

PREGNANCY

The complications which may arise

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THE TRIMESTERS OF PREGNANCY

- Pregnancy is divided into three trimesters
- Some complications peculiar to trimesters
- First trimester
 - Week 1 to end of Week 12
- Second trimester
 - Week 13 to end of Week 26
- Third trimester
 - Week 27 to the end of pregnancy

ANTENATAL CARE

- Care during pregnancy
- Reduces complications to the mother and the baby
- Identifies both pre-existing diseases and diseases that develop during the course of the pregnancy
- Interventions can be done early
- Good forum for educating the expecting mothers on
 - Self care
 - What to expect as pregnancy progresses
 - How to recognise pregnancy complications

SCREENING DURING THE ANTENATAL PERIOD

- The following are screened for during the antenatal period locally
 - Anaemia
 - Blood group
 - Urinary tract infection
 - Syphilis
 - HIV infection
 - Diabetes in those at risk
- Field of feto-maternal medicine growing
 - Screening for foetal abnormalities
 - Placental position
 - Foetal growth

FIRST TRIMESTER

- ⦿ Morning Sickness
- ⦿ Hyperemesis gravidarum
 - Excessive vomiting
 - Loss of weight
 - Loss of muscle mass
 - Electrolyte imbalance
- ⦿ Lower abdominal discomfort and pain
 - Stretching of the ligaments that support the uterus

FIRST TRIMESTER (CONTINUED)

⊙ Miscarriage

- Lower abdominal pain
- Bleeding
- Bleeding might be with clots

⊙ Ectopic pregnancy

- Pregnancy implanted in the fallopian tube
- Fallopian tube eventually ruptures
- Bleeding into the abdomen

⊙ Molar pregnancy

- Abnormal placental tissue
- Lower abd pain, bleeding

SECOND TRIMESTER

○ Urinary tract infection

- Frequency of urination
- Burning pain on urination
- May be blood in the urine

○ Candidiasis

- Fungal infection
- Whitish discharge
- Has curds
- Causes itchiness and burning sensation on the vulva

HYPERTENSION IN PREGNANCY

- Second/third trimester
- Leading cause of complications in pregnancy
 - Maternal complications
 - Neonatal complications
- Among the leading causes of maternal death worldwide
- Raised blood pressure before 20 weeks
 - Chronic hypertension
- Raised blood pressure after 20 weeks
 - Gestational hypertension

HYPERTENSION IN PREGNANCY (CONTINUED)

- Pre-eclampsia - Hypertension associated with loss of protein in the urine
- Eclampsia - Associated with fits
- Symptoms of impending fits in severe hypertension in pregnancy
 - Headache
 - Blurring of vision
 - Pain in the upper part of the abdomen

THIRD TRIMESTER

- Hypertension in pregnancy as above
- Pre-labour preterm rupture of the membranes
 - Draining of amniotic fluid before 37 weeks
 - Risk of infection
 - Risk of prolapse of the cord
- Bleeding before the beginning of labour
 - Placenta praevia (low-lying placenta)
 - Placental abruption (premature separation of the placenta)
 - Rarely bleeding may be due to cancer

THIRD TRIMESTER (CONTINUED)

- Prelabour rupture of the membranes at term
 - Draining amniotic fluid at term
 - Risk of maternal and neonatal infection
 - Risk of prolapse of the umbilical cord
- Premature labour
 - 7 - 12% of pregnancies
 - Infection might be a trigger
 - Baby prone to complications of prematurity
 - Infection
 - Respiratory distress
 - Jaundice
 - Hypothermia
 - Electrolyte imbalances

LABOUR AND DELIVERY

- ◉ Foetal distress
- ◉ Failed progress
- ◉ Obstructed labour
- ◉ Ruptured uterus

POSTPARTUM

⦿ Postpartum haemorrhage

- Responsible for 25% of maternal deaths annually worldwide
- Atonic uterus
- Retained products
- Trauma to the genital tract
- Coagulation abnormalities

⦿ Puerperal sepsis

- Premature rupture of membranes
- Premature labour
- Inadequate aseptic technique
- Assisted vaginal delivery
- Caesarean section