

My patient was G5 P0 T4 A1 L4. Apgar was 8. I didn't see why it was 8 in the chart, but the nurse in the report said the Apgar was 8. This is her fourth baby. The baby was a healthy little boy. 21 inches long, 8 pounds 11 oz. When I had her as my patient, she was two days post-op. She had a vaginal birth with an epidural. She didn't have any problems during her birth.

The family bonding I witnessed was her husband and her taking care of the baby together. He was sitting on the bed, holding the baby. She reported that she didn't get much rest because she was worried about her other kids bonding with the new baby. Yesterday, her other kids stopped by the hospital to see the baby, and they were not bonding. The father mostly helped with the baby because she was tired of being up most of the night.

I think the mother is letting go of postpartum adjustment to motherhood. "During the letting go phase, the woman finally accepts her new role and gives up her old roles, like being a childless woman or just a mother of one child" (Cicada & Stevealbert, 2024). She understood what to do when the baby was crying. When I educated her, she understood and knew what to do.

The safety concern about when a natural birth is pain and tears. She did have a stage two tear with two stitches. She did have pain, but she told me it was bearable. She was informed that it may take 4-6 weeks to heal. She has been using the Peri bottle when going to the bathroom. When she had her first bowel movement, she did bleed. Because of the bleeding, she does give daily stool softeners. She was told to continue taking the stool to soften for 4-5 days (Cleveland. C 2024)

Something interesting that I found is that the babies that were born by a mother who did drugs must be kept for five days. I knew the baby had to stay in the hospital longer, but I didn't think it was five days. I also found exciting babies that can't get a circumcision until they get their Vitamin K injection<sup>3</sup>.

The mother and father refused all vaccinations. They said that they had just had the vaccination one year ago and didn't understand why they needed it again. The nurse educated the parents on why it was required, but they still refused. The nurse made them sign a form saying that they were refusing care.

Cicada, & Steve Albert. (2024, April 29). *Postpartum care: Nursing care for the new mother*. Nurseslabs. <https://nurseslabs.com/postpartum-care/#h-letting-go-phase>

Cleveland, C. (2024, May 1). *Vaginal tearing during childbirth*. Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/21212-vaginal-tears-during-childbirth>