



#1 HIGH RISK FACTORS OF PREGNANCY

1. 15 years old and below

- Young adolescents are at risk of having adverse health outcomes since their reproductive system is not yet fully matured.
- Have poor antenatal care and increased risk of developing pre-eclampsia, increased risk for CPD.
- Fetal implications includes: LBW, Increased risk for fetal demise.

2. Above 35 years old

- Old primis are associated with abnormalities in labor such as C/S pre-eclampsia,
- Fetal implications include:* Increased risk of congenital abnormalities and chromosomal aberrations.

3. Mother is underweight (less than 45.5 kgs or 100 lbs)

- Maternal implications include:* poor nutrition, CPD, and prolonged labor.
- Fetal implications includes:* IUGR, Hypoxia associated with difficult labor and birth.

4. Mother is overweight (more than 91 kgs or 200lbs)

- Maternal implications includes:* Increased risk of developing hypertension, CPD, and DM
- Fetal implications include:* Increase risk of macrosomia.

5. Mother has anemia (Hgb less than 11g/l)

The iron needs of pregnancy are obtained from maternal iron stores, diet, and supplementation. With anemia occurring in pregnancy, the most common cause is iron deficiency.

- Maternal implications include:* IDA, low energy levels due to decreased oxygen carrying capacity of the RBC
- Fetal implications include:* fetal death, prematurity, LBW.

6. Poor nutritional status

- Maternal implications include:* inadequate nutrition, increase risk of anemia, increase risk of pre-eclampsia,
- Fetal implications include:* fetal malnutrition, prematurity, small for gestational age.

7. Pre-existing medical conditions.

DM

- Maternal implications include:* increase risk of preeclampsia, episodes of hypoglycemia, increase risk for CS
- Fetal implications include:* LBW, macrosomia, neonatal hypoglycemia, increase risk of congenital anomalies, increase risk of respiratory distress syndrome.

HPN

- Maternal implications include:* vasospasm, increase risk of CNS irritability which results to convulsion, increase risk of developing CVA, increase risk of renal damage.
- Fetal implications include:* decreased placental perfusion which leads to LBW, preterm birth

Thyroid disorder

- Maternal implications include:* increased infertility
- Fetal implications include:* increased risk for spontaneous abortion.

Cardiac Disease

- Maternal implications include:* cardiac decompensation
- Fetal implications include:* increased maternal death rate, increase risk of fetal demise.

8. Family history of genetic disease or previous baby with genetic defect.

VISION

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To develop competitive graduates and empowered community members by providing relevant, innovative and transformative knowledge, research, extension and production programs and services through progressive enhancement of its human resource capabilities and institutional mechanism.

9. Substance abuse

Alcohol

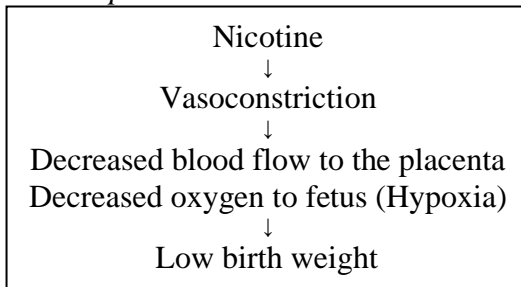
- Maternal implications include:* increased risk of mid-trimester abortions
- Fetal implications include:* mental retardation, behavior and learning disorders, and **FAS** (Fetal Alcohol Syndrome)

FAS - mentally deficient with congenital deformities, and usually low birth weight.

- Refrain from consuming any alcoholic beverages during pregnancy.

Smoking

- Maternal implications include:* increased risk of spontaneous abortion, premature delivery and still birth
- Fetal implications include:* increased risk for LBW and birth defects



“Absolutely Avoid Cigarette Smoking”

Caffeine

- Maternal implications include:* frequent urination, mood swings, interferes with iron absorption
- Fetal implications include:* increased risk for DM
1 cup of coffee per day is OK

Cocaine and other illicit drugs.

- Maternal implications include:* increased risk of anemia, blood and heart infection, skin infection, hepatitis, STD
 - Marijuana can cause behavioral problem
 - Cocaine can cause prematurity, abruption placenta, and preeclampsia
 - Heroin and methadone-can cause withdrawal syndrome and seizure.
- Fetal implications include:*
 - Cocaine can cause SIDS, growth defect, and hyperactivity

Perinatal addiction

- Fetal implications include:* drug addicted neonates experience withdrawal syndromes known as: **Neonatal Abstinence Syndrome**
Signs and symptoms are: tremors, increased sensitivity to noise, or other stimuli, feeding problems, poor coordination, excessive crying and irritability.

• Medications

FDA Pregnancy Category of Medications

Category A – safe for fetus in human studies

Category B – safe for fetus in animal studies

Category C – no adequate studies available

Category D – fetal risk but increased benefits than risk

Category E – fetal risk but increased risk than benefits

• OTC drugs and their effects

Drugs	Teratogenic effects
Androgen, estrogen, progesterone.	Masculinization of female infants
Thalidomide	Phocomelia, cardiac and lung defects
Anticonvulsant (Dilantin)	Cleft lip and palate, congenital heart defects
Lithium	Congenital heart defect
Tetracycline	Yellow staining of teeth, inhibit bone growth, not given to children below 7
Salicylates (Aspirin)	Neonatal bleeding, decreased uterine growth
Sodium Bicarbonate	Fetal metabolic Alkalosis
Streptomycin	Nerve deafness
Vitamin A	CNS Defects

Iodides	Goiter, Mental Retardation
Steroids, Cortisone	Cleft lip and palate
Barbiturate	Bleeding disorders.
Vitamin K	Hyperbilirubinemia

10. Previous pregnancy loss

- a. *Maternal implications include:* increased emotional, psychological distress
- b. *Fetal implications include:* increased risk for abortion.

11. Multiparity

- a. *Maternal implications include:* increased risk of antepartum or post-partum hemorrhage.
- b. *Fetal implications include:* anemia, fetal death.

12. Low socioeconomic status

- a. *Maternal implications include:* failure to avail prenatal / antepartal services
- b. *Fetal implications include:* increased for developmental problems

DANGER SIGNS OF PREGNANCY

a. Vaginal Bleeding

- Vaginal bleeding no matter how slight be reported immediately for further evaluation
- First trimester bleeding is mostly related to abortion whereas third trimester bleeding is associated to previa

b. Sudden Escape of Fluid from Vagina

- Means that the membranes have ruptured. Both the mother and the fetus are threatened because uterine cavity is no longer sealed against infection
- If fetus is small and head does not fit into cervix, umbilical cord may prolapse.

c. Abdominal Pain

- Crampy pain, low abdominal early in pregnancy with or without bleeding is a characteristic of abortion.
- A sudden sharp, severe, low quadrant unilateral, radiating to the shoulder is a characteristic of ectopic pregnancy.
- Hard, board-like, painful abdomen is a typical sign of abruptio placenta.

d. Fever and Chills

- May be an evidence of an intrauterine infection w/c is a serious complication for both the woman and the baby

e. Persistent Vomiting

- Vomiting that continues past the 12 weeks of pregnancy is also extended vomiting. it depletes the nutritional supply available to fetus

f. Swelling of Hand, Face, Legs and Feet

- This is a sign of generalized edema and is often associated with pre-eclampsia. This swelling is usually noted as “tightening of the wedding ring”

g. Dysuria

- Mostly associated with UTI

h. Absence of Fetal Movements

- Is a sign of possible fetal death

i. Severe Headache, Dizziness, Blurring of Vision, Spots Before the Eyes

- Is a sign of hypertension and pre-eclampsia