

Comprehensive Study Guide for HESI Review: Maternal/OB Nursing

1. Must-Know Topics for Maternal/OB HESI

1. Antepartum Care

- **Physiological Changes in Pregnancy**
 - **Cardiovascular:** Increased blood volume by 40-50%, increased cardiac output, physiological anemia.
 - **Respiratory:** Increased oxygen demand, diaphragmatic elevation, mild hyperventilation.
 - **Renal:** Increased GFR, risk of urinary tract infections (UTIs).
 - **Endocrine:** Placental hormones (hCG, progesterone, estrogen), insulin resistance (risk of gestational diabetes).
 - **Gastrointestinal:** Nausea, vomiting, constipation, pyrosis (heartburn).
- **Fetal Development and Milestones**
 - Week 4: Heart begins to beat.
 - Week 12: Gender can be identified.
 - Week 20: Quickening (fetal movement).
 - Week 28: Surfactant production begins.
 - Week 36: Full lung maturation.
- **Prenatal Testing**
 - **Routine labs:** Blood type, Rh factor, CBC, rubella titer, hepatitis B.
 - **First trimester:** Ultrasound for dating, nuchal translucency.
 - **Second trimester:** Quad screen, anatomy ultrasound.
 - **Third trimester:** Group B strep (GBS), non-stress test (NST), contraction stress test (CST).
- **Danger Signs in Pregnancy**
 - Vaginal bleeding (placenta previa, abruptio placentae).
 - Severe headaches or vision changes (preeclampsia).
 - Decreased fetal movement.

2. Labor and Birth Process

- **Stages of Labor**
 - **Stage 1:** Cervical dilation and effacement.
 - Latent phase: 0-3 cm, mild contractions.
 - Active phase: 4-7 cm, regular contractions.
 - Transition phase: 8-10 cm, intense contractions.
 - **Stage 2:** Delivery of the baby.
 - **Stage 3:** Delivery of the placenta.
 - **Stage 4:** Immediate postpartum recovery.
- **Fetal Monitoring**
 - **Baseline FHR:** 110-160 bpm.

Hesi Kaplan Study Guide Maternal

Minjie Lin



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