

The Spurrell Family Part 3: Wavey and Alan

Wavey stopped the oral contraceptive pill after her last visit five months ago. Her menstrual cycle returned to normal six weeks after she stopped. She has now stopped smoking.

Alan had been working extra shifts but did get home about eight weeks ago. The timing was right as she had her last period about six weeks ago, and she did a home pregnancy test two days ago which was positive. They are thrilled! They have not told family members yet until she was seen by the doctor.

She has been having some tiredness after a long day in school, nausea and vomiting, and breast tenderness. She is eating “okay”, but cannot tolerate eating in the mornings or when there is a strong smell. She prefers to have take-out/fast foods because she doesn’t have to smell the food cooking. She has lost two pounds in the previous week. Her pre-pregnancy weight is 132 pounds and she is 5 feet, 3 inches tall.

Alan has had to return to Alberta so misses this first doctor’s appointment. Wavey has a number of questions and concerns, including a question about teaching young children and whether infections and diseases among young children could be passed on to her unborn child.

She is given a prenatal physical exam and work-up including routine screening tests and a discussion is held about the option of maternal serum screening. Some prenatal and nutritional advice is provided, as well as an information package and answers to her questions. She is advised to return 2 weeks later for a weight check and ensure that everything is OK.

2nd Prenatal Visit – Two Weeks Later

Wavey’s nausea and vomiting are much improved on this visit. She is eating small meals frequently, has not vomited in seven days, and her weight has increased 2 pounds. She has been drinking ginger tea and finds this very helpful also. Alan’s grandmother has been giving her some advice regarding taking some herbal remedies to manage her morning sickness and help with the pregnancy, and she asks some questions about following this advice.

Her routine blood work is normal, her hemoglobin was 122. Her blood type is A- negative and her Coombs antibody test is negative. She is to be followed up regularly and arrangements for an ultrasound are made.

Second Trimester Visit

Wavey comes to see you at 20 weeks. She has settled into a good routine of eating well and exercising regularly. She has joined the YMCA prenatal fitness class. The nausea and vomiting settled at 12 weeks. She would very much like to breastfeed but she is concerned as she has

one nipple that is flat and asked advice about her chances of breastfeeding successfully. Her mother had told her she (Mother) couldn't breastfeed because she didn't have enough milk. Alan attends the appointment today and was asking questions whether sexual activity is safe during pregnancy. He continues to travel every three weeks to work in Alberta. He did attend the prenatal ultrasound and was very happy about seeing their new baby. Wavey's screening tests showed low risk for any fetal abnormalities and ultrasound showed a normal 18 week fetus.

She continues to get many substitute teaching offers. She is not socializing with her friends and family as much because she is busy with work. She has had a couple of colds and has had some heartburn, and asks what she could take for it. She also asks if she should have a flu shot. She has never had one before but she knows that there is a flu virus in the community and wanted to ask you about this.

There is a discussion about delivery (e.g. family physician, midwife, specialist in attendance; risk assessment), attendance at prenatal classes (they have already registered and will start in six weeks), and breastfeeding is encouraged. Wavy wants to have a normal delivery, but she is concerned as her mother had to have a Caesarean Section (CS) for her last delivery and her sister Cindy has had 2 CS's.

Finally, she and Alan have been feeling the baby moving in the past few days. This has made both very happy and feeling closer to their child.

Your examination shows the baby is growing well. The uterus is at her umbilicus and the fetal heart heard by Doppler is 140 beats a minute.

You examine her breasts. Wavey's left nipple is flat but not inverted, and when examined the nipple responds by becoming erect.

Third Trimester (36 Weeks)

Wavey is doing well overall. She continues to teach regularly and school is very busy. She enjoys being busy but it also stresses her. It is becoming more difficult to get up early in the mornings to get ready for the day.

Alan has just returned back to Alberta before this appointment. Wavey says they are very happy and Alan has told her that she is even more beautiful now that she is pregnant.

She has been having lower back pain which she feels is because of her weight gain, and has been having some tightenings. She has some problems with hemorrhoids and ongoing heartburn and reflux. The baby is very active at times, keeping her awake in the night. She also says her shoes are tight and her feet/ ankles are swollen after working all day.

Wavey is gaining weight, approximately 2 pounds per week for the past few weeks. She weighs 164 pounds today and her B/P is 115/74.

The baby is growing well and you easily feel fetal movements and locate the fetal heartbeat. Upon examination, her baby appears to be in the head down position.

They have attended the prenatal classes. Wavey also had her mother attend some of the prenatal classes with her as back-up coach in case Alan is not home for the birth.

She had had repeat blood work at 28 weeks. Her hemoglobin was 95 and she was started on iron supplementation. Her Coombs antibody test was negative and she was given Rhogam at 28 weeks.

Wavey has brought along a birthing plan that she and Alan have developed in consultation with Alan's grandmother. A discussion regarding labor and delivery, pain control options, and when and where to call if feel they feel they are in labour.