

UNIT 2: OBSTETRICS
SECTION B: ABNORMAL OBSTETRICS

Educational Topic 20: Multifetal Gestation

Rationale: Multifetal gestation imparts additional risks and complications to the mother and fetus which requires specialized care.

Intended Learning Outcomes:

A student should be able to:

- List the risk factors for multifetal gestation
- Describe embryology of multifetal gestation
- Describe the unique maternal and fetal physiologic changes associated with multifetal gestation
- Describe the diagnosis and management of multifetal gestation
- Describe the potential maternal and fetal complications associated with multifetal gestation

TEACHING CASE

CASE: You are seeing a 28 year-old G2P1 now at 12 weeks. Her first pregnancy was full term and uncomplicated. At her first trimester screen she was noted to have a dichorionic diamniotic twin gestation with size equal to dates.

COMPETENCY-BASED DISCUSSION & KEY TEACHING POINTS:

Competencies addressed:

- Communication
- Patient Care
- Medical Knowledge
- Systems Based Practice

1. How is the diagnosis of chorionicity and zygosity made?

2. What nutritional deficiencies is she at higher risk for in a twin gestation? What recommendations will you make to her because of them, including weight gain?
3. You are counseling her about the increased maternal and fetal risks during the pregnancy, what specifically are you concerned about?
4. What additional management strategies are recommended in twin pregnancy?
5. Your patient is now at 29 weeks without any complications. You are going to counsel her about delivery planning. What factors will determine the safest timing of delivery in a multiple gestation?
6. What are the risks of delivery in a multiple gestation and what are considerations for mode of delivery?

REFERENCES

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- Chauhan SP, Cardo JA, Hayes E. Twins: prevalence, problems, and preterm births. *Am J Obstet Gynecol*: 203(4): 305-315. 2010.