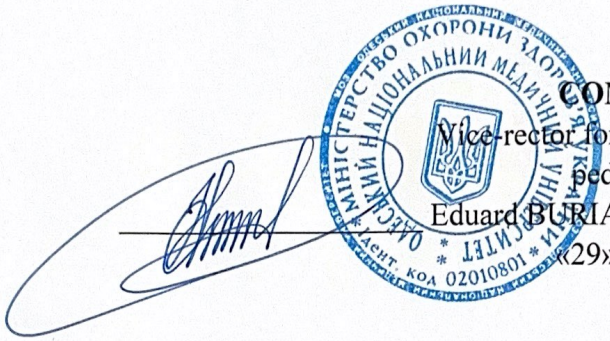
MINISTRY OF HEALTH OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

International Faculty

Department of obstetrics and gynecology



CONFIRMED by
Vice-rector for scientific and pedagogical work
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«29» August, 2024

THE METHODOLOGICAL RECOMMENDATIONS FOR PRACTICAL CLASS

International Faculty, Course V

Discipline “Obstetrics and Gynecology”

Practical class №16. Topic: Fetal distress. Intrauterine growth restriction.

Approved:

Meeting of the Department of Obstetrics and Gynecology of Odesa National Medical University

Protocol No. 1 dated August 29, 2024.

Head of the Department_____ (Ihor GLADCHUK)

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Practical class №16.

FETAL DISTRESS. INTRAUTERINE GROWTH RESTRICTION.

LEARNING OBJECTIVE is to gain basic knowledge about placenta, its main functions and physiological changes during pregnancy, formation placenta insufficiency, peculiarities of fetal development at placenta insufficiency, forming and signs of intrauterine growth restriction In addition, in order to make recommendations for management of pregnancy and way of delivery for babies with distress or with IUGR.

BASIC CONCEPTS: Placenta from anatomical, physiological and histological points of view. Placenta's functions. The structure of placenta, classification of placenta insufficiency. Signs of fetal distress (antenatal and intranatal periods) . Methods of examination of a baby during pregnancy, CTG, dopplerometry, ultrasound scanning.

EQUIPMENT

- Multimedia equipment (computer, projector, screen), TV.
- Obstetric models and obstetric instruments (pelvimeter, obstetric stethoscope, centimeter tape).
- Professional algorithms, structural-logical schemes, tables, videos.
- Results of laboratory and instrumental researches, situational tasks, patients, medical histories.

EDUCATIONAL TIME – 4 h

1. **ORGANIZATIONAL STAGE**
   - Greetings,
   - checking attendees,
   - defining of educational goals,
   - providing of positive motivation.

Placenta ("child's place") – is an extremely important organ, which exists only during pregnancy. It connects the functional systems of two organisms – the mother and fetus, providing the fetus with necessary vital substances. Etiology and pathogenesis, clinical features, classification and modern diagnostic methods of placental dysfunction and baby's wellbeing are basic to understand here to provide qualified emergency care, modern principles of prevention and medical rehabilitation of the patients. Unless well studied, this can make impossible to master physiological and pathological obstetric care.

2. **CONTROL OF BASIC KNOWLEDGE** (written work, written testing, online testing, face-to-face interview, etc.)

2.1. Requirements for the theoretical readiness of students to perform practical classes.

Knowledge requirements:

– Communication and clinical examination skills.

– Ability to determine the list of required clinical, laboratory and instrumental studies and evaluate their results.
– Ability to make a preliminary and clinical diagnosis of the disease
– Ability to perform medical manipulations
– Ability to determine the tactics of physiological pregnancy.
– Ability to keep medical records.

List of didactic units:

– Placenta from physiological and obstetric points of view.
– Fetal distress.
– Sings of the fetal intrauterine growth restriction.
– Fetometry and dopplerometry.
– Signs of symmetric and asymmetry IUGR .
– Evaluation of the fetal distress.

2.2. Questions (test tasks, tasks, clinical situations) to test basic knowledge on the topic of the class.

Questions:

– Measure the height of the uterine fundus over the pubis symphysis and the circumference of the abdomen in dynamics.
– Determine the sizes of the fetus with an ultrasound.
- Study the respiratory activity of the fetus with an ultrasound.
- Ultrasound of the urinary functions of the kidneys of the fetus by the amount of excreted urine.
– Evaluation of the fetal heart activity.
– Evaluation of the placenta hormonal function**.**

Test tasks

Direction: For each of the multiple-choice questions select the lettered answer that is the one best response in each case.

1. A 23-year-old woman (gravida 1) at about 12 weeks' gestation develops persistent nausea and vomiting that progresses from an occasional episode to a constant retching. She has no fever or diarrhea but lost 3 kg in 1 week and appears dehydrated. What is your diagnosis?

A. Ptyalism
B. Gastroenteritis
C. Hyperemesis gravidarum
D. Anorexia nervosa
E. Morning sickness

2. A 28-years-old woman complains of nausea and vomiting about 10 times per day. She has been found to have body weight loss and xerodermia. The pulse is 100 bpm. Body temperature is 37,2oC. Diuresis is low. USI shows 5-6 weeks of pregnancy. What is the most likely diagnosis?

A. Premature abortion
B. Food poisoning

C. Moderate vomiting of pregnancy
D. Mild vomiting of pregnancy

3. A patient develops excessive salivation during pregnancy. What is this called?
A. Eructation
B. Ptyalism
C. Deglutition
D. Pruritus
E. Emesis

4. In Primagravida, at 15-16 weeks of gestation, was determined that level of α-fetoprotein in serum significantly higher than normal. Pregnancy occurred against the backdrop klostylbehitom stimulate ovulation. When ultrasound revealed twins. How should treat elevated levels a-fetoprotein in this case?
A. liver necrosis of fetus.
B. Disorders of osteogenesis of the fetus .
C. Symptom of multiple pregnancy
D. Defect neural tube.
E. Underestimation of gestational period.

