

MATERNAL CHANGES

RESPIRATORY:

- OXYGEN DEMAND ↑
- CHEST SIZE MAY ↑
- RESPIRATORY RATE ↑
- TOTAL LUNG VOLUME ↓

HCG: (STIMULATION)

- ESTROGEN + PROGESTERONE
- MAKES PREGNANCY VIABLE WHILE PLACENTA IS FORMING

PROGESTERONE:

- MAINTAINS UTERUS
- INHIBITS OXYTOXIN CONTRACTIONS
- SUPPORTS LACTATION DEVELOPMENT
- MAINTAINS MUSCLE TONE

CARDIOVASCULAR

- OUTPUT ↑ 30-50%
- BLOOD VOLUME ↑ 40-50%
- HR ↑ AT WEEK 5 AND GROWS UNTIL WEEK 32 WITH 15-20 BPM ↑
- SYSTEMIC VASCULAR RESISTANCE ↓
- BP = SAME OR SLIGHT ↓
- ↑ RISK FOR BLOOD CLOTS

UTERUS:

- ENLARGES AND PLACES PRESSURE ON BLADDER = ↑ URGENCY

MUSCLES:

- LORDOSIS, BACK PAIN, CALF CRAMPS

WEIGHT GAIN:

- FIRST 3 MONTHS = 25 LBS
- 4-9 MONTHS = 1LB A WEEK

OXYTOXIN

- CAUSES CONTRACTIONS, INHIBITED BY ↑ PROGESTERONE DURING PREGNANCY
- SUPPORTS MILK DEVELOPMENT FOR BREASTFEEDING

PROLACTIN:

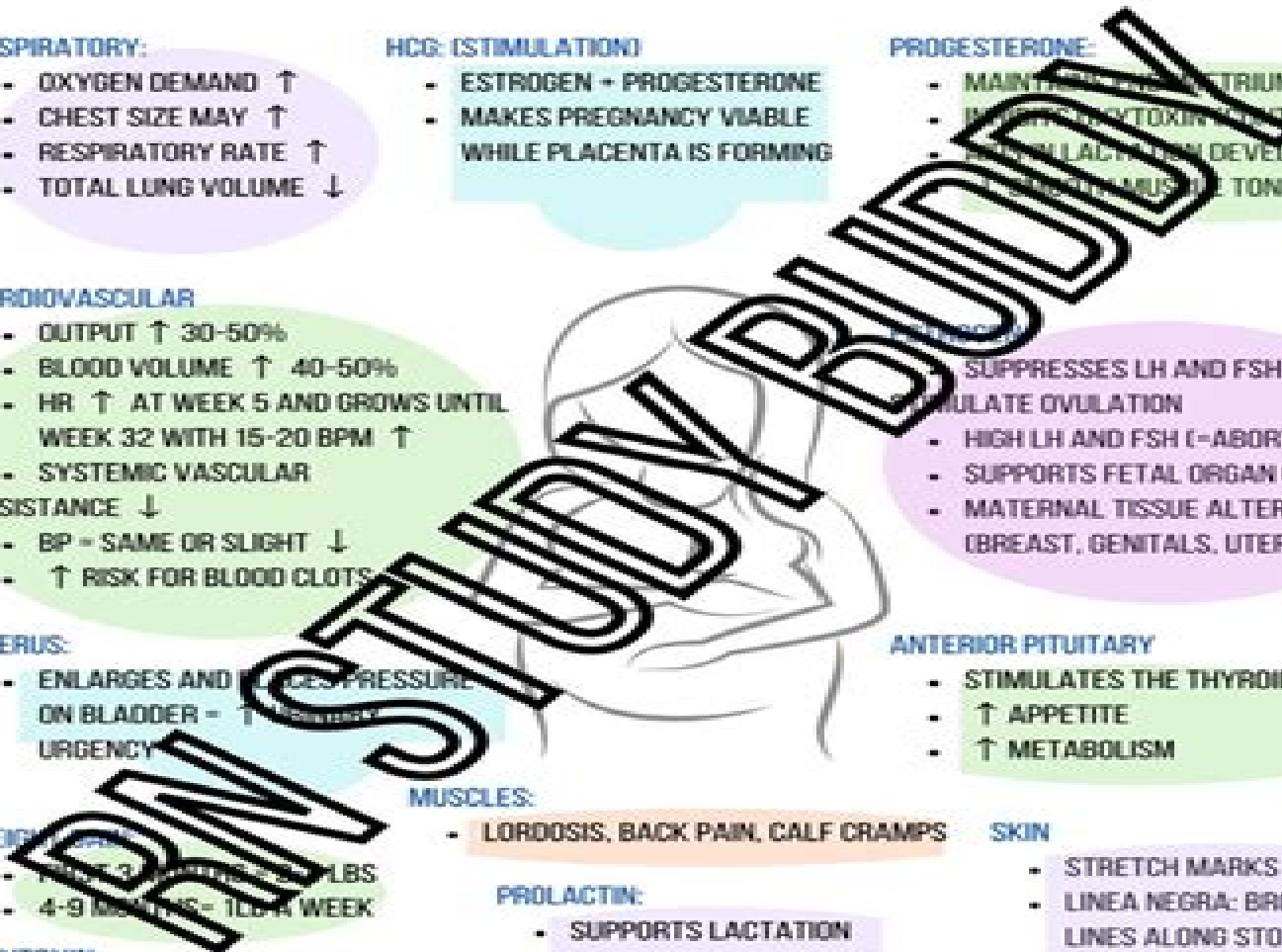
- SUPPORTS LACTATION

ANTERIOR PITUITARY

- STIMULATES THE THYROID
- ↑ APPETITE
- ↑ METABOLISM

SKIN

- STRETCH MARKS
- LINEA NEGRA: BROWN LINES ALONG STOMACH



Hesi Study Guide For Maternal Child Nursing

Albert A Gayle



Hesi Study Guide For Maternal Child Nursing:

Whispering the Techniques of Language: An Emotional Journey through **Hesi Study Guide For Maternal Child Nursing**

In a digitally-driven world where screens reign supreme and immediate interaction drowns out the subtleties of language, the profound strategies and mental subtleties concealed within phrases usually go unheard. However, situated within the pages of **Hesi Study Guide For Maternal Child Nursing** a captivating literary prize blinking with raw emotions, lies a fantastic quest waiting to be undertaken. Published by a skilled wordsmith, that marvelous opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very material of each and every word. Within the emotional depths of this moving evaluation, we can embark upon a honest exploration of the book is core themes, dissect their captivating publishing design, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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