

Outline

“02.04 Fundal Height”

Overview

1. Fundus definition: the top of the uterus, palpable
2. Used to measure the gestation based on height of Uterus
3. Closely observed after delivery to ensure adequate postpartum recovery ie: uterus isn't filling up too much with blood causing it to be “boggy” or up higher and that it is contracting back to prepregnancy state

Nursing Points

General


1. Fundal Height
 - a. Measured externally in pregnancy in centimeters and should equal the gestational age
 - i. Ex: 28 cm should be 28 weeks pregnant
 - b. Measured post pregnancy during the postpartum recovery in “fingerbreadths” or centimeters
 - i. U = its at the umbilicus
 - ii. U-1, U-2, U-3=it is 1,2,or 3 cm below the umbilicus
 - iii. U+1,U+2= it is 1, or 2 cm above the umbilicus
2. Purpose
 - a. The fundal height helps the provider to evaluate the age of the fetus
 - b. During the 1st and 2nd trimesters, it is approximately equal to gestational age in weeks (+/- 2 centimeters)
 - c. The fundal height in the postpartum period help to ensure the uterus is contracting properly

Assessment

1. For fundal height measurement during pregnancy

- a. Have the patient lie back (not flat → can cause a decrease in BP, called supine hypotension)
 - b. Measure beginning at the symphysis pubis and go to the top of the uterus
 - c. Measurement is in centimeters
2. For fundal height measurement in the postpartum period
 - a. Make sure patient has voided recently
 - b. Have the patient lie flat on her back
 - c. Palpate at the top of the uterus while the other hand is at the base of the uterus
 - d. Feel the fundus and measure how far below or above the umbilicus it is (U)
 - e. Measurements in centimeters or fingerbreadth

Therapeutic Management

1. Fundal height measuring bigger than gestation could be fetus is large for gestational age or there is polyhydramnios 
2. Measuring small may indicate possible issue with fetal development
3. In the postpartum recovery period the fundus is too high or not midline → empty bladder and reassess

Nursing Concepts

1. Reproduction
2. Human Development

Patient Education

1. Education on the importance of emptying the bladder to ensure the uterus can contract adequately back down to pre pregnancy state and to prevent heavy bleeding.
2. Explanation on why the fundal measurements are being taken during pregnancy

AGUINALDO
RECRUITMENT