



شبكة المعلومات الجامعية  
التوثيق الإلكتروني والميكروفيلم

# بسم الله الرحمن الرحيم



**MONA MAGHRABY**



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التوثيق الإلكتروني والميكروفيلم



# شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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# جامعة عين شمس

## التوثيق الإلكتروني والميكروفيلم

### قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها  
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات



### يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



**MONA MAGHRABY**

**Application of Evidence Based Measures  
for Alleviating Minor Discomforts  
during 1<sup>st</sup> Trimester of Pregnancy**

**Thesis**

*Submitted for Partial Fulfillment of Doctorate degree  
in Maternity & Gynecological Nursing*

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**Faculty of Nursing  
Ain Shams University  
2020**

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## **List of Abbreviations**

<i>Abb.</i>	<i>Full term</i>
<b>ACOG</b>	American College of Obstetrics and Gynecology
<b>ADH</b>	Antidiuretic Hormone
<b>AVP</b>	Arginine Vasopressin
<b>BP</b>	Blood Pressure
<b>CO2</b>	Carbon Dioxide
<b>EBP</b>	Evidence Based Practice
<b>FSH</b>	Follicle-stimulating Hormone
<b>GI</b>	Gastrointestinal
<b>GFR</b>	Glomerular Filtration Rate
<b>HCG</b>	Human Chorionic Gonadotropin
<b>HPL</b>	Human Placental Lactogen
<b>LMP</b>	Last Menstrual Period
<b>LES</b>	Lower Esophageal Sphincter
<b>LH</b>	Luteinising Hormone
<b>MFMER</b>	Mayo Foundation for Medical Education and Research
<b>NREPP</b>	National Registry of Evidence-Based Practices and Programs
<b>NVP</b>	Nausea & Vomiting of Pregnancy
<b>O2</b>	Oxygen

## List of Abbreviations

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<b>Abb.</b>	<b>Full term</b>
<b>P6</b>	Pericardium 6
<b>PSI</b>	Pregnancy Symptom Inventory
<b>Rh</b>	Rhesus Factor
<b><i>SJ-6</i></b>	San Jiao Meridian Point
<b>St36</b>	Stomach 36
<b>TBG</b>	Thyroid-binding Globulin
<b>T4</b>	Thyroxine <sup>4</sup>
<b>T3</b>	Triiodothyronine
<b>WHO</b>	World Health Organization