

## Chapter 13

### Review Questions

1. 1
2. 3
3. 4
4. 4
5. 3
6. 2
7. 3
8. 4
9. 3, 4, 5
10. 3

### Fill-In-the-Blank

1. Serosa
2. Exfoliation
3. Rugae
4. Relaxin
5. Involution
6. Kegel
7. Letting-go Phase
8. Afterpains
9. Diuresis, Diaphoresis
10. Postpartum Blues

### Therapeutic Communication

1. "You are holding him perfectly."
2. "Look, he's looking right into your eyes."
3. "Yes, that's the right position for breastfeeding."

### Matching Exercise

1. J
2. F
3. E
4. H
5. A
6. I
7. B
8. G
9. C
10. D

### Safety STAT- Short Answer Question

1. Ambulation
2. Diuresis
3. Diaphoresis

### True or False Questions

1. F
2. F
3. F
4. T
5. T
6. T
7. F
8. T
9. F
10. T
11. T
12. F
13. T
14. T
15. F

#### Health Promotion: Returning Gastrointestinal Function- Short Answer Question

1. Drink Water
2. Ambulation
3. High-fiber foods
4. Stool Softeners
5. Relax, don't strain

#### Table Completion- Drug Facts: Postpartum Medications

Medication: Ibuprofen

Purpose: Pain relief, anti inflammatory

Possible Side Effects: GI discomfort

Medication: Docusate

Purpose: Prevent straining

Possible Side Effects: Diarrhea, abdominal cramps

#### Chapter 14

#### Review Questions

1. 1, 3, 6
2. 2
3. 2, 3, 5, 6
4. 1, 2, 3
5. 1, 3, 4
6. 2, 3, 5, 6
7. 2, 3, 4
8. 2
9. 3
10. 3

#### Short Answer Question

Breasts

Uterus

Bladder  
Bowels  
Lochia  
Episiotomy/ laceration  
Legs  
Emotions

#### Matching Exercise

1. B
2. D
3. F
4. A
5. E
6. C

#### Matching Exercise- Postpartum Problems or Complications with Nursing Interventions

1. H
2. I
3. A
4. C
5. B
6. D
7. J
8. E
9. F
10. G

#### Learn to C.U.S- Short Answer Question

C: Concerned that the patient is hemorrhaging after delivery

U: The patient is losing an extensive amount of blood. She is bleeding heavily.

S: The patient could die from this. Check vital signs (heart rate, and blood pressure) every 15 minutes, palpate the fundus, note the amount of bleeding, color, odor, and clots.

#### Post Conference Activity- Short Answer Question

The Nurse can provide empathetic care, use phrases like “what can I do to help you”, “share with me your plan for the baby”, and “tell me how you’re feeling today.”

#### Patient Teaching Guidelines- Short Answer Question

I would provide education just the same as an adult. How to care for herself, use a sitz bath, wash hands before touching breasts, use ice for swelling. Educate the patient on signs and symptoms of postpartum depression.

#### Conceptual Cornerstone: Infection- Short Answer Question

1. Fever, incision, abdominal pain
2. Where her fundus is located, last urination, swelling, warm to touch, last bowel movement
3. Call Doctor, perineal care

#### Patient Teaching Guidelines: Preventing Thrombosis (Blood Clots)- Short Answer Question

1. Ambulate frequently

2. Wear compression stockings
3. Weight loss
4. Wear loose clothing
5. Drink water

Short Answer Question

Part A: Light

Part B: Moderate

Part C: Heavy

Label the Following Figure

After Birth: Top line

24 Hours After Birth: Second line