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# Gestational age

**Core Nursing Essentials Nursing Calculations**

Gestational age from LMP is the elapsed days divided into weeks and days. The date must be the first day of a reliable LMP and cannot be in the future.

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## Introduction & key concepts

Gestational age from LMP is the elapsed days divided into weeks and days. The date must be the first day of a reliable LMP and cannot be in the future.

## Nursing responsibilities

- Check identity, consent, the relevant observations and the purpose of the assessment.
- Record the finding, context and response using the approved clinical record.
- Escalate uncertainty or deterioration to the responsible professional; do not use a study note as a standing treatment order.

## Clinical example & examination focus

In a viva, explain gestational age in your own words, identify the observations needed and state a limitation. Compare the finding with the patient's baseline rather than assuming one number or label gives a diagnosis.

## Quick Revision

Gestational age from LMP is the elapsed days divided into weeks and days. The date must be the first day of a reliable LMP and cannot be in the future.

## Frequently asked question

### Can this summary replace practical training?

No. Use your prescribed learning material and the institution's current protocol with qualified supervision.

## References & review status

- NHS - Pregnancy due-date calculator (https://www.nhs.uk/pregnancy/finding-out/due-date-calculator/) - Official resource accessed 26 November 2026. LMP-based estimation for regular cycles; clinical dating takes priority.

Sources checked for the stated scope on 26 November 2026. Original study synthesis; independent clinical review is not claimed. Source attribution is not a copyright-clearance certificate.

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