

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, and interventions used to care for the postpartum mother
- Describe predisposing factors, causes, signs, and symptoms of postpartum 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, culture influences on adaptation, and the nursing assessment and intervention to assist families in family adaptation
- Describe the process of lactation, its benefits, common problems, the nursing assessments, and interventions that promote breastfeeding
- Examine the nurse's role when a mother places her infant for adoption

Pre-Class Preparation

Required:

- Foundations of Maternal-Newborn and Women's Health Nursing (7th 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 (6th ed.)
Ch. 6. Antepartum Nursing Care: Normal Postpartum pg. 272-279
- HESI Adaptive Quiz Exam 1

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 1 Exam
- HESI Adaptive Quiz Exam 1

Texas DECs	QSEN Competencies
Knowledge IA1a, 2, 4, IB1b-e, 2a-b, 3, 7a-c, IC2, 3, IIA 1a-b, 2a-c, 3, IIB1, 2, 4, 5, 6, 7, 8, 9, 11, 12, IIC1a-b,2a-b, 3, 4a-b, 5, 6, 7, 8, IID1a-d, 2, 3a-b, 4c, IIE1a-b, 2, 3a-b, 4a-b, 5, 6a-b, 7, 8, 9, 10,11a-b, 12, 13, IIF1, 2, IIG1a-b, 2a-b, 3a-b, IIIA 2, 3,4, IIIB1a-c, 2, IVA1a-b, 4a-b, 5a, IVB1a-b, 2a-b, 3a-b, 4, IVC1, 2, 3, 4a-b, 5, 6 IVD 2 IVE 3, Clinical Judgment IA1, 2, 3a-b, IB1, 2a-c, 3a-c, 5a&c, 6a-c, 7, 8, 9, 10 IC2, 5,6 IIA1, 2a-c, 3, 4, IIB1, 2, 3a-b, 4, 5, 6, 7, 8, 9a-b, IIC1, 2, 3a-b, 4, 5, 6, 7, IID 1, 2a-d, 3a-c, IIE1, 2a-c, 3a-b, 4, 5a-b, 6a-d, 7a-c, 9, 10, 11, 12a-b, 13, IIF1a-c, 2a-b, 3a-b, 4, 5a-c, 6, IIG1, 2a-b, 3, 4, 5a-b, 6, 7, IIH6,IIIA 1,2,3, 4, 5a-b IIIB1, 2, 3a-c, 4, 5, 6, 8, 9, IIIC 1, 2a-b IVA1, 2a-b, 3, IVB1a-b, 2, 3a-c, 5a-b, IVC 1a-c, 2a-c, 3a-b, 4, IVD1b&c, 2a-c, 3a	Patient Centered Care, Teamwork & Collaboration, Evidence Based Practice, Safety,
IM Student Learning Outcomes	NCLEX Test Plan
1/2/3/4/5/6/7/8	Safe & Effective Care Environment, Health Promotion & Maintenance, Psychosocial Integrity, Physiological Integrity
Concepts	Faculty
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	Rachel Soliz MSN RN CLC CPST
Date originated: 7/7/15	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, 2/2/22, 7/30/22, 1/19/23, 06/14/23, 10/5/23

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