

## N432 Focus Sheet 4 Summer 2021 Postpartum, RKC Ch 15,16, 22; ATI Ch 17-22

KEY TERMS-- Be able to define and discuss the following terms:

- Puerperium
- Postpartum period
- Involution
- Lochia
- Afterpains
- Diastasis recti
- Engorgement
- Lactation
- Postpartum blues

MEDICATIONS FOR REVIEW--Be able to discuss common uses for each of the following

- Methergine (brand name: methylergonovine maleate)
- Carboprost tromethamine (brand name: Hemabate)
- Oxytocin (brand name: Pitocin)
- Docusate sodium (brand name: Colace)
- Rho(D) Immune Globulin (Brand name: Rhogam)
- Anticoagulants such as Lovenox & Heparin-also list potential side effects and warning signs

1. Review the actions of the nurse during the immediate postpartum period.
  - a. What should be happening in the acute recovery phase?
  - b. What is the nurse assessing?
  - c. Should baby be separated from mom?

2. Outline the normal body changes during the postpartum period

	Changes	Signs and Symptoms	Nursing implications
Thermoregulation			
Uterus (Fundus) Immediately Day 1 Day 3 Day 10 etc.			

Lochia-clots? Day 1 Day 7 Day 14			
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3. What are normal VS PP?
4. What are expected findings with the uterus during the postpartum period?
  - a. Unexpected findings?
  - b. List interventions for unexpected findings? ie what are you going to do with a boggy uterus?
5. What is included in a postpartum assessment (see the BUBBLE HE handout)? What would be different in assessment for a vaginal delivery postpartum versus a cesarean delivery?
6. What are 5 areas of assessment of the perineum postpartum?
  - a. What education would you provide to the client about caring for the perineum postpartum?
7. Describe laceration, episiotomy and hematoma.
  - a. List nursing interventions for each
8. What is the teaching the nurse would do in relationship to the postpartum assessment?
9. Define causes of postpartum uterine atony.
10. Interventions for postpartum uterine atony.
11. Discuss retained placenta. Risk factors, s/s, interventions.
12. List 5 manifestations of abnormal lochia.
  - a. What are abnormal rates of pad saturation in the acute recovery postpartum phase/first 90 minutes, and after discharge while the client is at home?
13. What is a normal estimated blood loss (EBL) for vaginal delivery? C-section?
14. What interventions can lead to increased risk for infection in postpartum clients?
15. What are the risk factors for postpartum hemorrhage?

- a. What are the steps for nursing management of postpartum hemorrhage?
16. What are the risk factors for hypovolemic shock? Compare the normal cardiovascular system changes during the postpartum period with hypovolemic shock.
17. Write a paragraph that helps you understand exactly what is occurring with Disseminated Intravascular coagulation and its treatment.
18. What indications and contraindications for
  - a. Pitocin (oxytocin)
  - b. Cytotec (misoprostol)
  - c. methergine (methylergonovine)
  - d. hemabate (carboprost tromethamine)
19. What is venous thromboembolism?
  - a. S/S
  - b. Prevention
  - c. What education does the nurse provide in relationship to the side effects of anticoagulant use?
20. Postpartum infection is defined as a temperature \_\_\_\_\_ or higher for 2 consecutive days during the first \_\_\_\_ days of the postpartum period.
21. List postpartum education regarding warning signs after discharge
22. List interventions to promote comfort related to breast engorgement for breastfeeding women and three for non-breastfeeding women. How often should the infant feed?
23. How do you promote a good latch in breastfeeding women?
24. Discuss nutritional requirements of the breastfeeding woman.
25. Discuss mastitis, ie causes, presentation, client education
26. List 3 causes and 3 prevention techniques for breast infections (mastitis).
27. How would you educate a woman about colostrum? When does it come in? What's its use? Etc.
28. Compare and contrast postpartum (Baby) blues, postpartum depression, and postpartum psychosis.

- a. Where do they differ?
  - b. Identify warning statements
  - c. What questions will you ask of a women expiring any kind of postpartum mood disorders?
29. What are the risk factors for postpartum depression?
30. Which vaccines are safe during pregnancy? Which must wait until the postpartum period?
31. Postpartum discharge teaching
- a. Vaginal delivery with a 2<sup>nd</sup> degree tear versus
  - b. Cesarean section delivery.
32. Discuss 3 Phases of maternal role attainment
- a. What are ways to include paternal attachment in your nursing care?
33. Identify concerning statements relating to attachment to the infant.