5. A 17-year-old G2P0 woman with no prenatal care at 29 weeks' gestation presents with painful contractions and pressure. Her cervix is 2 cm dilated, 60% effaced, and breech at –2 station. There is no evidence of ruptured membranes. Her contractions are every 3 minutes. FHT are 150 with accelerations. Maternal vital signs are temperature 36.8 degrees, pulse 96, BP 110/72. What should you do?
A. Prepare for a cesarean delivery
B. Observe to look for cervical change
C. Give IV sedation
D. Begin tocolytic agents
E. Start antibiotics

6. A child was born at a gestational age of 34 weeks. The leading symptoms were respiratory distress symptoms, namely sonorous and prolonged expiration, involving additional muscles into respiratory process. The Silverman score at birth was 0 points, in 3 hours it was 3 points with clinical findings. Which diagnostic study will allow to diagnose the form of pneumopathy?
A. X-ray of chest
B. Clinical blood test
C. Determination of blood gas composition
D. Proteinogram
E. Immunoassay

7. A multipara woman was admitted to hospital with a diagnosis of multiple pregnancy. Possible complications of pregnancy and childbirth:
A. Premature detachment of normally situated placenta
B. Occipital fetal presentation
C. Acute fetal distress
D. Polyhydramnios
E. Preterm labor

8. A patient has entered spontaneous premature labor at 28 weeks' gestation. During the vertex delivery, one should do which of the following?

A. Use prophylactic forceps
B. Use vacuum extraction
C. Recommend epidural anesthesia to control delivery
D. Allow spontaneous vaginal birth
E. Perform an episiotomy

9. A patient presents at 30 weeks' gestation in labor that cannot be stopped. Lung maturity is unlikely. Fetal lung surfactant production may be increased by a number of factors. Which of the following is proven clinically useful?

A. Glucocorticosteroids
B. Prolactin
C. Thyroxine
D. Estrogen
E. Alpha-fetoprotein

Answer key

1.	C
2.	C
3.	B
4.	C
5.	D
6.	A
7.	E
8.	D
9.	A

3. FORMATION OF PROFESSIONAL SKILLS (mastering skills, conducting curation, determining the treatment regimen, conducting a laboratory study, etc.).

3.1. Content of tasks (tasks, clinical situations, etc.).

Interactive task:

Students of the group are divided into 3 subgroups of 3-4 people each. They work in the classroom, reception department of the maternity hospital, labor & delivery ward, neonatal department with pregnants and newborns.

Tasks:

– Subgroup I - to perform external measuring of uterus fundus standing, calculation of the baby's approximate weight.
– Subgroup II - to assess grade and type of baby's heart rate and give the characteristic of CTG.
– Subgroup III – to assess answers of subgroups I and II and makes adjustments.

Tests:

Direction: For each of the multiple- choice questions select the lettered answer that is the one best response in each case.

1. A pregnant woman is 28 years old. Anamnesis: precipitous labor complicated by the II degree cervical rupture. The following 3 pregnancies resulted in spontaneous abortions at the terms of 12, 14 and 18 weeks. On examination: the uterine cervix is scarred from previous ruptures at 9 and 3 hours, the cervical canal is gaping. On vaginal examination: the cervix is 2 cm long, the external os is open 1 cm wide, the internal os is half-open; the uterus is enlarged to the 12th week of pregnancy, soft, mobile, painless, the appendages are without changes. What diagnosis would you make?

A. Cervical pregnancy, 12 weeks
B. Isthmico-cervical insufficiency, habitual non carrying of pregnancy
C. Threatened spontaneous abortion
D. Incipient abortion, habitual non carrying of pregnancy
E. Cervical hysteromyoma, habitual non carrying of pregnancy

2. A pregnant, 34 weeks gestation, is at the department of pathology. She has Rh- antibodies titer 1:32. From history, she had ectopic pregnancy with level of Rh-antibodies 1: 2 in 14 weeks. What should you do?

A. Blood transfusion
B. CTG
C. Early delivery
D. Re-determination of antibodies in 1 day
E. Cordocentesis

3. A premature birth has been defined as a fetus born

A. Before 37 weeks' gestation
B. Prior to the period of viability
C. Weighing less than 1000 g
D. Weighing more than 1000 g but less than 2500 g
E. None of the above

4. Primagravida is in I stage of labor for 9 hours. Head of the fetus is engaged to inlet of the small pelvis. Contractions are weak, irregular. . Auscultation of the fetus is clear, rhythmical, 136 bp.m. At vaginal examination uterine cervix is flattened, thickened, opened up to 4 cm. The amniotic membranes are present. During of internal examination, situation are the same in 4 hours . The most likely diagnosis?

A. Intrauterine hypoxia of fetus
B. Uterine inertia
C. Premature separation of normally posed placenta
D. Discoordination of labor activity
E. Preeclampsia of light degree

5. A 31-year-old woman (gravida 6, para 0-2-3-1) comes to you at 10 weeks' gestation with the history of having had progressively earlier deliveries, all without painful contractions. Her first child was born at 34 weeks and survived, the next delivered at 26 weeks, the next two at 22 weeks, and the last one at 20 weeks. No

congenital abnormalities were found. On examination, her uterus is 10-12-weeksize, FHTs are present with Doppler, and the cervix is soft, three-quarters effaced, and 2-cm dilated. With this information, your first diagnosis is intrauterine gestation and which of the following?

A. Incompetent cervical os
B. Genetic disease
C. Fibroid uterus
D. Premature labor
E. Progesterone lack

6. A 17-year-old G2P0 woman with no prenatal care at 29 weeks' gestation presents with painful contractions and pressure. Her cervix is 2 cm dilated, 60% effaced, and breech at –2 station. There is no evidence of ruptured membranes. Her contractions are every 3 minutes. FHT are 150 with accelerations. Maternal vital signs are temperature 36.8 degrees, pulse 96, BP 110/72. What should you do?

