

# Introduction to obstetrics and gynecology

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# Pregnancy dating

- State of having products of conception implanted normally or abnormally in the uterus or elsewhere.
- Pregnancy is terminated by spontaneous or elective abortion or delivery.
- Diagnosis :
- Delayed period : morning sickness
- Home pregnancy test
- Blood test BhCG { peak at 10 weeks}
- Ultrasound scan .

# Pregnancy dating

- Ultrasound can detect gestational sac as early as 5 weeks.
- Fetal heart may be detected at 6 weeks gestation.
- another symptoms and signs of pregnancy :
- Amenorrhea, nausea, breast pain, quickening { fetal movement }
- Breast tenderness, linea nigra { discoloration of the midline of abdomen, softening of cervix and uterus.

# Terms and definitions

- Embryo .... Till 10 weeks gestational age
- Fetus..... from 10 weeks to term
- First trimester... until 14 weeks
- 2nd trimester... until 28 weeks
- 3d trimester... until delivery

- Previabile...prior to 24 weeks
- Preterm... from 24 to 37 weeks
- Term... 37 to 42 weeks
- Post date or post term beyond 42 weeks
- { those from LMP }

- Gravidity { number of times a woman has been pregnant }
- Parity {number of pregnancies that led to a birth beyond 20 weeks or weight >500 grams.
- { twins are considered one parity }
- Example : G2P1. currently pregnant and delivered one baby.

# dating

- Nagele's rule.
- EDD expected date of delivery is calculated from LMP.
- Subtract 3 from LMP and add 7 days
- Example : if LMP 17/5/2023

EDD 24/2/2024

EXAMPLE : LMP 27/1/2023

EDD 4/11/2023

# delivery

- 1st stage of labour. .... From the start of true labour till fully dilated cervix
- 2nd stage of labour... from full dilation to delivery of baby
- 3d stage of labour.... Delivery of the placenta.



# Obstetrics branches

- Fetal scanning { fetal medicine}. To detect congenital anomalies and to screen for chromosomal anomalies
- Maternal medicine { high risk pregnancies}. Pregnant women with medical problems as diabetes , hypertension .... etc
- Labour ward management. Management of pregnant women at high risk.

# Menstrual cycle physiology

- Self study

# gynecology

- Reproductive gynecology: endocrine disorders, adolescent gynecology, IVF in vitro fertilization
- Urogynecology. Pelvic organ prolapse and urinary incontinence
- Gynecology oncology: tumours of the genital tract .. Ovarian uterine, cervical, vaginal and vulval tumours.
- Laparoscopic gynecology and minimally invasive gyn surgery.