Nurses Content
Downloaded from nursescontent.com

Minor Disorders and Complications of Pregnancy

Midwifery & Obstetrical Nursing

Nausea and vomiting, heartburn, constipation, backache, oedema, urinary frequency, vaginal discharge and other common pregnancy discomforts; nursing management and health education.

For educational purposes only.

CHAPTER 10 / MIDWIFERY AND OBSTETRICAL NURSING 10. Minor Disorders and Complications of Pregnancy

1. Assessment principles

Common pregnancy discomforts arise from hormones, altered anatomy and physiology. Assess onset, severity, associated symptoms, vital signs, hydration, gestation and impact. Reassure only after serious conditions are reasonably excluded; distinguish physiological changes from illness.

Discomfort	Typical measures and warning signs
Nausea/vomiting	Small frequent meals, avoid triggers, fluids in tolerated portions; prescribed antiemetic if indicated. Persistent inability to drink, weight loss, dizziness or reduced urine suggests hyperemesis/dehydration requiring assessment.
Heartburn	Small meals, avoid lying immediately after eating, elevate head; clinician-approved medication. Severe epigastric/RUQ pain may indicate pre-eclampsia or other disorder.
Constipation	Fibre, fluids and activity as tolerated; prescribed safe laxatives if needed. Severe pain/vomiting or bleeding needs evaluation.
Backache/pelvic discomfort	Posture, safe body mechanics, supportive exercise/physiotherapy; assess severe pain, fever, urinary/neuro symptoms or contractions.
Dependent oedema	Leg elevation, avoid prolonged standing, safe movement; assess unilateral painful swelling for DVT and sudden oedema with hypertension symptoms for pre-eclampsia.
Urinary frequency	Normal increased renal flow/uterine pressure; maintain hydration, assess dysuria, fever or flank pain for UTI.
Vaginal discharge	Clear/white non-offensive discharge may increase; odor, itching, pain, blood or watery leakage requires assessment.
Leg cramps/varicosities	Stretching, comfortable positioning and mobility, compression only if suitable; calf pain/swelling may be thrombosis.
Fatigue and sleep difficulty	Rest, nutrition, sleep habits, support; evaluate anaemia, thyroid, mood or respiratory symptoms if persistent/severe.

2. Nursing management and education

Listen to concerns, assess symptoms systematically and provide individualized lifestyle advice, medication safety and follow-up. Do not recommend unapproved herbal remedies or OTC drugs without pregnancy safety review. For severe vomiting monitor weight, fluids/electrolytes and prescribed care; thiamine may be required

before carbohydrate-containing IV therapy in prolonged vomiting according to medical protocol. Document advice and return precautions.

3. Important Examination Questions

Long Answer Questions

1. 1. Explain common minor disorders of pregnancy and appropriate nursing management.

Short Answer Questions

1. 1. Differentiate nausea and hyperemesis

NURSE'S CONTENT / MIDWIFERY AND OBSTETRICAL NURSING 18

B.SC. NURSING / CHAPTER-WISE STUDY NOTES

1. 2. discuss urinary frequency and oedema
2. 3. list red flags.

Very Short Answer Questions (with answers)

1. 1. Is unilateral painful leg swelling normal? - No, assess for thrombosis.
2. 2. Should heartburn-like severe epigastric pain in hypertension be ignored? - No.

4. Quick Revision

- Evaluate warning signs first.
- Many discomforts respond to supportive care.
- Pregnancy medicine safety is individualized.

5. Conclusion

Evaluate warning signs first. Many discomforts respond to supportive care. Pregnancy medicine safety is individualized.

Practice questions

Choose one best answer. The answer key and explanations follow the questions.

1. Which vomiting pattern warrants assessment for hyperemesis or dehydration?

A. Brief morning nausea with normal fluid intake
B. Occasional nausea without effect on daily intake
C. Persistent inability to drink with weight loss or reduced urine
D. Mild food aversion with stable weight and urine

2. Which finding makes urinary frequency concerning for a UTI?

A. Frequency alone with no discomfort
B. Frequency with normal hydration
C. Frequency without systemic symptoms
D. Dysuria, fever or flank pain

Nurses Content
Downloaded from nursescontent.com

3. Which feature of vaginal discharge requires assessment?

A. Odour, itching, pain or watery leakage

B. Clear non-offensive discharge alone

C. White non-offensive discharge without symptoms

D. A mild increase without irritation or pain

Nurses Content
Downloaded from nursescontent.com

Answer key and explanations

1. C - Persistent inability to drink with weight loss or reduced urine

Inability to drink, weight loss and reduced urine suggest more than routine nausea.

2. D - Dysuria, fever or flank pain

Urinary frequency can be physiological, but dysuria, fever or flank pain needs evaluation.

3. A - Odour, itching, pain or watery leakage

Associated symptoms or watery leakage require assessment for pathology or membrane rupture.

Source and attribution

Online chapter:
https://nursescontent.com/learn/midwifery-obstetrical-nursing/unit-10-minor-disorders-and-complications-of-pregnancy/

Downloaded from Nurses Content. Branding identifies the delivery website. Original author credits, third-party licences and applicable rights remain unchanged.