

MATERNAL NEWBORN CHEAT SHEET

APGAR

	2 pts	1 pt	0 pts
A - appearance	all pink	pink & blue	blue/pale
P - pulse	>100	<100	absent
G - grimace	cough	grimace	no response
A - activity	flexed	flaccid	limp
R - respiratory	strong cry	weak cry	absent

7-10 = excellent 4-6 = moderate depression 0-3 = severely depressed
Resuscitation needed!!

GTPAL

G - Gravidity
 T - Term births (longer than 37 weeks)
 P - Preterm births
 A - Abortions/Miscarriages
 L - Current living children

Gravitate = pregnant women
 Gravidity = number of pregnancies

V - variable decelerations = C - cord compression
 E - early decelerations = H - head compression
 A - accelerations = O - ok, no prob
 L - late decelerations = P - placental insufficiency

Discomforts During Pregnancy

Discomforts During Pregnancy	Prevention/Intervention
Nausea/Vomiting	Occurs in 1st month, subsides by 3rd month Eat crackers in the AM, avoid brushing teeth right after waking up, eat small frequent meals, drink H2O between meals, avoid spicy/fried foods
Syncope slowly	Occurs in 1st trimester, supine hypotension in 2nd & 3rd trimester Elevate feet when sitting, change positions
Urinary Urgency sleep	Occurs in 1st & 3rd trimesters due to uterus pushing on bladder 2L fluid restriction, void reg, side lying position, Kegel exercises
Breast tenderness	1st - 3rd trimesters Wear supportive bra, avoid soap on nipples
Vaginal discharge douching	1st - 3rd trimesters Proper cleansing, cotton underwear, avoid douching
Fatigue exercise	1st & 3rd trimesters Frequent rest periods, regular exercise
Heartburn	2nd & 3rd trimesters Same as N/V
Ankle edema lay with	2nd & 3rd trimesters Wear supportive stockings, elevate legs, feet elevated, avoid crossing legs

Newborn Vital Signs

BP 39-59 mmHg Systolic
 16-36 mmHg Diastolic

HR 100 - 190 bpm

RR 30 - 60

O2 90%-100% .

Temp 35.8 C - 38 C

Nagel Rule

*Based on last menstrual period (LMP) (28 day menstrual cycle)
 EDB = (LMP - 3 months + 7 days)
 Ex. First day of LMP = March 1st
 minus 3 months = Dec 1st
 plus 7 days = Dec 8th
 Baby's EDB is December 8th
 Expected day of birth (EDB)

Pregnancy Signs

Presumptive signs — Amenorrhea, Breast enlargement/tenderness, Fatigue, Nausea & vomiting, Quickening (1st movement of fetus), & Urinary frequency
Probable signs — Ballottement (fetal movement in response to tapping lower uterus/cervix), Braxton Hicks contractions, Chadwick's sign (light pink-deep violet vaginal wall color), Hegar's sign (softening of cervix), Positive pregnancy test, Abdominal + uterine enlargement
Positive signs — Fetal heartbeat, Fetal movement, Ultrasound findings

Hormonal/Emotional changes - Postpartum

d/t decrease in estrogen & progesterone

Postpartum Blues S/S **usually last for hours to several days** - irritability, anger, anxiety, fatigue, feelings of sadness, headache, insomnia

"Baby Blues"

Postpartum Depression S/S **usually occurs 1 month postpartum** - change in appetite, severe mood swings, fatigue, insomnia, guilt, spontaneous crying, rejection of infant

Postpartum Psychosis S/S **psychiatric emergency** - break from reality, confusion, hallucinations, delusions, delirium

HELLP Syndrome

H — Hemolysis
 E — Elevated
 L — Liver Enzymes
 L — Low
 P — Platelet Count

*Severe form of Preeclampsia

S/S - RUQ pain, nausea, vomiting, high blood pressure, malaise, headache, or swelling in extremities

BUBBLE HE

*Nursing Considerations

B - breasts; pain under right breast may be indicative of preeclampsia

U - uterus; have pt void before assessing.
 Soft & boggy → massage downward

B - bladder; may become distended & displaced uterus = decreased contracting may indicate postpartum hemorrhage (PPH)

B - bowel function; bowel movement & flatulence
 no hardy foods, no straws

L - lochia; bleeding, we don't want more than 1 pad/hr
 rubra=red serosa=pink alba=white

E - episiotomy or lacerations (REEDA scale)
 redness, edema, ecchymosis, discharge, approximation

H - homan's/hemorrhoids/hematoma; check DVT, hematoma may appear as a hardened gray/white area

E - emotions; "baby blues" first 2 weeks, postpartum depression after 2 weeks - 1 month

Stages of Labor

First Stage - onset of true labor
 can last anywhere from 2-18 hrs
 — 3 Phases:

1. Latent phase - cervix dilated 0-3 cm, irregular contractions, cervical effacement almost complete
2. Active phase - cervix dilated 4-7 cm, contraction 5-8 mins apart, cervical effacement complete
 →Nursing interventions = provide encouragement & coaching in breathing techniques
3. Transitional phase - cervix dilated 8-10 cm, contractions 1-2 minutes apart + lasting 60-90 secs

Second stage - complete dilation of cervix → delivery (lasting ~ 40 mins)
Third stage - delivery → expulsion of placenta (lasting ~ 5-30 mins)
Fourth stage - maternal - neonatal bonding time (lasting ~ 1-4 hrs)