

Chapter 5-2 Pregnancy and Childbirth

Hlth 2 Health & Wellness
Dr. Tomita

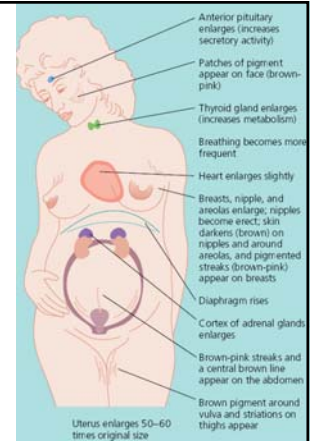
Learning Objectives

1. Define the following terms: sexuality, gonads, vagina, penis, scrotum, testis, ovary, clitoris, prepuce (foreskin), circumcision, glans, androgens, estrogens, testosterone, sex chromosomes, puberty, erectile dysfunction, organism, nocturnal emissions.
2. Describe the structure and function of the female and male sex organs.
3. Describe how the sex organs function during sexual activity and list common causes of sexual problems.
4. Describe guidelines for safe, responsible sexual behavior.
5. Describe sexual dysfunctions.

Early Signs & Symptoms of Pregnancy

- Missed menstrual period
- Nausea
- Breast tenderness
- Sleepiness, Fatigue, Emotional upset
- Changes in the cervix and uterus

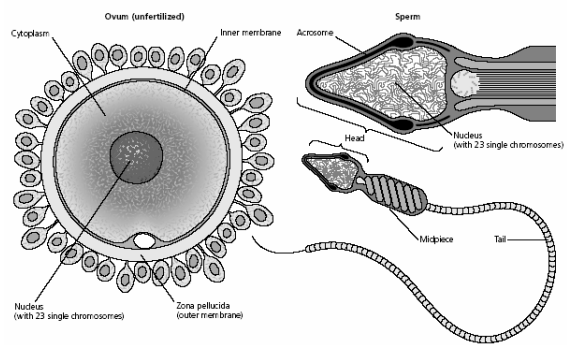
Pregnancy Related Body Changes

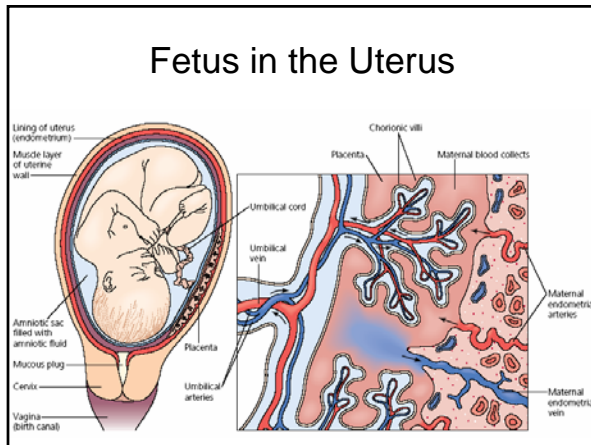
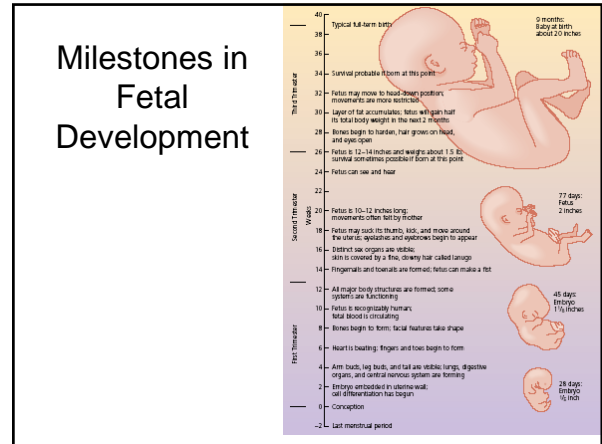
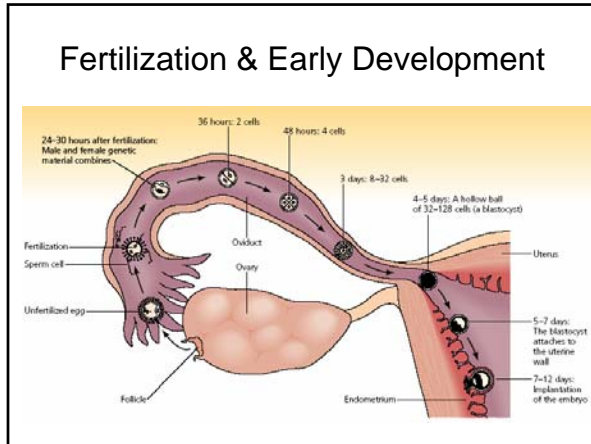


