

Pregnancy Overview- Maternal Nursing

<p>Cardiovascular System</p>	<ul style="list-style-type: none"> - Heart: <ul style="list-style-type: none"> ○ Mild enlargement ○ Altered heart sounds <ul style="list-style-type: none"> ▪ Systolic murmur ▪ Splitting of first and third sound ○ Increased cardiac output ○ Increased heart rate ○ Increased stroke volume ○ Decreased systemic vascular resistance ○ Supine hypotension - Blood volume: <ul style="list-style-type: none"> ○ Increased blood volume ○ Increased plasma volume ○ Physiologic anemia - Blood components <ul style="list-style-type: none"> ○ Increased leukocytes ○ Increased iron absorption and iron-binding ○ Hypercoagulable state
<p>Reproductive System</p>	<ul style="list-style-type: none"> - Uterus: <ul style="list-style-type: none"> ○ Grows up to 2.6 pounds ○ Houses the baby and placenta - Cervix: <ul style="list-style-type: none"> ○ Chadwick’s sign- bluish purple color ○ Goodell’s sign- cervical softening - Vagina & vulva: <ul style="list-style-type: none"> ○ Increased vaginal discharge ○ pH= acidic ○ Increased vascularity= increased sexual interest - Ovaries: <ul style="list-style-type: none"> ○ Ovulation stops ○ Secretes progesterone until placenta is developed - Breasts: <ul style="list-style-type: none"> ○ Increased size ○ “stretch marks” (striae gravidarum) may develop ○ Nipples and areolae become darker ○ Colostrum production begins around 12-16 weeks gestation
<p>Respiratory System</p>	<ul style="list-style-type: none"> - Increased oxygen consumption - Slight hyperventilation- deeper breaths - Congestion- nasal and sinus stuffiness

Gastrointestinal System	<ul style="list-style-type: none"> - Mouth <ul style="list-style-type: none"> o Gingivitis o Bleeding o Ptyalism- excessive salivation - Esophagus <ul style="list-style-type: none"> o Decreased lower esophageal sphincter tone o Heartburn can occur - Intestines <ul style="list-style-type: none"> o Decreased large intestine motility o Constipation o Hemorrhoids - Gallbladder <ul style="list-style-type: none"> o Increased risk of developing gallstones
Urinary System	<ul style="list-style-type: none"> - Bladder <ul style="list-style-type: none"> o Frequent urination o Stress or urge incontinence o Nocturia - Kidneys & ureters <ul style="list-style-type: none"> o Increased risk of UTIs o Glycosuria o Mild proteinuria
Integumentary System	<ul style="list-style-type: none"> - Skin <ul style="list-style-type: none"> o Increased perspiration o Hyperpigmentation <ul style="list-style-type: none"> ▪ Melasma ▪ Chloasma ▪ Mask of pregnancy ▪ Linea nigra o Palmar erythema - Connective Tissue <ul style="list-style-type: none"> o "stretch marks"- striae gravidarum - Hair <ul style="list-style-type: none"> o Increased hair growth
Musculoskeletal System	<ul style="list-style-type: none"> - Pelvic instability - Lordosis - Backache - Diastasis Recti
Endocrine System	<ul style="list-style-type: none"> - Pituitary <ul style="list-style-type: none"> o Oxytocin produced to stimulate milk-ejection reflex - Thyroid <ul style="list-style-type: none"> o Increased T4 in early pregnancy (important for fetal brain development) - Pancreas

	<ul style="list-style-type: none">○ Glucose and insulin fluctuations occur○ Decreased glucose- hypoglycemia may develop○ Decreased insulin sensitivity○ Gestational diabetes could occur- Adrenal glands<ul style="list-style-type: none">○ Increased cortisol levels○ Increased aldosterone- Changes in metabolism<ul style="list-style-type: none">○ Normal pregnancy weight gain is 25-35 pounds
Immune System	<ul style="list-style-type: none">- Decreased resistance against some infections