

Physiological Adaptations in Pregnancy: Underlying Mechanisms and Physical Presentations

Objectives

- Discuss the physiologic changes that occur in pregnancy that affect the major body systems and anatomy
- Review the underlying mechanisms that are involved with the physiology changes unique to pregnancy
- Describe signs and symptoms that commonly present in pregnancy due to the physiologic changes of pregnancy

Content Outline

1. Physiologic Changes in Pregnancy
 - A. Cardiovascular system
 - B. Respiratory system
 - C. Renal system
 - D. Gastrointestinal system
 - E. Endocrine system
 - F. Skin changes
2. Common Manifestations of Pregnancy-Related Physiologic Changes
 - A. Cardiac murmurs
 - B. Palpations
 - C. Dyspnea
 - D. Nasal congestion
 - E. Hydronephrosis
 - F. Constipation and heartburn
 - G. Low TSH
 - H. Hyperpigmentation
3. Focus on the Renal System Changes in Pregnancy
 - A. Increased glomerular filtration rate
 - B. Increased kidney size
 - C. Hypervolemia-induced hemodilution
 - D. Role of relaxin and nitric oxide
 - E. Modified of renin/angiotensin/Aldosterone system
 - F. Changes in acid base balance
 - G. Change in electrolytes
 - H. Proteinuria
 - I. Changes in tubular function

Reading Material Resources- Page 2

Reading Material Resources

Module WB2361: Physiologic Adaptations in Pregnancy: Underlying Mechanisms and Physical Presentation is based on the resources listed below. A copy of each resource is included with the module.

Common symptoms and signs during pregnancy, Jarvis et al., *Obstetrics, Gynaecology and Reproductive Medicine*, 30:20, 2020, 321-325

Kidney Physiology in Pregnancy, Beers et al., *Advances in Chronic Kidney Disease*, 27 (6), 2020, 449-454