A. Prepare for a cesarean delivery
B. Observe to look for cervical change
C. Give IV sedation
D. Begin tocolytic agents
E. Start antibiotics

Answer key

1.	B
2.	C
3.	A
4.	B
5.	A
6.	D

3.2. Educational materials, recommendations (instructions) for performing tasks

Placental functions:

First, the placenta participates in the gas exchange: diffusion of oxygen occurs from the mother's blood to the fetus, and carbonic gas is transported in the opposite direction.

Secondly, the fetus receives vital substances necessary for its growth and development through the placenta. It is necessary to remember that a lot of substances (alcohol, nicotine, narcotics, many medical preparations, viruses) easily penetrate through the placenta and can harm the fetus. Besides, with the help of the placenta, the fetus gets rid of products of metabolism.

Thirdly, the placenta provides immunological protection for the fetus by detaining the cells of the mother's immune system which, can penetrate to the fetus

causing it to be a foreign object and then cause an immune conflict, which could start rejection reactions. At the same time, the placenta passes the maternal antibodies, which protect the fetus from infections.

Fourthly, the placenta plays the role of an internal secretion gland and synthesizes hormones (human chorionic gonadotropin (HCG), placental lactogen, prolactin and so on), necessary for the safety of the pregnancy, growth and development of the fetus.

Placental dysfunction (PD) – a clinical syndrome, caused by morphological and functional changes in the placenta and its infringement of the compensatory-adaptive possibilities. The reasons for placental dysfunction can be infringements of maturing and the formation of the placenta in women with pathologies of the endometrium, ovary-hypophysis and adrenal glands disorders, previous abortions and miscarriages. Pre-eclampsia, risk of miscarriage, overdue pregnancy, iso-serological blood incompatibility of the mother and fetus, genital infantility and other extra-genital pathologies (dysfunction of the adrenal glands, diabetes, thyrotoxicosis, etc.). play a great role in the occurrence of placental dysfunction, Thus, a complex of transport, trophic, endocrine and metabolic disorders of the placenta can occur, which is the basis for pathology of the fetus and newborn. The degree and character of influence of the pathological condition of the pregnant woman on the fetus depends upon many factors: the term of the pregnancy, the length of influence, condition of compensatory-adaptive mechanisms in the "mother-placenta-fetus" system.

Placental dysfunction – syndrome, caused by morpho-functional changes in the placenta, the result of complex reaction of the placenta and fetus to different pathological conditions in the mother’s organism. The basis for the given syndrome is pathological changes in the fetal- and-or uterine-placental complex with infringement of the compensatory-adaptive mechanisms at the molecular, cellular and tissue levels. Thus, a complex of transport, trophic, endocrine and metabolic disorders of the placenta can occur, which is the basis for pathology of the fetus and newborn. The data specifies that the term "feto- or uterine-placental insufficiency", is incomplete because it does not display completely the whole complex of changes in the uterine-placenta-fetus system. In the International Classification of Diseases (ICD-X reviewed in Geneva, 1995) the disease has only one name - "placental insufficiency"; later – placental dysfunction.

Placental ischemia and placental dysfunction are the starting link in the complex chain of pathophysiological mechanisms and progress of gestosis into pre-eclampsia. The condition of the placental complex during a pregnancy is studied completely (hormonal function, uterine-placental blood circulation, activity of the enzymes, ultrasound, tests of the amniotic fluid), especially taking into account the fact that the placenta is a uniform organ, accessible for lifetime pathomorphological research. Changes in the placental complex in pregnant women with different degrees of gestosis allow to track the steps (stages) of formation of placental dysfunction.

No uniform classification of PD exists.

In 1986, M. Ygel offered a classification of placental dysfunction by dividing it into latent placental dysfunction, manifestive and chronic insufficiency. Each division contains minimal, average or severe degree of severity.

In our country, the greatest and most widespread classification of placental dysfunction was offered by M.V. Fedorov and E.P. Kalashnikov (1986), where they distinguish primary (before 16 weeks pregnancy) and secondary (after 16 weeks) PD.

On the basis of the morphological changes in the placenta, I.S. Sidorov and I.O. Makarov (2000), V.I. Kulakov (2004) distinguished compensated, subcompensated, decompensated and critical forms of chronic PD.

Depending on the area of defeat in the placenta, M.V. Fedorov, O.P. Kalashnikov (1986) and H.C. Wallenburg (1990) distinguished relative and absolute placental dysfunction.

V.A. Tsinzerling and co-authors (1998) developed the criteria for morphological diagnostics of the following kinds of functional conditions of the placenta: compensated condition, acute insufficiency, chronic insufficiency with acute decompensation, chronic subcompensated insufficiency, chronic decompensated insufficiency (gradually accruing).

Classification of PD:

I. by the clinical-morphological signs:

a) **primary (early) placental insufficiency** (before 16 weeks) occurs during the formation of the placenta during implantation, early embryogenesis and placentation under the influence of genetic, endocrine, infectious and other factors. Enzyme insufficiency of the decidual tissue (during dysfunction of the ovaries, anatomical structural disorders, disorders in the location of the placenta attachment, and also defects of vascularization and the problems in the maturing of the chorion) play a valuable role in the development of primary placental dysfunction. Primary insufficiency can assist in the development of congenital disorders of the fetus, stillborn pregnancy. Clinically, it appears as risk of miscarriage in early terms. On occasion, primary placental dysfunction can develop into secondary.

b) **secondary (late) placental dysfunction**, as a rule, occurs in the late terms of pregnancy, after 16 weeks, under the influence of different maternal factors.

II. by the clinical course:

a) **acute** – acute disturbances of decidual perfusion and disturbances of the utero-placental blood circulation play a leading role in its development. This kind of placental dysfunction appears as large infarctions of the placenta, preterm detachment of a normally located placenta. As a result, death of the fetus and the termination of the pregnancy can occur quickly.

b) **chronic** – very frequent pathology (it is observed in approximately every third pregnancy woman in the group of high risk). It can occur in the II trimester and last for a long time.

