

(INCOMPETENT CERVIX) NURSING CARE PLAN

Medical Diagnosis: Incompetent Cervix

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Pelvic pressure • Abdominal cramping (premenstrual-like) • Backache • Change in vaginal discharge 	Obtain gynecological history from patient	Information regarding previous pregnancies, difficult births, gynecological treatments, abnormal Pap smears and other history can help determine risk
	Assess for vaginal discharge; note volume, color and consistency	Patients often report a change in vaginal discharge from clear or white to pink or tan, or that there is an increase of discharge and vaginal bleeding
	Screen patient for any history of substance abuse.	Certain medications and substances may cause premature dilation of the cervix.
Objective Data: <ul style="list-style-type: none"> • Light vaginal bleeding or spottin 	Encourage patient to decrease physical activity, avoid exercise and intercourse and take frequent breaks	Continued pressure on the cervix can cause dilation to progress, thus increasing the risk of preterm labor.
	Administer medications as appropriate	Tocolytics and Steroids may be given to help stop preterm labor and help the baby's lungs mature faster Analgesics (acetaminophen) may be given following cerclage procedure
	Assist with amniocentesis	Amniocentesis is performed by doctor, but may be required to determine if patient is eligible for cerclage placement.
	Prepare patient for cerclage placement	Cervical cerclage is done as an outpatient procedure, usually vaginally to tie the cervix closed. Stitches removed third-trimester pre-labor
	Provide nutrition and lifestyle education	Maintain healthy weight gain during pregnancy and avoid smoking or drinking alcohol.