

Outline

“02.01 Gestation”

Overview

1. Gestation refers to the time period of carrying the pregnancy
2. Nägele’s Rule is used to estimate date of delivery
3. It is also estimated by ultrasound measurement

Nursing Points

General

1. Gestation is around 40 weeks long
2. Estimation of due date is most accurate if ovulation day is known
3. Nägele’s Rule is most accurate for the patient that has normal 28-day menstrual cycle
4. Ultrasound (U/S) can be used in early pregnancy to measure the gestational age of the fetus
 1. Crown to rump length
 2. Can be off by 7-10 days

Assessment

1. Nägele’s Rule
 - a. Find out when the last menstrual period happened (LMP)
 - b. Subtract 3 months, Add 7 days to the first day of the last period, add a year
-OR-
 - c. Add 7 days to the first day of the last period, then count ahead 9 months
2. Obtain measurement of embryo length to estimate gestational age
3.
 - a. Position woman comfortably on U/S table
 - b. Transvaginal or external U/S performed

Therapeutic Management

1. No medical treatment is necessary.

2. Comfort can be offered in explaining transvaginal ultrasound to ease the patient's mind since this is intrusive.

Nursing Concepts

1. Human Development
2. Reproduction

Patient Education

1. Educate on what due date is calculated and give necessary pregnancy education