III. by the condition of the compensatory-adaptive reactions:

a) **relative** – when the compensatory reactions in the placenta are preserved. Vital support of the fetus is caused by compensatory reactions, which operate on the tissue (increase the number of reabsorbing villa, capillaries of terminal villa, functioning syncytial nodes), cellular and subcellular levels of the syncytiotrophoblast. Infringements of maturing of the placenta and immune disorders have certain value in the development of this type of PD.

b) **absolute** - most difficult form of chronic PD. It is characterized by the development of damage to the placenta of involution-dystrophic, circulatory and inflammatory character, which is accompanied by the absence of compensatory-adaptive reactions of the chorion at the tissue level.

Diagnostics of disorders of the functions of the placenta.

1. **Determine the degree and character of changes in the placenta.** \

a) hormonal researches:

Hormonal methods of diagnostics of PD consist of determining the level of hormones in the amniotic fluid, patient's blood and urine. But, it cannot be limited to the research of one hormone only one time. It is advisable to use dynamic supervision of a complex of hormones in the placental complex, placental lactogen (PL) and chorionic gonadotropin (CG) – to diagnose the condition of the syncytiotrophoblast of the placenta; estrogen (estradiol-E2 and estriol-E3) – to evaluate the function of the placental complex; progesterone (Pg)-to diagnose the condition of the uterine-placental-fetal system (see table 1).

2. **Determine the condition of the fetus and placental system.**

a) measure the height of the uterine fundus over the pubis symphysis and the circumference of the abdomen in dynamics.

Special attention should be paid during external measurement in the II and beginning of the III trimester when the received sizes are comparison to the term of the pregnancy, which shows any fetal growth retardation. It is convenient to use a gravidogram, where normal measurements of the height of the uterus fundus are marked. The lack of 20 mm in the size of the uterus or more at 32-33 weeks is basis for considering the presence of hypotrophy of the fetus.

b) determine the sizes of the fetus with an ultrasound.

c) study the respiratory activity of the fetus with an ultrasound.

d) determine the movement activity of the fetus with an ultrasound.

It is performed at 7-8 weeks of pregnancy, but its evaluation has the greatest value in the III trimester when the fetus does 5 and more movements in 30 minutes. Thus, an increase in general movement activity of the fetus is considered compensatory reactions, a decrease - an adverse sign.

e) ultrasound of the urinary functions of the kidneys of the fetus by the amount of excreted urine.

The latter is determined by the difference between the volume of the urinary bladder during the first US and the repeated US in 1 hour. The given test is especially valuable when diagnosing hypotrophy of the fetus, during which the excretion of the urine decreases to 15-18 ml (normal – 24-27 ml). Also consider, that a decrease in the speed of urine excretion of the fetus is observed during gestosis of the pregnant women, in those cases there is no growth retardation by data from the US. The degree of decrease in the production of urine is directly dependant on the severity of gestosis, which is connected not only to fetal growth retardation, but also to the infringement in the regulation of the kidney functions.

f) evaluation of the fetal heart activity.

Along with auscultation, the most accessible and widespread method of evaluating the fetal heart activity is cardiotocography, registration of fetal heart rate (HR). Cardiomonitoring shows initial and expressed signs of suffering of the fetus as a result of fetal distress.

The basic treatment for placental dysfunction:

1) Improving the uterine-placental blood circulation;

2) Normalizing the gas exchange between the mother and fetus;

3) Improving the metabolic functions of the placenta;

4) Acting on the fetus, through the placenta and using the para-placental way of exchange.

Different methods and different means influence multiple functions of the placenta at once. Normalizing the uterine-placental blood flow, certainly, improves the transport of nutrients and gas exchange, which is an important factor in the synthesis of hormones. Correcting the metabolic changes leads to the improvement of gas exchange and normal function of the placenta which in turn, improves the haemodynamics of the placenta.

Normalizing the uterine-placental blood flow is the basic link in normalizing the function of the placenta; it is achieved by using vasodilating means or preparations which relax the uterus, along with actions directed on normalizing the reocoagulate properties of the blood:

a) physical methods of action (electro-relaxation of the uterus, electrophoresis of magnesium, thermal procedures on the renal area, diathermy, inductothermy, etc.) reflex the biometry and lead to the dilation of vessels;

b) abdominal decompression removes extra muscle work of the uterus by overcoming of the tonus of the abdominal muscles. It leads to an increase in blood flow in the uterus and improves placental perfusion. Besides that, it leads to an increase in the synthesis of estriol and an increase in the transport function of the placenta;

c) hyperbaric oxygenation is applied to improve the function of the placenta and fetal condition, especially in pregnant women heart disorders. It preserves the activity of the respiratory enzymes, assists in normalizing the carbohydrate metabolis;

d) medicament means. Aminophylline or teophylline, vasodilating substances, are used; they can be introduced by i\v by stream or droplet introduction. Complamin, teonicole are used for the same purposes. It should be noted that hypersensibility is possible in pregnant woman and so individual doses of complamin should be selected. Considerable improvement in the uterine-placental blood circulation causes vaso-active preparation trental. It has vasodilating action, decreases the resistance of peripheral vessels, increases the collateral blood circulation. The preparation improves the rheological properties of blood and microcirculation, and it can be used in hospitals and female consultations.

Prevention of placental dysfunction

1) eliminating the influence of harmful factors during the period before conception and especially during the first days and weeks of pregnancy:

a) eliminating smoking, alcohol, taking of medicines (without prescription from the doctor);

b) before pregnancy (and during pregnancy) sanation of sites of infection, treatment of chronic diseases.

2) after the patient becomes pregnant, it is necessary to explain to her the role of high-grade balanced food, high-grade and extra sleep.