Pregnancy Test

- Pregnancy Test Home Kits
- Collect urine
- Checking for Human Chorionic Gonadotropin (HCG)- produced by implanted fetus

Ovum and Sperm



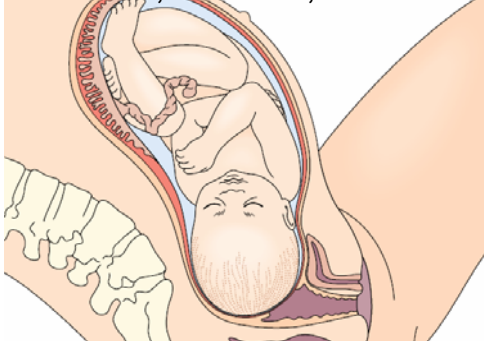


- ### Basics of Prenatal Care
- Regular medical checkups
 - Blood tests
 - An appropriate diet
 - Avoidance of drugs (alcohol, tobacco, etc.)
 - Reasonable exercise
 - Preparation for childbirth

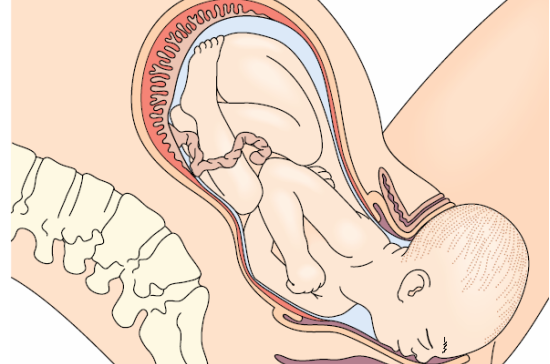
- ### Complications of Pregnancy
- Ectopic pregnancy
 - Spontaneous abortion (miscarriage)
 - Preeclampsia
 - Low birth weight (LBW)- < 5.5 lbs.
 - Infant mortality and sudden infant death syndrome (SIDS)

- ### Stage of Labor
- Stage One - contractions
 - Effacement and dilation
 - Transition
 - Stage Two - expulsion
 - Crowning
 - If a baby can not be delivered vaginally, a Cesarean section is performed
 - Stage Three - placenta delivery
 - Baby assessed for an Apgar score

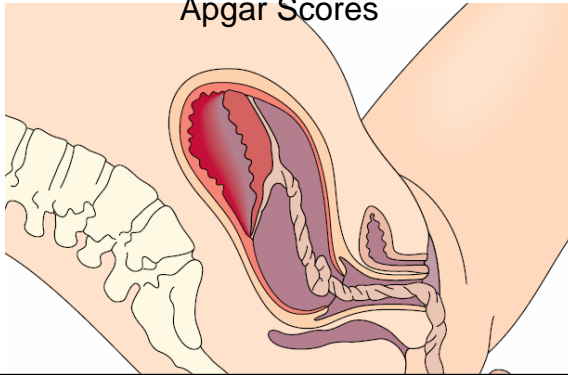
**Stage One - Contractions
Effacement, Dilation, Transition**



Stage Two – Expulsion, Crowning



**Stage Three - Placenta Delivery,
Apgar Scores**



**Preparing Siblings for the New
Baby**

- Talk with siblings
- Get them involved in the pregnancy
- Its there baby also

Preparing Home for Baby

- crib and supplies need to be ready
- written responsibilities and shift care
- include extended family in planning
- routine and emergency care
- financial planning- increased costs
- get car seat ready

Postpartum

- family needs to adjust to change
- breast feeding
- watch for postpartum depression
- involve siblings
- watch for toddler sibling jealousy
- toddler siblings may regress