

Physiology Of The Mother In The Pregnancy Period

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Pregnancy



Three Psychological tasks of pregnancy

- 1st trimester: accepting the pregnancy
- 2nd trimester: accepting the baby
- 3rd trimester: preparing for parenthood; nesting

First trimester Accepting the pregnancy



Psychological Tasks of Pregnancy

1st Trimester:

Accepting the Pregnancy

- 50% of all pregnancies are unintended, unwanted or mistimed. Surprise!
- Women sometimes experience disappointment, anxiety or ambivalence.
- Partner may go through some changes also.
- Partner should give emotional support.
- May feel proud, happy, jealous or loss.

Second Trimester Accepting the Baby



Psychological Tasks of Pregnancy

2nd Trimester

Accepting the Baby:

- Second turning point is often quickening.
- Proof of the child's existence.
- Anticipatory role playing.
- May accept at conception, at birth or later.
- How well she follows prenatal instructions.
- Partner may feel left out, he may increase his work, he has misinformation.
- Educate both partners.

Psychological Response of the Expectant Family to Pregnancy

- Turning point in a family's life
- Role changes
- Financial changes
- Fear and anxiety
- Developmental tasks for mom and dad
- Cultural values and beliefs

Psychological Tasks of Pregnancy

Role-playing and Fantasizing:

- Second step in preparing of parenthood.
- Spend time with other mothers to learn how to be a mother. Needs good role models.
- Father may need to change his carefree individual to a member of a family unit.
- Nurturing roles.

Third Trimester Preparing to Parenthood

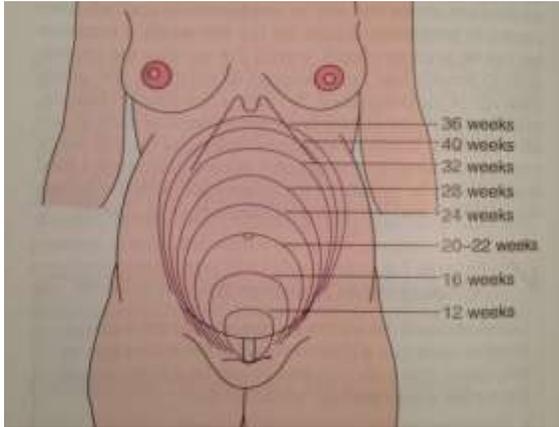


Role-Playing and Fantasizing during the pregnancy



Body image and boundary during the pregnancy





Changes in the Integumentary System

- Chloasma ("mask of pregnancy")
- Linea nigra (dark line on abdomen)
- Striae gravidarum (stretch marks)



Emotional Labilty

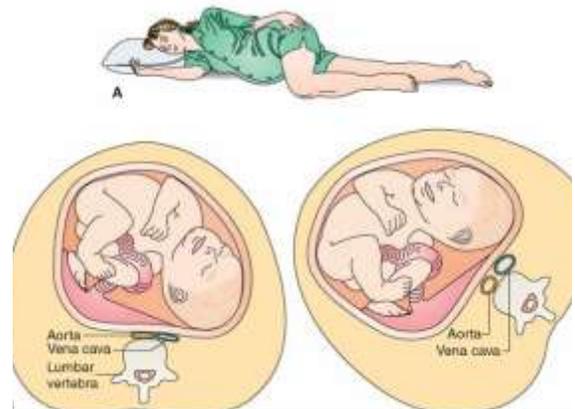


Changes in sexual desire



Hypotension syndrome

When the pregnant woman lie down on her back, her vena cava became pressed, which causes decrease in blood return to the heart, and decreased cardiac output and hypotension. It can cause the fetal hypoxia



SIGNS OF PREGNANCY:

■ PRESUMPTIVE

– Amenorrhea, fatigue, nausea & vomiting, breast changes, quickening, urinary frequency.

■ PROBABLE

– Goodell's sign, Chadwick's sign, Hegar's signs, ballotement, positive pregnancy tests (serum, urine), Braxton Hicks ctx.

■ POSITIVE

– Hearing fetal heart tones, visualization of the fetus, and palpating fetal movement, visualizing fetal movements.

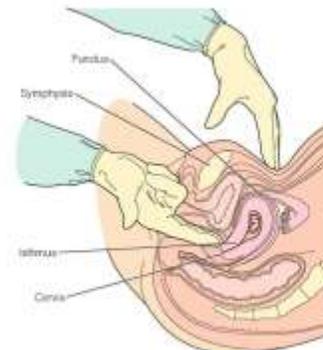
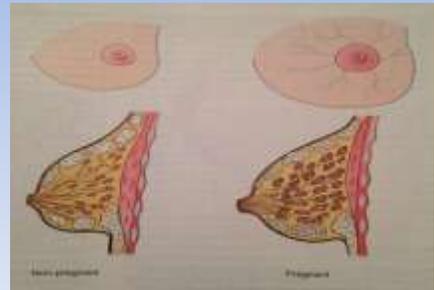


Figure 7-4 Hegar's sign, a softening of the uterus of the cervix, can be determined by the examiner during a vaginal examination.

Breast During the Pregnancy

Subtle changes in the breasts that occur as a result of estrogen and progesterone production may be one of the first physiologic changes of pregnancy a woman notices (at about 6 week). She may experience a feeling of fullness, tingling or tenderness in her breast, because increasing the level of estrogen in a body

Breast During the Pregnancy



Amenorrhea

Amenorrhea occurs with pregnancy because of the suppression of follicle-stimulating hormone by rising estrogen levels. In a healthy woman who regularly menstruated before, the absence of menstruation strongly suggests that impregnations has occurred. The areola and nipples darkens and its diameter increasing

Respiratory changes

A local changes occurs in respiratory system is marked congestion, or "stuffiness", of the nasopharynx, a response to increase level of estrogen. Some women thinking about allergy or cold, but truth - that it s because the pregnancy

Gastrointestinal system



Skeletal System

Calcium and phosphorus needs are increased during pregnancy, because the fetal skeleton must be built

Endocrine system

The most change in the endocrine system during pregnancy is the addition of the placenta as an endocrine organ that produces large amounts of estrogen, progesterone, hCG, human placenta lactogen, relaxin, prostaglandins

Immune System

Immunologic competency during pregnancy apparently decreases, probably to prevent the woman's body from rejecting the fetus as if it were a transplanted organ. IgG production decreased, which making pregnant woman more prone to infections

Thank you for your attention

