

**Covenant School of Nursing**  
**Instructional Module 6 Learning Guide**  
**Topic: Postpartum Nursing**

**Learning Goals/Outcomes**

Upon completion of this lesson, you will be able to:

- Describe the physiological changes, nursing assessments, interventions and expected outcomes for the postpartum patient
- Explain the predisposing factors, causes and signs of postpartum hemorrhage, infection, psychological complications, and identify nursing assessments and interventions for each
- Compare the postpartum nursing assessments and intervention for the vaginal and cesarean birth
- Describe maternal and family adaptation to childbirth, factors which may influence bonding and attachment, and the appropriate nursing assessment and intervention related to adaptation
- Discuss cultural influences on family adaptation
- Describe the physiology of lactation, maternal and infant benefits, common problems, and the nursing assessments and interventions to promote breastfeeding
- Examine the role of the nurse when a mother places her infant for adoption

**Pre-Class Preparation**

Required:

- Foundations of Maternal Newborn and Women's Health Nursing (7<sup>th</sup> ed.)  
Chapter 11: The Childbearing Family with Special Needs - section on Adolescent Pregnancy pgs. 271-277, Adoption pgs. 291-292 and Postpartum Depression pgs. 293-295  
Chapter 17: Postpartum Adaptation and Nursing Care pgs.458-493  
Chapter 18: Postpartum Maternal Complications pgs. 495-515  
Chapter 22: Infant Feeding – Breast Milk & Breastfeeding sections only pgs. 607-627
- HESI Comprehensive Review for the NCLEX-RN Examination (6<sup>th</sup> ed.)  
Ch. 6. Antepartum Nursing Care: Normal Postpartum pg. 272-279
- HESI Clinical Skills: Skills for Nursing Collection-Maternal Newborn Collection - review and complete quiz  
Assessment: Postpartum Patient  
Cesarean Delivery Recovery Animation  
Breastfeeding Education
- HESI RN Case Studies: Obstetric/Maternity – review and complete quiz  
Postpartum

Additional Resources:

**Learning Activities**

- Classroom Activities:
- Lecture
- Discussion
- Videos
- Case Study

Laboratory/Clinical Activities:

- Clinical/Community Rotations
- Out of Class/Computer Assisted Activities:
- HESI Clinical Skills: Skills for Nursing Collection-Maternal Newborn Collection - review and complete quiz  
Assessment Postpartum Patient  
Cesarean Delivery Recovery  
Breastfeeding Education
- HESI RN Case Studies: Obstetric/Maternity – review and complete quiz  
Postpartum

**Evaluation Methods**

<ul style="list-style-type: none"> <li>• Clinical Performance Evaluation</li> <li>• HESI Proctored Exam</li> <li>• Unit 2 Exam</li> </ul>	
<b>Texas DECS</b>	<b>QSEN Competencies</b>
<p>Knowledge  IA 1a &amp; c, 2, 3, IB 1a-d, 2a &amp; b, 3, 7a &amp; c, IC 2,  IIA 1a &amp; b, 2a &amp; b, 3, 4, IIB 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11,  12, IIC 1a &amp; b, 2a &amp; b, 3, 4a &amp; b, 5, 6, 7, 8,  IID 1a-e, 2, 3a &amp; b, 5 b, IIE 1a &amp; b, 2, 3a &amp; b, 4a &amp; b, 5,  6a &amp; b, 7, 8, 9, 10, 11a –c, 12, 13, IIF 1, 2, 3, IIG 1a &amp; b,  2a &amp; b, 3a &amp; b, IIH 5, 6,  IIIA 2, IIIB 1a &amp; b, 2, 3, 4, 5, IIIC 1, 2, IIID 1a &amp; b,  IVA 1a &amp; B, 2, 3a &amp; b, 4a &amp; b, 5a &amp; b, IVB 1a &amp; b, 2a &amp; b,  3b, 4, IV C 1, 2, 3, 4a &amp; b, 5, 6, 7, 8, IVD 1, 2, 3 a, IVE  1a &amp; b, 2, 3, IVF 1, 2a &amp; b, 4a &amp; b,  Clinical Judgment  IA1, 2, 3a &amp; b, IB 2a-c, 3a-c, 4a-c, 5c, 6b&amp;c, 7, 9, IC 2,  IIA 1, 2a &amp; b, 3, 4, IIB 1, 2, 3a &amp; b, 4, 5, 6, 7, 8, 9, IIC 1,  2, 3a &amp; b, 4, 5, 6, 7, IID 1, 2a-d, IIE 1, 2a-c, 3a &amp; b, 4, 5a  &amp; b, 6a-c, 7a-c, 8, 9, 10, 11, 12a &amp; b, 13, IIF1a-c, 2a&amp;B,  3 a &amp; b, 4, 5a-c, 6, IIG1, 2a &amp; b, 3, 4, 5a &amp; b, 6, 7, IIH 3, 6,  IIIA 3, 4, 5a, IIIB1, 2, 3a-c, 4, 5, 8, 9, IIIC1, 2a &amp; b, IIIE 3,  IVA 1, 2a &amp; b, 3. IVB 1a &amp; b, 2, 3a-c, 5a &amp; b, IVC 1a-c,  2a-c, 3a &amp; b, 4, IVD 1a-c, 2, 3a &amp; b, 4, 5, 6a &amp; b, IVE 1a-  d, 2a-c, 3a-c.</p>	<p>Patient Centered Care, Teamwork &amp; Collaboration, Evidence Based Practice, Safety,</p>
<b>IM Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1/2/3/4/5/6/7/8	<p>Safe &amp; Effective Care Environment, Health Promotion &amp; Maintenance, Psychosocial Integrity, Physiological Integrity</p>
<b>Concepts</b>	<b>Faculty</b>
<p>Clinical Judgment, Communication, Health Promotion, Patient Education, Teamwork &amp; Collaboration, Ethics &amp; Legal Precepts, Evidence-Based Practice, Health Information Technology, Patient-centered care, Safety, Cellular Regulation, Clotting, Comfort, Elimination, Fluid &amp; Electrolyte Balance, Functional Ability, Immunity, Metabolism, Mobility, Nutrition, Perfusion, Reproduction, Sexuality, Sleep, Thermoregulation, Tissue integrity, Coping, Grief, Human Development</p>	<p><b>Donna Neel, MSN, RNC-OB, C-EFM, CA/CP SANE, AFN-BC, SANE A</b></p>
<b>Date originated: 7/7/15</b>	<b>Revision Dates: 11/16/15, 5/23/16, 12/1/16, 7/14/17, 11/27/17, 5/4/18, 12/4/18, 6/27/19, 12/11/19</b>

Instructional Module 6 Learning Guide

Topic: Postpartum Nursing cont'd

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