

NURSING CARE PLAN (ABORTION, SPONTANEOUS ABORTION, MISCARRIAGE)

Medical Diagnosis: Abortion, Spontaneous Abortion, Miscarriage

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Pain in lower back • Abdominal cramping 	Obtain information about pregnancy from patient including estimated due date	Note any chronic health conditions, previous miscarriages or events and risk factors that may have led up to the onset of symptoms. Note: due date to determine gestational age and viability of fetus.
	Assess patient for bleeding, amniotic fluid and passage of pregnancy tissue	Weigh or count number of saturated pads each hour Note amniotic fluid or tissue being expelled from the vagina that indicates spontaneous abortion
	Perform assessment of fundal height; note if abdomen is firm or rigid	Monitor for signs of cardiac involvement, disease progression and determine cardiac function.
Objective Data: <ul style="list-style-type: none"> • Vaginal bleeding or spotting • Fluid or tissue passing through the vagina 	Assess for fetal heart rate	Determine if there is a viable fetus; determines course of treatment
	Assist with ultrasound or amniocentesis	Helps to determine fetal maturity and viability in the presence of fetal heart rate
	Initiate IV fluids and administer blood products as appropriate	Replacement of fluid and blood loss
	Assess and manage pain	Contractions, low back pain and cramping are symptoms that require management. Assist with non-pharmacological interventions as necessary.
	Place patient in lateral position on strict bed rest	This position helps relieve pressure on the vena cava and helps reduce bleeding Bed rest is required to limit blood loss and help with pain management
	Monitor vital signs	Excessive blood loss can result in hypovolemia, especially in the case of placenta abruption. Monitor for hyper/hypotension, tachycardia and shortness of breath. Note if fever is present which may indicate infection.
	Assess patient's psychological status and offer support and resources	Unexpected loss of pregnancy may cause emotional distress. Offer emotional support and provide resources for counseling, religious contacts and support groups to help develop coping techniques.