3) finding the group of high risks and registering them for regular medical check-ups.

Fetal distress syndrome

According to order of the Ministry of Health of Ukraine №900 from 27.12.2006 about the statement of the clinical report about obstetrical help for "Fetal distress during pregnancy and during birth ", the terms "chronic hypoxia of the fetus ", "acute hypoxia " are not clinical, because for the diagnostics of these disorders, indicators of oxygen contents in the fetus (metabolic acidosis) are not used in routine medical practice. So, all disorders of the functional condition of the fetus at the present are distinguished as "fetal distress". The concept "chronic fetal hypoxia", "acute fetal hypoxia" are not used.

Respiratory distress syndrome in newborns (respiratory disorder syndrome) – non-infectious pathological processes (primary atelectasis, disease of the hyaline membrane, hydropic- hemorrhagic syndrome) that form in the prenatal and early neonatal periods of development of an infant and breathing; it appears as respiratory disorders. The frequency of development of respiratory distress depends on the degree of immaturity and averages about 60% of children born at the pregnancy term less than 28 weeks, 15-20% -at the term 32-36 weeks and 5% - 37 weeks and more. With rational nursing of such children, the mortality rate is close to 10%.

Fetal distress syndrome means hypoxia.

Hypoxia of the fetus - insufficient supply of oxygen to the tissue and organs or their incomplete digestion of the oxygen. This term was recommended by the World Health Organization, but it is not the only one: the terms fetal distress ("suffering") and asphyxia (without pulse; but has dyspnea, i.e. a lack of oxygen and accumulation of carbonic gas in the organism) also exist. The term hypoxia of the fetus and asphyxia of newborns are not used.

The consequences of oxygen insufficiency for a fetus during different periods of pregnancy are different. In early terms (before 16 weeks), when organs and systems are forming, expressed hypoxia can be accompanied by embryo growth delay and the occurrence of development anomalies. Oxygen starvation in later pregnancy terms can lead to fetal growth retardation, defects of the central nervous system in the fetus and newborns, infringement of the processes of the infant's adaptation after birth; in special cases it can be the reason for stillborn deliveries or death in infants.

Depending on the duration, chronic and acute fetal distress is distinguished. Chronic distress develops when there is an insufficient supply of oxygen to the fetus throughout a long period of time due to diseases of the mother's internal organs (diabetes, chronic diseases of the lungs, kidneys, anemia, etc.), complicated course of the pregnancy (gestosis, risk of miscarriage, over-due pregnancy, immunological

incompatibility of the mother and fetus blood by Rhesus factor, pre-natal fetal infection). Chronic distress also can be the result of smoking, use of alcohol, drugs during pregnancy. Acute fetal distress, as a rule, occurs during the delivery (in connection with anomalies of labor activity, entanglement of the umbilical cord, prolapse or compression of loops of the umbilical cord, short umbilical cord). Less often, acute fetal distress is observed during the pregnancy during life-threatening conditions of the mother (premature detachment of the placenta, rupture of the uterus). Sometimes, chronic and acute distress is observed together.

Intrauterine fetal distress - pathological condition connected with oxygen insufficiency during the pregnancy and delivery. It is caused by the reduction or absence of oxygen in the body and the accumulation of metabolism products in the blood. Hypoxia leads to an imbalance in the oxidation-reduction reactions in the fetus's organism resulting in the development of acidosis, when tissue ceases to receive oxygen. Carbonic acid accumulation causes irritation of the respiratory center. The fetus starts to breathe through an open vocal fissure and aspirates amniotic fluid, mucous, blood.

Many kinds of obstetrical pathologies, different extra-genital diseases, dysfunction of the placenta, pathology of the umbilical cord and fetus are just some of the reasons.

Etiology and pathogenesis

The main pathogenesis for distress of the fetus and newborn is placental dysfunction with obstetrical and extra-genital pathologies. Defects in the structure of the placenta and processes of microcirculation in pregnant women with gestosis, the action of medical preparations and other harmful factors lead to chronic oxygen starvation which is accompanied by a decrease of oxygen in blood, hypercapnia, non-compensated acidosis, imbalance in the water-electrolyte exchange, decrease of the contents of corticosteroids. It, in turn, causes dysfunction of the central nervous and cardiovascular systems, homeostasis regulation, and increase in the permeability of vessels, decrease in the immunological reactance of the fetus's organism. Conditions of fetal hypoxia are connected with the changes in the complex uterine-placental-fetal system. This testifies that the result of the pregnancy for the fetus and in many respects for the mother depends on the condition of the compensatory-reactive mechanisms of the fetoplacental complex and rational correction of disorders.

Acute and chronic fetal distress is distinguished. The symptoms of acute fetal distress usually appear during delivery. Chronic fetal distress (more than 7-10 days) - the consequence of prolonged obstetrical or extragenital pathologies, which lead to fetal development delay.

The reasons for fetal distress and distress in newborns can be divided into 4 groups:

I group - diseases of the mother.

Blood loss during obstetrical bleedings (detachment of the placenta, placental presentation, rupture of the uterus); blood diseases (anemia, leukemia, etc.).

Shock conditions of any origin.

Diseases of the cardiovascular system (congenital and acquired heart disorders with haemodynamic infringement).

Diseases of the respiratory system with gas exchange infringement (bronchial asthma, pneumonia).
Any intoxications.

II group - pathology of the uterine-placental and umbilical cord circulation.

Umbilical cord pathology (umbilical cord knots, entanglement of the umbilical cord around the extremities, prolapse of the umbilical cord, compression of the umbilical cord during delivery in pelvic presentation).
Bleedings (detachment of the placenta, placental presentation, rupture of vessels with membrane attachment of the umbilical cord).
Defects in the placental blood circulation in connection with dystrophic changes of the vessels (during gestosis, over-due pregnancy).
Anomalies of the birth activity (very long or fast contractions, discoordination of the birth activity).

