PREGNANCY: A TIME OF CHANGE

CASE MANAGEMENT CONFERENCE 2019
REMEMBER THE MOMENTS

Discussion
ANATOMICAL CHANGES: PHYSICAL
• Placental development
• Weight gain
• Abdominal extension
• Breast enlargement
• Posture changes
• Arches of the feet lower increasing the length and width of the feet
• Changes in pelvic bones
METABOLIC CHANGES:
NUTRITION &
GESTATIONAL DIABETES
• **Carbohydrate** and **protein** metabolic modifications to provide the growing fetus with nutrition

• **Insulin resistance** can develop leading to gestational diabetes

• Pregnancy-related factors: human placental lactogen interferes with susceptible insulin receptors

• Increased **liver** metabolism
PHYSIOLOGICAL CHANGES
CARDIOVASCULAR
HEMATOLOGIC
RESPIRATORY
METABOLIC
RENAL
HORMONAL CHANGES
Progesterone
Estrogen
Human Chorionic Gonadotropin
Calcium Uptake
Cortisol
Aldosterone
Human Placental Lactogen (HPL)
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SHARING: GREATEST CONCERN
CASE MANAGEMENT TEAM

Mother

Home Visitor

Clinician
REFERENCES

• Center for Disease Control and Prevention
  • https://www.cdc.gov/pregnancy/index.html
• March of Dimes
• Mayo Clinic
• Office of Women’s Health womenshealth.gov
  • https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression