

L&D/Maternity Cheat Sheet

Fetal Heart Rate Patterns

Fetal Heart Rate

Etiology

Variable decels	Cord compression
Early decels	Head compression
Accels	OK (no issue)
Late decels	Placental insufficiency



Fetal Heart Monitoring

Nonstress Test

- Noninvasive test in which fetal heart rate is monitored in response to fetal movement
- Always monitor oxygen saturation status since fetal hypoxemia can reduce the FHR rate.

Pregnancy Length

- **Length:** 280 days, 40 weeks, 9 calendar months, 10 lunar months (28 day months)
- **1st Trimester:** starting from the first day of last menstrual period - 13 weeks
- **2nd Trimester:** 14 - 26 weeks
- **3rd Trimester:** 27 - 40 weeks

Terminology

- **Gestation** - time from fertilization until date of delivery
- **Gravida** - pregnant woman
- **Gravidity** - # of pregnancies
- **Nulligravida** - woman who has never been pregnant
- **Primigravida** - woman who is pregnant for the first time
- **Multigravida** - woman who is pregnant for at least the 2nd time
- **Parity** - # of births past 20 weeks gestation (born alive or not)
- **Nullipara** - woman who has not had a birth greater than 20 weeks gestation
- **Primipara** - woman who has had 1 birth that happened after 20 weeks gestation

Labor and Delivery Cheat Sheet

Stages of Labor

1st Stage	<p>Contraction & Cervical Dilation True onset of labor - complete dilation of cervix Longest Stage: 2-18+ hours 3 Phases</p> <ul style="list-style-type: none"> • Latent: 0-4 cm cervical dilation <ul style="list-style-type: none"> ◦ Irregular, mild contractions • Active: 4-7 cm cervical dilation <ul style="list-style-type: none"> ◦ Contractions 5-8 min apart ◦ Moderate contractions; increased anxiety and discomfort • Transition: 7-10 cm cervical dilation <ul style="list-style-type: none"> ◦ Contractions 1-2 min apart ◦ Contractions severe, nausea, hiccups, irritability
2nd Stage	Pushing and Birth of Baby 10 cm dilated → delivery of baby
3rd Stage	Delivery of Placenta
4th Stage	Recovery & Baby Bonding

PHYSICAL FINDINGS

- Soft abdomen
- Painless, bright red vaginal bleeding

Patient Positioning

- Cord prolapse → knee-chest position or push the presenting part off the cord until a c-section is done
- Cord compression → Trendelenberg
 - Removes pressure from the cord
- Late decels → turn to left side (allows more blood flow to placenta)

APGAR

Sign/Score	0	1	2
Appearance	Blue/pale	Body pink, extremities blue	Pink

Basic Maternity Nursing

Lingjun Ying



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