

UNIT 2: OBSTETRICS

SECTION A: NORMAL OBSTETRICS

Educational Topic 9: Preconception Care

Rationale: The proven benefits of good health prior to conception include a significant reduction in maternal and fetal morbidity and mortality.

Intended Learning Outcomes:

A student should be able to:

- Describe how certain medical conditions affect pregnancy
- Describe how pregnancy affects certain medical conditions
- Assess a patient's genetic risk as well as father's genetic risk with regard to pregnancy
- Describe genetic screening options in pregnancy
- Recognize a patient's risk of substance abuse and intimate partner violence and explain how this would be addressed with a patient
- Appraise a patient's nutritional status and make recommendations to the patient on nutrition and exercise
- Assess a patient's medications, immunizations and environmental hazards in pregnancy
- Identify appropriate folic acid intake
- Identify ethical issues associated with prenatal genetic screening and diagnostic tests

TEACHING CASE

CASE: You have been Mary's doctor for the past 3 years. She is a 39-year-old Caucasian woman with a BMI of 32.9 who sees you primarily for her idiopathic chronic hypertension, which is well controlled on an ACE inhibitor. She has smoked 1 pack of cigarettes per day for the past 20 years. She is in today for her annual exam and mentions that she is getting married in a few months and would like to start a family. She has never been pregnant before.

On physical exam, her BP=138/84, Ht=5' 2", Wt=180 lbs. Otherwise, her exam is unremarkable.

COMPETENCY-BASED DISCUSSION & KEY TEACHING POINTS:

Competencies addressed:

- Patient care
- Medical knowledge
- Interpersonal and communication skills
- Professionalism

1. What is the goal of counseling a woman about pregnancy prior to conception?

2. What are the major topics that should be discussed or addressed with any woman prior to conception?

A provider who is skilled in the care of obstetric patients may perform counseling. However, the assistance of a maternal-fetal medicine specialist or genetic specialist may be necessary in certain circumstances.

3. For the patient in this case, what specific topics need to be addressed?

REFERENCES

Beckman CRB, et al. Obstetrics and Gynecology. 7th ed. Philadelphia: Lippincott, Williams & Wilkins, 2013.

Hacker NF, Moore JG, et al. Essentials of Obstetrics and Gynecology. 5th ed. Philadelphia: Saunders, 2010.