



A COMPLETE GUIDE FOR
NURSING MATERNITY CLASS



Maternity Nursing Bundle





PRENATAL VISIT FREQUENCY

Conception – 28 Weeks (Q4Weeks)
29 Weeks – 36 Weeks (Q2Weeks)
37 Weeks – Birth (Q1Week)

NUTRITIONAL NEEDS

Lean Protein	Iron
Grains	Vitamins
Folic Acid	Water
Fruits and Vegetables	

VOCABULARY

Chloasma: Brownish pigment of Face
Linea Nigra: Black line below umbilicus
Striae Gravidarum: Stretch marks
Hyperemia: Blood Collection

Geriatric Pregnancy: Pregnancy after 35
Nulligravida: Never pregnant
Primigravida: First pregnancy
Multigravida: Two or more pregnancies

G = # times pregnant

Para = # births after 20 weeks

T = # term births

P = # pre-term births

A = # abortions

L = # living children



HORMONES

Progesterone

- Made by corpus luteum until 10 weeks then placenta level is rise in 1st trimester then level off
- Keeps Uterus relaxed along with other smooth muscle
- Maintains endometrial layer

Estrogen

- Secreted by corpus luteum
- Plays important role in fetal development
- Stimulates growth of the fetus' adrenal glands

Human Chorionic Gonadotropin (hCG)

- Produced by cells in the placenta
- Signals ovaries to stop egg production
- Peaks 60-90 days and levels off for the rest of pregnancy
- Increase level of hCG in urine = pregnancy – Causes nausea

Relaxin

- Relaxes uterine muscle and ligaments of pelvic bones

Oxytocin

- Causes uterine contractions and cervix dilation