

# Mark Klimek Audio Lectures additional Study Guide 2023

- It takes 3 things to pass this NCLEX exam
  - Knowledge
  - Confidence
  - Exam Proficiency
- You can't apply what you don't know, but you have to be able to apply what you do know.
- Go with majority: if something is 75% fatal, consider it fatal.
- If you try to learn everything you will master nothing.

## Lecture 10 Maternal health and newborn health

### Calculating Due-Dates

- To calculate a pregnant women's due- date you must take this first day of this menstrual period, add 7 days, and subtract 3 months

First day of this last menstrual period + 7 days – 3 months = Due-date

- Example: Her last menstrual period was June 10<sup>th</sup> through June 15<sup>th</sup>. When would you expect her due date to be?

June 10<sup>th</sup> (first day) + 7 days – 3 months = March 17<sup>th</sup>

### Weight Gain during Pregnancy

- The total weight gain during a full term pregnancy is expected to be 28 lbs., plus or minus 3
  - 1-2 lb. difference is okay
  - 3 lb. difference, need to have an assessment
  - 4 lb. difference is trouble

| Proper Weight Gain During Pregnancy |                                                           |
|-------------------------------------|-----------------------------------------------------------|
| Trimester                           | Expected weight gain                                      |
| First trimester (1 - 12 weeks)      | 1 lb. each month (total of 3 lbs. in this first 12 weeks) |
| Second trimester (13 - 27 weeks)    | 1 lb. each week (total of 9 lbs. in 9 weeks)              |
| Third trimester (week 27 – birth)   | 1 lb. each week                                           |

# Audio Lecture And Study Guide

**Lee, Mark J.W., McLoughlin, Catherine**



## **Audio Lecture And Study Guide:**

## **Audio Lecture And Study Guide** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Audio Lecture And Study Guide**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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