

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.

Maternal Health Hesi Study Guide

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Starr, Catherine G. Blosser, Dawn Lee
Garzon**

Maternal Health Hesi Study Guide:

This book delves into Maternal Health Hesi Study Guide. Maternal Health Hesi Study Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Maternal Health Hesi Study Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Maternal Health Hesi Study Guide
 - Chapter 2: Essential Elements of Maternal Health Hesi Study Guide
 - Chapter 3: Maternal Health Hesi Study Guide in Everyday Life
 - Chapter 4: Maternal Health Hesi Study Guide in Specific Contexts
 - Chapter 5: Conclusion
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 6. In chapter 5, this book will draw a conclusion about Maternal Health Hesi Study Guide. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Maternal Health Hesi Study Guide.

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