

Topic Title: Assessment and Management of the patient presenting to the Emergency Department with bleeding in the first trimester of pregnancy

For on site tutorials as part of the remote simulation program
Obstetrics 1

This project was possible due to funding made available by Health Workforce Australia

Sponsor

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Introductions



General Aims

- Learn in a team setting
- Blend clinical skills with team skills
- Reflect critically on practice

Ground Rules

- Participation
- Privacy
- Confidentiality
- Disclaimer
- Debriefing
- Mobile phones

Session Objectives

- Approach to the woman in early pregnancy presenting to the emergency department
- Assessment of vaginal bleeding
- Exclusion of ectopic pregnancy
- Diagnostic testing in early pregnancy
- Management of miscarriage and ectopic pregnancy.

Introduction

- Vaginal Bleeding occurs in 20-40% of first trimester pregnancies.
- Miscarriage is the most common cause.
- Ectopic Pregnancy is a potentially life threatening differential diagnosis.
- Manage with the structured ABCDE approach to the patient.

Assessment

- Rapidly assess for haemodynamic stability.
- Perform a focused history and examination.
- Investigations aim to confirm pregnancy and establish location.
- Undertake a risk assessment for ectopic pregnancy.
- Consultation with specialist services will be required, often on an outpatient basis.

Focused History

- Bleeding and Pain.
- High risk symptoms for potential instability.
- Pregnancy history – current and previous.
- Risk factors for ectopic pregnancy.
- Co-morbidities
- Social history

Examination

- Vital Signs
 - HR, RR, BP, Sats, Temp, BSL
- Abdominal Examination
- Bimanual Examination
- Speculum Examination
- General clinical assessment

Investigations

- Confirm pregnancy with bHCG.
- Seek pregnancy location with ultrasound.
- Risk Assessment for ectopic or miscarriage.
- Ongoing management of pregnancy or bleeding.
 - Rhesus status
 - Serial assessment

Management

- The haemodynamically unstable need immediate resuscitation.
- Rapid ABCDE assessment whilst simultaneously managing patient.
- Fluid and blood boluses may be required.
- Assess and treat for cervical shock.
- Early involvement of Obstetric specialist.

Management - Miscarriage

- Several options for treatment of a miscarriage exist
 - Expectant
 - Medical
 - Surgical
- Psycho-social considerations are important

Management - Ectopic

- Management is dependent on
 - Haemodynamic stability
 - BhCG levels
 - Ultrasound findings
- Surgical, Medical and Expectant treatments are options considered by the obstetric services.

The Case

- You have been asked to assess Flora MacDonald who is a 27 year-old primipara, who presents with vaginal bleeding.

Summary

- Assessment of early pregnancy should begin with determining haemodynamic stability.
- Ectopic pregnancy is a potentially life threatening diagnosis.
- Expectant, Medical or Surgical treatment may be appropriate.
- Communicate compassionately with the woman and her partner.

References

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Acknowledgments

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