III group - reasons connected with the fetus.

Genetic illnesses of newborns.
Hemolytic disease of newborns.
Congenital defects of the cardiovascular system.
Pre-natal infection.
Intracranial trauma.

IV group.

Partial or complete obstruction of the respiratory tract (characteristic only for distress of newborns).

Clinical picture

Main displays of fetal distress: heart rate abnormalities (at first tachycardia, then bradycardia), muffled heart sounds (in the beginning little increase, then muffled); arrhythmia, decrease in the intensity of fetal movements, excretion of meconium, change in the indicators of the acid-base balance of the amniotic fluid and blood.

Diagnostics

Diagnostics of fetal distress can only be complex. Registration of cardiac activity is one of the most simple and widespread methods of monitoring the functional condition of the fetus during pregnancy and delivery. In clinical practice, CTG is used.

Test with functional loads (diagnostics of chronic fetal distress). The pregnant woman for 3-4 min. steps up and down on 2 steps. Before and after the workout register the fetal cardiac activity. During a normal course of pregnancy, the heart rate remains within the physiological borders 116-160 b.p.m. When the fetus is in distress, monotony of the rhythm of the heart is marked, tachycardia or bradycardia.

Test with oxytocin. Under the influence of oxytocin, the blood circulation decreases in the intervillous lacuna, appearing as change in the fetal heart rate. To perform the test, 1 unit of oxytocin is dissolved into 100 ml of 5% glucose. 1 ml of this solution contains 0,01 units of oxytocin. 5 ml of the solution is put into a syringe, and introduced by i\v with a speed of 1 ml per minute. Normally, the fetal heart rate does not change. When the fetus is in distress tachycardia or bradycardia is observed.

Test with holding of breath during inhalation and during exhalation. Normally, when breath is held, the fetal heart rate changes on average 7 b.p.m. Holding of breath during inhalation causes a decrease, and on exhalation - increase in fetal heart rate. When the fetus is in distress, there is no change in fetal heart rate.

Cold test gives a decrease in fetal heart rate by 10 b.p.m. When the fetus is in distress, the rhythm does not change.

There are tests with the introduction of atropine sulphate, aminophylline, etc. Atropine easily passes through the placenta and causes tachycardia, so it is not recommended.

Modern methods of evaluating the condition of the fetus include US (fotometry, placentography, "biophysical profile"), Doppler flowmetry, amniocentesis (pH of the amniotic fluid, delta Oe450, level of hormones, phospholipids), chordocentesis (blood indicators), cardiomonitoring with computer evaluation of the received data, pH of the blood from the skin of the fetus's head (during labor).

Retardation, hypotrophy of the fetus.

In literature you meet a large quantity of terms: "intrauterine development delay", "intrauterine growth retardation ", "hypotrophy of the fetus", "fetal retardation", "small gestational age", etc. In the ICD-10 all terms specified above are united into one concept "Delay in growth and lack of nutrition for the fetus".

The term " intrauterine growth retardation " - pathology of the fetus resulting from the influence of harmful factors. IUGR is diagnosed in infants who have insufficient body weight at birth in relation to their gestational age, when the body weight is 10% less than for that pregnancy term, and\or the morphological index of maturity of the fetus is behind by 2 or more weeks from the valid gestational age.

Fetal development delay is one of the most frequent reasons for a decrease in the adaptation of newborns in the neonatal period, high disease rate, psychological disorders. Perinatal death rate for IUGR reaches 80-100%.

The mortality rate for low-weight infants is 35-37 times more than in mature infants with physiological body weight. The death rate for many depends on the body weight at birth. So, with a weight of 500-700 gr the death rate is 56%, with a weight of 751-999 gr - 48%, and with a weight of 1000 gr - 40%. The maximum death rate for low-weight infants is evident in the 1st week of life.

According to recommendations of WHO, infants born with a body weight less than 2500 gr are called infants with small weight at birth. Thus, infants with small weight at birth are divided into three groups:

1) Newborns before 37 weeks of gestational age with corresponding gestation growth to the given term – immature newborns with growth and body weight, corresponding to the gestation term;

2) Newborns before 37 weeks of gestational age and small for the given term – immature newborns with IUGR;

3) Newborns after 37 weeks gestation and small for the given term – mature newborns with IUGR.

Prenatal infections also lead to IUGR and make up about 10% of the reasons for this pathology. Rubella leads to IUGR in 60% of cases.

Retardation (from lat. - delay) (biological), late rudiment of organs and their slow development in descendants in comparison with ancestors. It depends on the beginning of the organ's functioning and also on the conditions of environment in which individual development of the organism occurs - ontogenesis.

Retardation - delay (in medicine) - delay of sexual development of an organism. In girls – delay of first menstruation, delay in breast development. In boys – delay of first ejaculation.

Retardation (in literature) – delay in literary and art development, lyrical digressions, different mistakes (interior, characteristic).

Hypotrophy of the fetus

This term doctor's use for delay in the rate of physical growth of a fetus; it includes: the physical parameters of the fetus do not correspond with the size for given term of pregnancy. Today, very often, the term hypotrophy is replaced by intrauterine growth retardation.

Intrauterine growth retardation (IUGR) in infants who have insufficient body weight at birth in relation to their gestational age, when the body weight is 10% less than for that pregnancy term, and\or the morphological index of maturity of the fetus is behind by 2 or more weeks from the valid gestational age. Evaluation is performed during the first hours of life.

There are two forms of this syndrome: symmetrical and asymmetrical. The symmetric form develops at early terms of pregnancy. All the fetus's organs are evenly small; upon US the size parameters of the fetus are less than what is characteristic for the given term of pregnancy. The reasons for symmetric form of hypotrophy are intrauterine fetal infection, chromosomal pathology, developmental anomalies of the fetus, and also insufficient nutrition of mother and smoking.

