

# Kaplan OB Integrated Test Notes

Newborn VS and reflexes - HR: 120-160

Respirations: 30-60 abdominal

Temperature: 36.5-37 degrees

Blood pressure: 80-60/50-40

Babinski reflex- bottom of foot

Moro reflex- startle reflex, arms move out and then into a flexed position

Rooting- turns head toward object

Sucking- sucks on finger/nipple inserted into mouth

Preconception counseling - -quit smoking, limit caffeine, avoid alcohol, increase folic acid, and continue regular exercise

Pica Consumption - -persistent ingestion of non-edible material such as dirt and clay, may cause iron deficiency

-more common in rural areas, appears to be a family link

Physical Changes of Pregnancy - -breathing changes from abdominal to thoracic, increased volume of inspired air, shortness of breath

-increased cardiac output, increased pulse

-delayed gastric emptying and decreased peristalsis

-heartburn and constipation occur

-UTI

-linea nigra and striae

Timing Uterine Contractions - -time from beginning of one contraction to the beginning of the next contraction

-duration is the time from beginning of a contraction to its completion

-intensity is the strength of a contraction at the highest point

Danger Signs of Pregnancy - -include leaking amniotic fluid, vaginal bleeding, severe headaches, abdominal pain or persistent vomiting, fever, chills, swelling in face and fingers

Oxytocin - -given to stimulate an active labor pattern

-can induce labor and help control postpartum bleeding

-administer with pump, closely monitor client and fetus

-stop if contractions are occurring less than 2 minutes apart and are lasting longer than 60-90 seconds

Fetal Development - -8-12 weeks is when fetal HR can be dopplered

-16 weeks can determine sex of baby

-20 weeks heartbeat is heard, client can feel movement

-24 weeks increased activity, weighs 1 pound 10 oz, respiratory movement occurs

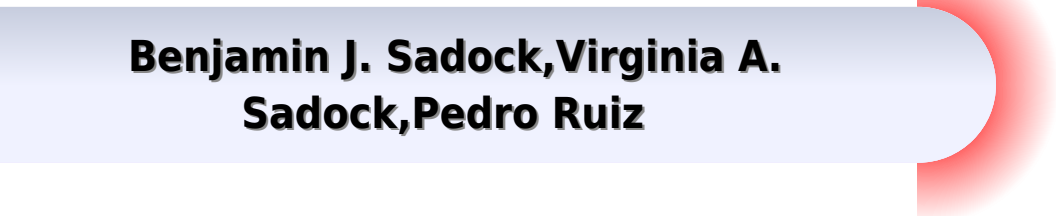
-28 weeks eyes open and close, can breath, 2/3 final size

-32 weeks- has hair fingernails, and subcutaneous fat

-38-40 weeks fills uterus

# Kaplan Ob Integrated Test Questions

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