

**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 physiological changes, nursing assessments, interventions and expected postpartum outcomes
- Describe predisposing factors, causes and signs of postpartum hemorrhage, infection, psychological complications, and the nursing assessments and interventions for each
- Compare the postpartum nursing assessments and intervention for the vaginal and cesarean birth
- Describe family adaptation to childbirth, how factors such as culture influence adaptation, nursing assessment and intervention to assist in family adaptation
- Describe the physiology of lactation, its benefits, common problems, and the nursing assessments and interventions which 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**

- Clinical Performance Evaluation
- HESI Proctored Exam
- Unit 2 Exam

<b>Texas DECs</b>	<b>QSEN Competencies</b>
Knowledge IA 1a-c, 2, 3, IB 1a-e, 2a-b, 3, 7a-c, IC 2, 3, ID 4, IIA 1a-b, 2a-c, 3, IIB 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, IIC 1a-b, 2a-b, 3, 4a-b, 5, 6, 7, 8, IID 1a-d, 2, 3a-b, 4c, 5a-b, IIE 1a-b, 2, 3a-b, 4a-b, 5, 6a-b, 7, 8, 9, 11a-b, 12, 13, IIF 2, IIG 1a-b, 2a-b, 3a-b, IIIA 2, 3, IIIB 1a-c, 2, IVA 1a-b, 2, 3b, 4a-b, 5a, IVB 1a-b, 2a-b, 4, IVC1, 2, 3, 4a-b, 5, 6, 7, 8 Clinical Judgment IA1, 2, 3b, IB 1, 2a-c, 3a-c, 5c, 6b-c, 7, 8, 9, ID 1, 2, IIA 1, 2a-c, 3, 4, IIB 1, 2, 3a-b, 4, 5, 6, 7, 8, 9a-b, IIC 1, 2, 3a-b, 4, 5, 6, 7, IID 1, 2a-d, 3a-c, IIE 1, 2a-c, 3a-b, 4, 5a-b, 6a-d, 7a-c, 8, 9, 11, 12a-b, 13, IIF1a-c, 2a-b, 3a-b, 4, 5a-c, 6, IIG1, 2a-b, 3, 4, 5a-b, 6, 7, IIIA 3, 4, IIIB1, 2, 3a-c, 5, 9, IIIC 1, IVA 1, 2a-b, 3, IVB 1a-b, 2, 3a-c, 4b, 5a-b, IVC 1a-c, 2a-c, 3a-b, 4,	Patient Centered Care, Teamwork & Collaboration, Evidence Based Practice, Safety,
<b>IM Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1/2/3/4/5/6/7/8	Safe & Effective Care Environment, Health Promotion & Maintenance, Psychosocial Integrity, Physiological Integrity
<b>Concepts</b>	<b>Faculty</b>
Clinical Judgment, Communication, Health Promotion, Patient Education, Teamwork & Collaboration, Ethics & Legal Precepts, Evidence-Based Practice, Health Information Technology, Patient-centered care, Safety, Cellular Regulation, Clotting, Comfort, Elimination, Fluid & Electrolyte Balance, Functional ability, Immunity, Functional Metabolism, Mobility, Nutrition, Perfusion, Reproduction, Sexuality, Sleep, Thermoregulation, Tissue integrity, Coping, Grief, Human Development	<b>Donna Neel, MSN, RNC-OB, C-EFM, CA/CP SANE, AFN-BC, SANE A, SANE P</b>
<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, 1/25/21, 6/4/21</b>

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