Objectives

- Identify risk factors for preterm birth
- Review assessment steps in evaluation a patient with preterm contractions
- Describe management of the patient with preterm contractions
- Discuss preventive measures for preterm birth
- Explain the use of inflammatory markers and their relationship to preterm birth

Content Outline

1. Risk for Preterm Birth
   1.1 Preexisting maternal factors
   1.2 Previous preterm birth
   1.3 Pregnancy-related factors

2. Assessment of the Patient with Preterm Contractions
   2.1 Possible causes
      2.1.1 Spontaneous
      2.1.2 Maternal factors
      2.1.3 Fetal factors
   2.2 Diagnosis
      2.2.1 Use of inflammatory markers
   2.3 Determination of true labor

3. Management of the Patient with Preterm Contractions
   3.1 Antenatal steroid therapy
   3.2 Group B streptococcus prophylaxis
   3.3 Tocolysis

4. Prevention of Preterm Birth
   4.1 Risk assessment
   4.2 Pre and interconceptional interventions
      4.2.1 Medical prophylaxis of indicated and spontaneous preterm birth
      4.2.2 Prenatal care and social support
      4.2.3 Medications and maternal activity
      4.2.4 Nutrition
      4.2.5 Periodontal care
      4.2.6 Antibiotic treatment
      4.2.7 Progesterone supplementation
      4.2.8 Cervical cerclage

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Reading Material Resources

This self assessment module is based on the resources listed below. A copy of each article is included with the module.


