

NURSING CARE PLAN (PRETERM LABOR/PREMATURE LABOR)

Medical Diagnosis: Preterm Labor/Premature Labor

Subjective Data:	Nursing Intervention (ADPIE)	Rationale
<ul style="list-style-type: none"> • Regular/frequent contractions • Dull backache • Pelvic pressure • Change in type of vaginal discharge 	Obtain gynecological and obstetrical history from the patient	Previous preterm labor or pregnancies too close together can increase the risk of preterm labor. Determine what symptoms began and when.
	Assess the patient's vital signs	Get a baseline set of vitals before any interventions
	Place external fetal monitoring device to monitor fetal activity/ heart rate and contractions	This allows you to observe and monitor the frequency and quality of contractions as well as notice any signs of fetal distress
Objective Data: <ul style="list-style-type: none"> • Vaginal spotting or light bleeding • Premature rupture of membranes • Cervical dilation greater than 4cm 	Place the patient in a position of comfort on the left side	Positioning patient in the left side-lying position may help with comfort, reduce contractions and maintain maternal-fetal blood flow
	Initiate IV access and administer medications: Magnesium sulfate Antiemetics Tocolytics Corticosteroids Antibiotics Analgesics	IV fluids should be given to prevent or treat dehydration, which can cause premature labor. Medications are given to try to stop labor from progressing, or to prepare for delivery. Magnesium sulfate- to relax the uterus and stop contractions Antiemetics – to control nausea Tocolytics – to stop labor from progressing Corticosteroids – to speed up fetal lung maturity Antibiotics – prophylactic if membranes have ruptured Analgesics – to manage pain
	Perform vaginal exam to assess for dilation and effacement	Avoid multiple digital exams if membranes have ruptured. Determine progression, if any, of labor. If the cervix is dilated >4 cm, it may not be possible to stop labor from progressing.
	Cluster care and provide rest periods	Patients may have fatigue or an intolerance to activity due to medications or cardiac involvement of the condition. Provide periods of rest to promote normalized blood pressure and prevent injury.

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	<p>Provide patient education:</p> <ul style="list-style-type: none">Symptoms of early laborWhen to notify the doctorHow to time contractionsAvoid smokingAvoid alcohol and substance abuseNutritionChronic condition management	<p>Educate patients and caregivers regarding warning signs and symptoms, a healthy diet, and lifestyle choices to help prevent repeat preterm labor.</p> <p>Encourage patients to properly manage chronic medical conditions to prevent further labor symptoms.</p>
	<p>If labor cannot be stopped, prepare the patient for delivery</p>	<p>In cases where labor cannot be stopped, prepare patients for delivery by providing education and information, resources for family members, and emotional support.</p>