



## Prenatal Care Workshop – Patient Case #2

**Instructions: To do this case, you will need to assume that the date of the patient visit is January 2 of any year.**

**Patient History:** 38 yo G 4 P3, 1-0-2-1 cis-woman presents for prenatal care. Her LMP was June 3 and she has regular 28-day cycles. She states that she has had some leaking urine for the past day and feels that the baby may have dropped and is kicking her bladder which is causing the urine to leak. No contractions, spotting or bleeding.

**PMH:** S/P NSVD (normal spontaneous vaginal delivery) at 39 wks, 7lbs 12oz, female. Baby is now 3 years old and well.

S/P SAB (spontaneous miscarriage) at 8 weeks

S/P TOP (termination of pregnancy)

**FH:** Mother 63 Type II DM; Father died age 58 of MI; sister 23 with Type I DM and infertility; brother 28 with HTN

**SH:** Third grade teacher; lives with husband in old house which they are renovating

**PE:** height 5' 7", weight 160 lbs, BP 145/85, P 86, temp 98.9, RR 16, Point of care urine dipstick shows 2+ protein, neg glucose, negative white blood cells

**Abdomen:** soft, gravid, non-tender, fundal height is 30 cm with a palpable vertex presentation and the fetal heart rate is 144 bpm (normal 120-160 bpm)

**Q1. Calculate her EDD:**

**Q2. What is her EGA on the date of the visit?**

**Q3. In which trimester is she?**

**Chart review:** Looking back on her prenatal chart you see the following:

Date	Gestational Age	Weight	BP	Fundal Height	Urine Protein/glucose	Fetal heart
12/4	26	152	120/70	26	Neg/neg	142
12/22	28	154	118/68	28	Neg/neg	144
12/27	29	155	120/68	30	Neg/neg	140
1/2	30	160	145/85	30	2+/neg	144

**Q4. Are there any parts of her history or exam today that concern you?**

**Q5. What is your next step in the evaluation of this patient?**

**Q6. What is the definition of pre-eclampsia or PIH (pregnancy induced hypertension)? What would be your treatment plan?**

**Q7. What is the definition of PROM (premature rupture of membranes)? How is it confirmed? What is your management plan?**