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
HORMONAL CHANGES
Progesterone

Estrogen

Human Chorionic Gonadotropin

Calcium Uptake

Cortisol

Aldosterone

Human Placental Lactogen (HPL)
A TIME OF INFINITE DECISIONS

- Smoking
- Alcohol
- Medications
- Prenatal Care
- Relationships
- Birthing Plan
- Prenatal Tests

- Infant Care
- Employment, School, Commitments
- Parenting
- Physical Preparations
- Financial Implications
- Chronic Health Conditions
- Vaccinations
SHARING: GREATEST CONCERN
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
THANK YOU!

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