

Learning activity package (LAP)

Gynecological cases

Case 1, Anne

A 32-year old woman, Anne, is healthy otherwise, but she has not had her periods for 6 months. Three pregnancy tests have been negative. She started her periods when she was 12 and until she was 31, her cycle was regular (28-30 days). She has one pregnancy that ended with a normal birth of a healthy daughter 2 years ago and now she has a wish to become pregnant. She breastfed her daughter for 10 months. Her periods started regularly again 3 months postpartum, 6 months ago they stopped suddenly without returning. She complains that she experiences dryness during intercourse and her otherwise stable mood has begun to fluctuate. She uses no contraception. Her gynecological status is normal.

Labs, taken cycle day 3:

- Hb 128 g/l
- Thyroid-stimulating hormone: 4,5 mu/l (normal range 0,5-7 mu/l)
- Follicle-stimulating hormone: 50 IU/l (normal range 1-11 IU/l)
- Luteinizing hormone: 36 IU/l (normal range 0,5-14,5 IU/l)
- Prolactin: 411 mu/l (normal range 90-520 mu/l)
- Estradiol: 97 pmol/l (normal range 70-510 pmol/l)
- Testosterone: 2,5 nmol/l (normal range 0,8-3,1 nmol/l)

Tasks:

1. Assess, plan, implement and evaluate evidence-based nursing care in this case.
2. Describe your nursing actions.
3. How can you, as a nurse, make sure that her fertility remains intact?



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Case 2, Lisa

A 65-year-old woman, Lisa, has been admitted to the ER with shortness of breath. She admits that she has been unwell for a few months, feeling ill, had no appetite. She has lost weight, but her abdomen has swelling. She has no problems urinating but is constipated. Her abdomen is painful. She has never had children and her health is good. Her menstruation ceased at the age of 54 and she has never used hormones, no current medication in use either. She has never had post-menopausal bleeding. Upon examination she is pale, and abdomen is swollen. There is a mass on her lower abdomen.

Labs:

- Hb 98 g/l
- CA-125 200ku/l
- CT shows ascites and a left-sided pelvic tumor

Tasks:

1. Assess, plan, implement and evaluate evidence-based nursing care in this case.
2. Describe your nursing actions.
3. What could have prevented this situation?



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Case 3, Sofia

Sofia is 37 years old and she has noticed that her stomach has grown for the past year, to the extent that her friends are asking when her due date is. Annoyed by this, she comes to see the doctor. She has no other symptoms, apart from not being able to conceive, even if she and her husband have actively tried for the past 3 years. Her period is regular (29 days), but it is very heavy, so that she must stand up in the night to change her pad at least once. She urinates frequently, but she has no hematuria or dysuria. The gynecologist examines her and finds out that she has a large firm mass in her abdomen that is not painful and is mobile. The mass occupies her whole pelvis. In ultrasound it becomes clear to the gynecologist that she has a large uterine fibroid (myoma). She asks, can she ever get pregnant?

Labs:

- Hb 90 g/l
- Other labs are normal.

Tasks:

1. Assess, plan, implement and evaluate evidence-based nursing care in this case.
2. Describe your nursing actions.
3. Has the myoma caused all her symptoms?
4. How can you, as a nurse, make sure that her fertility remains intact?



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Case 4, Claire

Claire is 62 years old and had her menopause at the age of 53. She phones you and says that she is really annoyed by the fact that her period has returned. She thought it was far in her past. She woke up the other night with blood in her bed, and realized it was menstruation. The bleeding was not heavy. Her menopause was normal, she did experience hot flushes for about a year or two. She has tried to lose weight, but says it is very difficult, she is overweight. When you interview her, you find out that she has two adult children, she is sexually active, but has noticed vaginal dryness lately. Her latest pap-smear 6 months ago was normal. She has never used HRT. She has hypertension and has medication for that.

Tasks:

1. Assess, plan, implement and evaluate evidence-based nursing care in this case.
2. Describe your nursing actions.



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Case 5, Chloé

Chloé is 29 and comes to the ER with extremely painful periods. She cannot stand upright. Upon your interview she says that her period has always been painful and but not very heavy. She has menstruation every 20 days and the bleeding lasts about 3-4 days. The pain starts one day before the bleeding and lasts up to 5 days. The pain is dull and severe (VAS 8). Basic pain medication is of no help, she took some tablets 5 hours ago. Then she also mentions that she has pain in between her periods also, also during intercourse. She and her partner are trying to get pregnant, but so far there is no success.

Tasks:

1. Assess, plan, implement and evaluate evidence-based nursing care in this case.
2. Describe your nursing actions.
3. How can you, as a nurse, make sure that her fertility remains intact?



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Case 6, Rosa

Rosa is brought to the ER with her mother. She is 19 years old and suffers from inability to urinate. She is in immense pain (VAS 9) and discomfort, she feels threatened by you, the nurse. Her temperature is 38°C, her heart rate is 120 bpm, respiratory rate 25, BP 110/60 mmHg. Gynecological examination is difficult, she protests. You can see that her vaginal discharge contains pus, once she agrees to place herself onto the examination table.

Tasks:

1. Assess, plan, implement and evaluate evidence-based nursing care in this case.
2. Describe your nursing actions. How can you, as a nurse, make sure that her fertility remains intact?



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