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Antenatal History Gestational Age and EDD

Practical 01 / Supervised clinical examination

Aim

Record an obstetric history, calculate gestational age and perform an external antenatal assessment.

Principle

Reliable last menstrual period dates and early dating scans inform gestational age. Abdominal findings and antenatal records help assess pregnancy progress.

Materials and Requirements

- Antenatal record and calendar
- Obstetric model or examination couch, non-stretch tape and teaching fetal heart device

Procedure

1. Confirm identification, consent, comfort and current symptoms. Ask the first day of the last menstrual period, cycle regularity and available dating scan.
2. Explain the external examination and provide privacy and comfortable support. Ask about bleeding, pain or other immediate concerns and clarify exact menstrual and scan dates.
3. Record previous pregnancies and their outcomes. Count the current pregnancy in gravidity and record parity using the institution's notation.
4. Record the current and prior pregnancies separately, including gestation, mode of birth and material complications. Check how the institution defines and writes parity and whether information is incomplete.
5. Count elapsed days from the first day of a reliable last menstrual period. Convert to completed weeks and remaining days. For a regular 28-day cycle, add 280 days to that menstrual date for the estimated due date.

Continue with step 6 on the next page.

Procedure Continued

Antenatal History Gestational Age and EDD

6. Write the assessment and dating dates, calculate elapsed days and divide by seven for weeks and remaining days. Compare the calculated due date with the clinician-approved dating record.
7. On an abdominal model or with supervision, inspect, measure symphysis–fundal height at the relevant gestation and assess lie and presentation when appropriate. Listen for fetal heart activity as taught.
8. On the abdominal trainer identify the symphysis pubis and uterine fundus and measure along the uterine longitudinal axis as taught. Use the case gestation to decide when lie and presenting part can be assessed.
9. Review blood pressure and antenatal results and summarise gestation, pregnancy history, findings and next assessment.
10. Check the antenatal record, relevant vital signs and fetal assessment supplied. Present dating basis, obstetric formula, significant findings and question for follow-up with the supervising team.

Precautions

- Explain each step and preserve comfort and privacy. This station uses external examination.
- Report significant bleeding, severe symptoms or concern about fetal wellbeing promptly.

Observations and Interpretation

Antenatal History Gestational Age and EDD

Observations and Record

Item	What to record	What it tells you
Dating	Menstrual date, scan and elapsed weeks plus days	Supports reliable gestational age
Obstetric history	Pregnancies, births and outcomes	Identifies risks relevant to the current pregnancy
External examination	Fundal height, lie, presentation and documented fetal assessment	Adds clinical context

Worked Example

The reliable menstrual date is 1 January 2026. At the 21 May visit 140 days have elapsed, giving 20 weeks and 0 days. Adding 280 days gives an estimated due date of 8 October 2026.

Result and Interpretation

Document the calculated dates and compare with the clinical dating record. If menstrual dating is uncertain, use the clinician-confirmed dating assessment.

Viva Questions and Answers

What is gravidity?

The total number of pregnancies including the current pregnancy.

When is menstrual dating less reliable?

When the date is uncertain, cycles were irregular or an early scan materially disagrees.

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