

Chapter 4 Study Guide Questions

Know terminology

Describe changes in other body systems during pregnancy.

a. Breasts: _____

b. Respiratory: _____

c. Cardiovascular: _____

d. Gastrointestinal: _____

e. Urinary: _____

f. Integumentary and skeletal: _____

For the following four nutrients, state the amount needed during pregnancy for an adult and list key food sources for each nutrient. Practice how you would actually teach the information to a pregnant woman. Would you add any information when you teach a breastfeeding woman?

a. Protein

i. Amount: _____

ii. Sources: _____

b. Calcium

i. Amount: _____

ii. Sources: _____

c. Iron

i. Amount: _____

ii. Sources: _____

d. Folic acid

i. Amount: _____

ii. Sources: _____

List at least three measures the nurse can teach a woman to relieve each common pregnancy discomfort. Note any related abnormal signs or symptoms that should be reported. Practice explaining each relief measure to a pregnant woman.

- a. Nausea: _____

- b. Increased vaginal discharge: _____

- c. Fatigue: _____

- d. Backache: _____

- e. Constipation: _____

- f. Varicose veins: _____

- g. Hemorrhoids: _____

- h. Heartburn: _____

- i. Dyspnea and nasal stuffiness: _____

- j. Leg cramps: _____

- k. Edema of the legs: _____
