

Outline


“02.05 Maternal Risk Factors”

Overview

1. Pre existing conditions put the mother at greater risk for complications

Nursing Points

General

1. Genetic issues
 - a. Risk of heredity
2. Abuse and violence
3. Nicotine or substance abuse
 - a. Cross the placenta 
 - b. NO safe amount of alcohol
 - i. Risk of fetal alcohol syndrome (refer to FAS lesson)
4. Sexually transmitted infection
 - a. Can be passed to infant
 - b. Herpes, Syphilis, HIV, AIDS, Hepatitis B
5. Mental illness
 - a. Postpartum Depression
 - b. Postpartum Psychosis
6. Cardiac conditions
 - a. The heart is a pump
 - b. Increased blood volume to be pumped during pregnancy
 - c. Increased weight during pregnancy is more work on the heart
7. Diabetes
 - a. High blood sugars = increased insulin → growth hormone = bigger baby
 - b. Hormones in pregnancy raise blood sugar

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8. Underweight
 - a. Poor nutrition to grow fetus
9. Obesity
 - a. At increased risk for diabetes and other concerns
 - b. Gain more weight in pregnancy
 - c. Poor nutrition → not good for fetal development
 - d. Grow a larger fetus
10. Hypertension
 - a. High blood pressure → grows a smaller fetus → doesn't get proper nutrients
11. Thyroid
 - a. Increased risk of miscarriage and stillbirth
12. Young (under 20)
 - a. Lack of maturity for situation and understanding
 - b. Poor nutrition
 - c. More at risk for preeclampsia
13. Advanced maternal age
 - a. Older eggs
 - b. Body doesn't provide for the fetus as well as younger age
14. Poverty
 - a. Lack resources such as transportation to get to prenatal appointments
 - i. Scant prenatal care
 - ii. No insurance
 - b. Healthy food is more expensive

Assessment

1. Assess their history
 - a. HTN, Diabetes
2. Assess weight

3. Assess blood pressure
4. Assess level of knowledge and importance of getting to appointments as well as ability.

Therapeutic Management

1. Management of current risk factors/diseases
2. Might need referral to specialist
 - a. Diabetes educator and physician
 - b. cardiologist
3. Might need referral to high risk maternal/fetal doctor
4. Make sure patient is taking prenatal vitamin

Nursing Concepts

1. Reproduction
2. Human Development
3. Health Promotion

Patient Education

1. Education on how to manage disease during pregnancy
 - a. ie: more insulin requirements, cardiac medications, frequent blood pressure checks
2. Education on the important of prenatal appointments
3. Educate on prenatal vitamins
4. Educate on the importance of avoiding substances and alcohol
5. Smoking cessation



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