



Prenatal Workshop - Patient Case #1

Instructions: To do this case, you will need to assume that the date of the patient visit is January 2. Please work through the case and answer the questions.

Patient History: 23-year-old G1P0 cis-woman presents with a 2-month history of amenorrhea. She notes some breast tenderness and morning nausea and had a positive home pregnancy test on 12/6 which was confirmed by a positive office test today (Jan 2). Her LMP was 11/3. She does note constipation without any bleeding, spotting, pain or cramps.

PMH - S/P tonsillectomy at age 5; S/P appendectomy at age 14
Menarche at age 13 with long standing oligomenorrhea
Used OCPs for birth control but went off them 6 months ago
Medications - none

FH: Mother 54 Alive and well; Father 58 with hypertension and a recent MI; sister 24 alive and well with 3 children.

SH: works as a hairdresser, likes to garden, lives with husband, 2 cats and a dog, drinks wine on weekends; non-smoker; no recreational drug use

PE: Height 5'2", Weight 155 lbs, BP 110/68, P 86, RR 16, Temp 98.6

Abdomen: Soft non tender without palpable masses; no audible fetal heart on Doppler

Pelvic Exam: Speculum exams shows a cervix with bluish color and no lesions, Bimanual exam shows a 14-week sized non-tender uterus and both adnexa are non-tender with no palpable masses

Q1. What is your differential diagnosis at this point?

- 1.
- 2.
- 3.

Q2. Are you concerned about the color of the cervix? Why or why not?

Q3. What would you do next?

Ultrasound report on Jan 3: An ultrasound is obtained which shows single fetus with an estimated gestational age of 8 weeks. There is a 4 cm posterior fibroid and a 4 cm clear simple cyst on the left ovary.

Q4. Name three ways determine an EDD

- 1.
- 2.
- 3.

Q5. What is her EDD? How did you decide this?

Q6. In what trimester is she?

Q7. What would you tell her about the ovarian cyst seen on the ultrasound?

Q8. What patient education would you provide at this visit? (Hint: reread the initial visit description and think about her history.)

- 1.
- 2.
- 3.

Q9. What are three medical orders you would place at this visit and why would you do them?

- 1.
- 2.
- 3.