

## **Nursing 201 – Nursing Care of Special Populations**

### **Postpartum Physiologic Adaptation – Anatomic & Physiologic Changes**

Relates to the period when the woman adjusts physically and psychologically to childbirth, and the time it takes for the body to return to its near pre-pregnant state.

#### **Puerperium:**

#### **Reproductive System**

##### **Uterus:**

Involution: uterus returns to pre-pregnancy size, shape, and location

Uterine contractions

Atrophy of uterine muscles

Decrease in size of uterine cells

Placenta site heals

“Afterpains”:

Involution complete at 5-6 weeks when reaches pre-preg weight

Expected fundus location:

24 hours PP:

Decreases \_\_\_\_\_ per day

Can no longer feel fundus in \_\_\_\_\_

Factors that retard involution:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

#### **Placenta**

Implantation site is now jagged where placenta was attached

- Site heals via autolysis and exfoliation
- Autolysis:
- Exfoliation:

## Cervix

After Delivery:

Small lacs and bruises increase infection risk

Shape:

Nulliparous



Multiparous



## Vagina

## Perineum

**Lochia**- sloughing of the uterine decidua

**Lochia rubra** – discharge consisting of mostly blood (RBC's & WBC's), shreds of decidua, lanugo, vernix, and epithelial cells

Color:

Odor:

Duration:

**Lochia serosa** – leukocytes begin to invade healing areas, decrease in blood; discharge consists of serous exudates, shreds of decidua, RBC's, WBC's, cervical mucus, and microorganisms

Color:

Duration:

**Lochia alba** – decrease RBC, mostly mucus and leukocytes

Color:

Duration:

## **Breasts**

Formation of milk:

Engorgement:

Return of menstrual flow:

## **Cardiovascular System**

Normal blood loss:

Vaginal delivery –

Cesarean delivery –

Circulating blood volume:

Leukocytosis:

Coagulation Factors:

Orthostatic Hypotension:

PP Chills:

## **Respiratory system**

## **Urinary System**

## **Gastrointestinal System**

## **Musculoskeletal System**

Abdominal wall with decreased muscle tone

- 2 weeks post delivery, still appear pregnant

Muscles respond to exercise after 2-3 months

Joints return to pre-preg state except for feet-

Kegal exercises to strengthen vag and pelvic muscles

## **Integumentary**

## **Vital Signs**

Temperature:

Pulse:

Blood pressure:

## **Endocrine System**

Estrogen, Progesterone, Human placental lactogen:

Prolactin levels increase

## **PP Care**

C/Section Care

Breast Care-differs greatly for breastfeeding versus bottle-feeding moms.

Bottle feeding

Breast feeding

## **Rhogam**

Indicated if mom is Rh \_\_\_\_\_ and newborn is Rh\_\_\_\_\_

Injection:

## **PP Exercise**

Types: abdominal breathing, pelvic rocking, chin to chest, arm raises, knee rolls, buttocks lift, abdominal tighteners, and knee to abdomen