The asymmetrical form develops later, after 28 weeks of pregnancy and is characterized by non-uniform development of different organs; the brain, skeleton, extremities are developed according to pregnancy term, but the development of the organs (liver, kidneys) is delayed. In this case, during US, the sizes of the fetal head and extremities correspond to the pregnancy term, but the size of the circumference of the abdomen is smaller.

Hypotrophy of the fetus is divided into three degrees according to the severity level:

First degree - situation when the fetus is delayed in development by two weeks.
Second degree – delayed by 2 to 4 weeks.
Third degree – delayed by more than 4 weeks.

The reasons for asymmetrical hypotrophy are. They are divided into the following basic groups:

I. Social factors:

a) the mother's age (17 years or younger, 30 years or older)

b) professional harm (difficult physical work, emotional overstrain, work with chemicals)

c) bad habits (smoking, alcohol)

II. Condition of the mother's organism:

a). chronic infections (chronic tonsillitis, chronic tracheobronchitis)

b) general diseases (diseases of the kidneys, cardiovascular system, endocrine system)

III. Gynecologic diseases of the pregnant woman and features of the course of previous pregnancies:

a) hormonal imbalance – menstrual dysfunction, infertility

b) miscarriages in anamnesis

c) uterus pathology (scar on the uterus after an operation, myoma of the uterus, endometriosis)

IV. Complicated course of the given pregnancy

a) risk of miscarriage

b) anemia

c) multiple pregnancy

d) hypotonia

e) acute attack of chronic infections during the pregnancy.

All these reasons lead to infringement of the so-called uterine-placental-fetal circulation, because then there is a efect in the blood supply to the uterus, placenta and fetus. And, accordingly, the fetus starts to receive insufficient amounts of food and oxygen, resulting in the development of oxygen starvation and delay in growth.

The diagnosis hypotrophy can be diagnosed at the doctor during external obstetrical examination: measuring the height of the uterine fundus and circumference of the abdomen. No increase in the circumference of the abdomen by 2 cm in 2-3 weeks and lack in height of the uterine fundus by 2 cm from the target date testifies of delay in intrauterine growth.

Nevertheless, an accurate diagnosis can be made with US, where photometry and measurements of all the fetus's parameters. Also the condition of the placenta, where metabolism and oxygen exchange between the mother's blood and the fetus's blood, is evaluated. During one US, especially when primary signs are seen, it is difficult to make a definitive diagnosis about a delay in the development of the fetus. Therefore, it is important to perform an US in dynamic, and repeat the US 3 weeks after the first one.

Other methods of examination are Dopplermetry, during which the blood flow in the uterine vessels, arteries of the umbilical cord and arteries of the brain of fetus, are determined with ultrasound. By means of the given method, it is possible to judge the sufficiency of the blood supply to the uterus and fetus. For hypotrophy of the fetus, not only is a delay in physical sizes from normal important, but also the functional condition of the fetus. Therefore, for hypotrophy of the fetus, it is necessary to evaluate the cardiovascular activity of the fetus with ultrasonic cardiotocography, which is performed after 30 weeks of pregnancy.

Prevention of fetal hypotrophy consists of planning and preparing for the pregnancy. It is necessary to treat all infections before becoming pregnant; if chronic sites of infection (for example, chronic tonsillitis) exist then prevention of an acute attack of this infection during pregnancy should be taken. If other diseases of the kidneys, lungs, liver, cardiovascular system exist, it is necessary to consult with experts about possible complications during the pregnancy, and also about what actions need to be made so that these complications do not occur. Early registration at

the female consultation is important so that your doctor from the beginning can evaluation your condition and make a prognosis for the course of the pregnancy. It should not have to be said, that after becoming pregnant and during the pregnancy, it is necessary to conduct a healthy lifestyle and lose all harmful habits: smoking, alcohol, drugs. Correct high-grade food during pregnancy, the use of special, balanced vitamin complexes for pregnant women, and also following all the recommendations of the doctor is important. Treatment of fetal hypotrophy depends on the severity, and can be done in out-patient conditions or in the hospital (in the department for pathology of pregnancy) with obligatory evaluation of the functional condition of the fetus.

3.4. Control materials for the final stage of the class: tasks, tests, etc.

Tests

1. A patient, 20 years old, thinks that she is pregnant. She does not remember the first day of the last menstruation. Patient complaints: weakness, nausea, vomiting, an aversion to meat during 10 days. Bimanual examination revealed: cyanosis of the cervical and vaginal mucous. The uterus is in hyperanteflexion, enlarged till the sizes of a female fist; softened, especially in the isthmic area, however, during inspection became denser, painless. Appendages are not palpated. What are the symptoms indicate the presence of pregnancy?

A. Increase and softening of the uterus
B. Menstruation is absence
C. All of above
D. Cyanosis of the cervical and vaginal mucous
E. Hyperanteflexion of the uterus

2. A patient, 27 years old, has visited the maternity hospital with complaints of delay of menses for 5 months, sleepiness, increase the abdomen. General condition of the patient is satisfactory. Extragenital diseases are absent. The fundus of the uterus is soft, painless during palpation and situated near the umbilicus. Fetal movements feel good. What are the absolute simptoms of pregnancy described in the case?

A. Fetal movements
B. Delay of menses
C. Sleepiness
D. Increase the abdomen
E. Increase the uterus

3. A secundipara, 32 weeks, arrived at the maternity hospital. The uterus is in normal tone and increased in size according to gestational age. Where should be the fundus of the uterus?

A. Near the navel
B. 4 cm below the xiphoid process
C. Near the xiphoid process
D. Near the pubis
E. In the middle distance between xyphoid process and the navel

4. A woman with blood group B(III) Rh(+) gave birth to a full-term healthy boy. Examination on the 3rd day of the infant’s life shows him to have icteric colour

of his skin. The child has no problems with suckling, sleep is not disturbed. The abdomen is soft, the liver protrudes by 2 cm from under the costal margin. Complete blood count: hemoglobin -200 g/L, erythrocytes - 5.5 · 1012/L, total bilirubin – 62 mcmol/L, indirect bilirubin – 52 mcmol/L. What condition can be suspected?

