**L. Reem AL-Orf**

**True and False**

1. Nausea and vomiting are Common from week 2 to 12 of pregnancy. T F
2. Urination frequency is related to pressure of enlarging uterus on bladder decreases as uterus moves upward and out of pelvis T F
3. A woman’s first awareness of fetal movement; occurs around 10 to 14 weeks’ gestation. T F
4. A maternal blood pregnancy test can detect hCG levels before a missed period. T F
5. Increase of oxygen consumption by 5%–10% during pregnancy T F
6. Linea nigra, Striae gravidarum, and Angiomas are changes in gastrointestinal System during pregnancy. T F
7. Increased Oxytocin levels lead to decreased muscle tone and slowing of digestive processes.
8. Average weight gain during pregnancy is 18.5 to 24 kg. T F
9. Fertilization occur in the ampulla's of the fallopian tube following ovulation . T F
10. Heart beat is present (6 months). T F
11. Placenta begin function at 8th weeks of gestation. T F

**Q1- Mrs. Dalal is married, 19 weeks pregnant age 20 years, come to prenatal clinic to receive care. she is G = 6 , P = 4 , A = 1 .**

1. **The care given to Mrs. Dala during pregnancy is called:**
2. Antepartum care.
3. Intrapartum care.
4. Postpartum care.
5. Neonatal care.
6. **Mrs. Dalal complaint of heartburn usually is considered of the minor discomfort of pregnancy during :**
7. First trimester .
8. Second trimester .
9. Third trimester .
10. All trimesters.
11. **Mrs. Dalal should receive medical supervision during her trimester:**
12. Monthly until seventh month .
13. Twice a month during the seventh and eighth month.
14. Every week during the ninth month .
15. All of above **.**
16. **Mrs. Dalal history reveal that she have G = 6, the meaning of gravid is :**
17. Number of her abortions.
18. Number of her births.
19. Number of her pregnancies .
20. Number of her pregnancies and births.
21. **Mrs. Dalal history reveal that she have P = 4, the meaning of para is :**
22. Number of her abortions.
23. Number of her births.
24. Number of her pregnancies .
25. Number of her pregnancies and births
26. **Mrs. Dalal history reveal that her gestational age is 19 weeks she is in :**
27. First trimester of pregnancy.
28. Second trimester of pregnancy.
29. Third trimester of pregnancy.

**Matching**

**Match the medical terminology with it's definition:**

|  |  |
| --- | --- |
| **The word**  | **Definition**  |
| 1. **Passenger ( )**
 | 1. Is the ability of the fetal head to change shape to accommodate/fit through the maternal pelvis.
 |
| 1. **Powers ( )**
 | 1. The relation of fetal body parts to each other. Is noted by the flexion or extension of the fetal joints.
 |
| 1. **Molding ( )**
 | 1. Relationship between long axis of the fetus to the long axis of mother example, longitudinal, transverse lie.
 |
| 1. **Fetal presentation ( )**
 | 1. Relationship of the fetus presenting part to the front, back or side of mother pelvis.
 |
| 1. **Fetal lie**  **( )**
 | 1. It's referring to the fetus, placenta, membrane and umbilical cord and its relationship to the passageway that is the major factor in the birthing process.
 |
| 1. **Fetus position** **( )**
 | 1. Refer to the involuntary UCs of labor and the voluntary pushing or bearing down powers that combine to propel and deliver the fetus and placenta from the uterus it's include
 |
| 1. **Fetus attitude ( )**
 | 1. Relationship of the fetus presenting part to the mother ischial spine and assists in assessing for fetal descent during labor
 |
| 1. **Station ( )**
 | 1. Part of fetus that enter the pelvis, for example cephalic, beech or transverse lie.
 |
| 1. **Dilation ( )**
 | 1. Is the shortening and thinning of the cervix
 |
| 1. **Effacement ( )**
 | 1. Is the enlargement or opening of the cervical os.
 |

