination, vaginal infection.

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

Signs: Test vaginal infection for presence of diabetes.

ECTOPIC PREGNANCY

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

Signs:

vaginal spotting/bleeding, or sensation of heaviness in pelvic area.



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 sensation, 3 hour test, 3 hour test: over 100 mg/dL, 10 hours prior to test, fasting: 90-100 mg/dL, 10 hours prior to test, fasting: 90-100 mg/dL.

TREATMENT: Insulin is usually used, medications are used.

Maternal Newborn

ANTEPARTUM CARE

INP

AMT

OB G

MAGNESIUM SULFATE

OTPAL

uterine output <30 cc/hr, respiratory depression.

no hyperreflexia.



What is it?

3 types

Signs & Symptoms

Diagnosis

DECREased PHYSIOLOGICAL CHANGES during pregnancy

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

Respiratory changes: Increased tidal volume, increased minute volume.

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

GI changes: Increased gastric acid secretion, decreased gastric motility.

Endocrine changes: Increased progesterone, increased estrogen.

Immune changes: Increased immune response.

Other changes: Increased blood pressure, increased heart rate.



Lower Placenta

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

NURSING CARE:

Do not perform vaginal exam (or digital exam), monitor for bleeding and signs of hemorrhage, ensure patient on bed rest, monitor consciousness to promote fetal.

Signs of Pregnancy

Signs:

missed menses, breast tenderness, nausea/vomiting, fatigue, weight gain.

Probable signs:

breast tenderness, uterine enlargement, positive pregnancy test, increased urination, fatigue, weight gain.

Positive signs:

hearing fetal heart, seeing fetal movement on ultrasound, feeling fetal movement.

Calculating due date

add 280 days to last menstrual period

Fundal Height

18-22 weeks gestation, 18-22 weeks gestation, 18-22 weeks gestation.

18-22 weeks gestation, 18-22 weeks gestation.



Obgyn Study Guide

Jicheng Xie



Obgyn Study Guide:

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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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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 **The Complete Guide to Fertility Awareness** Jane Knight,2016-11-03 Fertility Awareness is key to understanding sexual and reproductive health at all life stages It can be used to either plan or avoid pregnancy Fertility Awareness Methods FAMs are highly effective when motivated couples are taught by trained practitioners These methods are in demand for ecological medical cultural religious and moral reasons The ability to control fertility naturally is a lifestyle choice The Complete Guide to Fertility Awareness provides the science and methodology suitable for health professionals and a general audience It covers reproductive physiology and the fertility indicators temperature cervical secretions and cycle length calculations It explores ways to optimise conception and to manage conception delays Case studies and self assessment exercises are included throughout The book addresses the scientific credibility of new technologies including fertility apps home test kits monitors and devices The Complete Guide to Fertility Awareness offers evidence based information for general practitioners practice nurses school nurses midwives sexual health doctors and nurses a unique perspective on subfertility for gynaecologists and fertility nurses an authoritative source of reference for medical nursing and midwifery students a straightforward and practical reference for new and experienced FAM users the core text for the FertilityUK Advanced Skills Course in Fertility Awareness [Essentials of Sonography and Patient Care - E-Book](#) M. Robert deJong,2012-05-18 Providing a solid foundation in sonography Essentials of Sonography and Patient Care 3rd Edition prepares you to succeed in the classroom and in practice It describes the origins and evolution of diagnostic medical sonography and includes proven study techniques such as note taking effective listening and test taking strategies Addressing the clinical environment this book covers topics such as taking a patient s vital signs safety considerations body mechanics patient transfer infection control emergency procedures and assisting patients with special needs Career discussions include the sonographer s role in various clinical settings ethics and professionalism and job search and interview techniques Written by expert sonographer Marveen Craig Essentials of Sonography and Patient Care points you toward a sound future in sonography Scanning protocols for the four major clinical specialty exams detail what constitutes a complete sonographic examination Thorough step by step presentation of patient care in a sonography setting teaches you how to perform basic medical techniques and interact with patients Sonographer Safety Issues chapter explains how to scan with proper scanning technique and posture to avoid repetitive motion musculoskeletal injuries Note boxes add information on applying concepts to the clinical setting HIPAA information provides the knowledge you need to comply with federal law Objectives and key terms introduce each chapter s important content Chapter summaries simplify study and review by recapping the most important points Glossary of Spanish phrases covers common instructions for better communication with Spanish speaking patients Updated scanning protocols for the four major clinical specialty exams ensure that you are well prepared for clinical practice Updated

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,Iltfat 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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