A. Congenital hepatitis
B. Hemolytic disease of the newborn due to Rh incompatibility
C. Physiologic jaundice
D. Biliary atresia
E. Hemolytic disease of the newborn due to ABO incompatibility

5. A woman, 34 weeks of pregnancy at her visit to the maternity hospital, height is 175 cm, weight is 74 kg. She has no complaints. The circumference of the wrist joint is 16 cm. Sizes of the pelvis: 25-28-31-21 cm. The fundal height is 35 cm, the circumference of the abdomen is 90 cm. Determine the estimated fetal weight in g:

A. 3150 ± 200 g.
B. 2500 ± 200 g.
C. 4100 ± 200 g.
D. 1850 ± 200 g.
E. 2850 ± 200 g.

6. At what pregnancy term is it necessary to conduct the first ultrasound screening of the fetus?

A. 11 weeks -13 weeks + 6 days
B. 8 – 9 weeks
C. 9 – 10 weeks
D. 10 – 11 weeks
E. 18 – 21 weeks

Answer key

1.	C
2.	A
3.	E
4.	C
5.	A
6.	A

4. SUMMING UP

Assessment of the ongoing learning activity at the practical class:

1. Assessment of the theoretical knowledge on the theme:
   - methods: individual survey on the theme, participation of the students in the discussion of problem situations; assessment of performance of tests on the theme;
   - the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.
2. Assessment of practical skills on the theme:

- methods: assessment of the solution of situational tasks (including calculation) on the theme;
- the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.

Assessment of the individual task:

1. Assessment of the quality of the performance of the individual task:
   - the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.
2. Assessment of the presentation and defense of an individual task, participation in the assessment of the business plan of the competitors and its critical analysis:
   - the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.

The score for one practical class is the arithmetic average of all components and can only have an integer value (5, 4, 3, 2), which is rounded statistically.

Criteria for ongoing assessment at the practical class:

5	The student is fluent in the material, takes an active part in the discussion and solution of situational clinical problems, confidently demonstrates practical skills during the examination of a pregnant and interpretation of clinical, laboratory and instrumental studies, expresses his opinion on the topic, demonstrates clinical thinking.
4	The student is well versed in the material, participates in the discussion and solution of situational clinical problems, demonstrates practical skills during the examination of a pregnant and interpretation of clinical, laboratory and instrumental studies with some errors, expresses his opinion on the topic, demonstrates clinical thinking.
3	The student isn’t well versed in material, insecurely participates in the discussion and solution of a situational clinical problem, demonstrates practical skills during the examination of a pregnant and interpretation of clinical, laboratory and instrumental studies with significant errors.
2	The student isn’t versed in material at all, does not participate in the discussion and solution of the situational clinical problem, does not demonstrate practical skills during the examination of a pregnant and the interpretation of clinical, laboratory and instrumental studies.

RECOMMENDED LITERATURE

Basic:

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2. Obstetrics and Gynecology: in 2 volumes. Volume 1. Obstetrics: textbook / V.I. Gryshchenko, M.O. Shcherbina, B.M. Ventskivskyi et al. (2nd edition). – «Medicina», 2018. – 392 p.
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5. Jeremy Oats, Suzanne Abraham Llewellyn-Jones Fundamentals of Obstetrics and Gynaecology (10th Ed) / Jeremy Oats, Suzanne Abraham. – Elsevier, 2016. – 384 p.

Additional:

1. The PROMPT-CIPP Editorial Team. (2019). PROMPT-CIPP Course Participant's Handbook: Care of the Critically Ill Pregnant or Postpartum Woman (Critical Car Prompt Practical Obstetric Multi-professional Training). – Cambridge University Press; 1st edition, 2019. – 136 p.
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3. Edwin Chandraharan Handbook of CTG Interpretation: From Patterns to Physiology / Edwin Chandraharan. – Cambridge University Press; 1st edition, 2017. – 256 p.
4. Louise C. Kenny, Jenny E. Myers Obstetrics by Ten Teachers (20th ed) / Louise C. Kenny, Jenny E. Myers. – CRC Press, 2017. – 342 p.
5. J. Studd Current Progress in Obstetrics and Gynaecology. Vol 4. / J. Studd, Seang Lin Tan, F. Chervenak. – TreeLife Media (A Div of Kothari Medical), 2017. – 419 p.
6. J. Studd Current Progress in Obstetrics and Gynaecology. Vol 5. / J. Studd, Seang Lin Tan, F. Chervenak. – TreeLife Media (A Div of Kothari Medical), 2019. – 403 p.
7. J. Studd Current Progress in Obstetrics and Gynaecology. Vol 6. / J. Studd, Seang Lin Tan, F. Chervenak. – TreeLife Media (A Div of Kothari Medical), 2022. – 309 p.
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9. Mark B. Landon Gabbe's Obstetrics Essentials: Normal & Problem Pregnancies, 1st Edition / Mark B. Landon, Deborah A. Driscoll, Eric R. M. Jauniaux, Henry L. Galan, William A. Grobman, Vincenzo Berghella. – Elsevier, 2019. – 496 pp.
10. Ian M. Symonds, Sabaratnam Arulkumaran Essential Obstetrics and Gynaecology, 6th Edition / Ian M. Symonds, Sabaratnam Arulkumaran. – Elsevier, 2020. – 480 pp.
11. Myra J. Wick Mayo Clinic Guide to a Healthy Pregnancy, 2nd Edition / Myra J. Wick. – Mayo Clinic Press, 2018. – 520 p.

INTERNET SOURCES:

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- https://www.ebcog.org/
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- https://www.uptodate.com
- https://online.lexi.com/
- https://www.ncbi.nlm.nih.gov/
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