**Match the medical terminology with it's definition:**

|  |  |
| --- | --- |
| **The word**  | **Definition**  |
| 1. **Chorion ( )**
 | 1. Refers to a decreased amount of amniotic

fluid (>500 mL at term or 50% reduction of normal amounts), |
| 1. **Yolk sac ( )**
 | 1. Innermost membrane
 |
| 1. **Amnion ( )**
 | 1. Refers to excess amount of amniotic fluid (1,500–2,000 mL)
 |
| 1. **Polyhydramnios ( )**
 | 1. Contain many of the blood vessels and it’s the site where blood cells first form
 |
| 1. **Oligohydramnios ( )**
 | 1. Outside embryonic membrane
 |

**Give reason**

1. Women experience dyspnea during her third trimester of pregnancy?
2. Urinary frequency occurs during in the third trimester of pregnancy ?
3. Glycosuria during her pregnancy?
4. Women complain of heartburn during pregnancy?
5. Hemorrhoids are common in pregnancy?
6. Pelvic examination is done during pregnancy
7. During pregnancy the mother should avoid vaginal douche?
8. Prenatal exercises are very important in pregnancy?
9. Avoid traveling during first trimester?
10. Prevent sleeping in supine position?

**Fill in blank**

1. **………………………..** isirregular, mild uterine contractions that occur

 throughout pregnancy; they become stronger in the last trimester.

1. **………………..…….** is increases the curvature of the back.
2. **……………………..** the first fluttering movements of the fetus felt by the mother. A primigravida woman feels it at 18-20weeks, and a multigravida woman at 16-18weeks.
3. **……………………….** irregular pinkish streaks resulting from tears in connective tissue; during pregnancy these streaks generally appear on the woman’s abdomen, breasts, or thighs.
4. **………………………** is minute red elevations on the skin of the face, neck, arms and chest.
5. **……………………..** Absence of menstruation

**Define:**

1. Fertilization:
2. Antenatal care**:**
3. Labor:

 **List**

1. What are the stage of fetal development ?
2. What are the function of placenta ?
3. What are the function of estrogen during pregnancy?
4. What are the function of progesterone during pregnancy?
5. What are the types of childbirth?
6. What are the maternal factors that are affecting the onset of labor?
7. What are the fetal factors that are triggered the labor?
8. List the characteristic of the normal labor?
9. List at least four presumptive signs of pregnancy ?
10. List at least four goals of antenatal care?
11. What are the warning signs during that should reported to the nearest clinic without delay?
12. Instruct pregnant during exercises to maintained healthy?
13. What are the contraindication of exercise?

**Situations:**

* **Mrs. Noura came to antenatal clinic, her history reveled that she is married from 6 month ago, she want to get pregnant the nurse explained to her about fertilization.**

**Answer the following questions:**

In fertilization several items affecting the chance of getting pregnant list them?

* **Mrs. Salma is married, age 31 years, Her history revealed that P= 4, G= 2, A= 1 she in 20 weeks GA LMP = 5th of April 2011 during antenatal assessment**

Answer the following question related to this case:

Calculate her EDD?

Define :

Gravida , Para:

* **Mrs. Sara is married, age 29 years, Her history revealed that P= 3, G= 2, she in 22 weeks GA, her LMP = 25 Rajb 1432 h.**

Answer the following question related to this case:

Calculate her EDD?

Give Mrs. Sara health education about hygiene, breast care, diet and it's important ?

* **Mrs. Reem is married, age 23 years, Her history revealed that P= 2, G= 1, A= 0 she in 9 weeks GA, came to antenatal clinic complained from morning sickness and heartburn.**

Answer the following question related to this case:

Give Mrs. Reem health education according to her complaints?

Mrs. Reem ask you ( Is it normal to have these complaints and why?)

* **Mrs. Abeer is married, age 30 years, Her history revealed that P= 4, G= 3, A= 0 she in 32 weeks GA, came to antenatal clinic complained from backache, abdominal pain and tenderness.**

Answer the following question related to this case:

Give Mrs. Abeer health education according to her complaints?

* **Mrs. Haya is married, age 24 years, Her history revealed that she P= 5, G= 3, A= 1 she in 30 weeks GA, came to antenatal clinic complained from Insomnia, and itching .**

Answer the following question related to this case:

Give Mrs. Haya health education according to her complaints?

What are the reasons of her complaints?