N432 Postpartum Worksheet

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Date: 5/21/2024

This assignment is due at 2359 CST the evening before your assigned Postpartum rotation.

Describe the nursing assessment of the postpartum patient in table **(15 points)** **Include in-text citations in APA format for entire assignment.** **Attach Reference page**

	What area is being assessed?	**Normal findings**
B	Breast (Durham et al., 2023).	During the first 24 hours after birth, the breasts should be soft and not tender (Durham et al., 2023). On day 2 following birth, the breasts should be slightly firm and not tender (Durham et al., 2023). On day 3 following birth, the breasts should be firm, tender, and warm upon palpation for breastfeeding women. Women that are not breast feeding should not experience warmth in their breasts (Durham et al., 2023).
U	Uterus (Durham et al., 2023).	Immediately after birth, the uterus should be palpable, mid-way between the umbilicus and the symphysis pubis. It should be firm and midline, and within a few hours, be palpated at the umbilicus. After 12 hours, the uterus is palpable 1 cm above the umbilicus, is firm, and midline. 24 hours after birth, the uterus is 1 cm below the umbilicus, firm, and midline. The uterus should not be palpable by day 14 as the uterus will descend into the pelvis (Durham et al., 2023).
B	Bladder (Durham et al., 2023).	Expected findings include the woman spontaneously voiding within 2-4 hours after giving birth, when voiding, the client produces at least 300 mL, and the client does not experience frequency, urgency, and burning with urination (Durham et al., 2023).

B	Bowel (Durham et al., 2023).	Some common expected findings of the bowels and gastrointestinal system include constipation, hemorrhoids, increased appetite, and weight loss (Durham et al., 2023).
L	Lochia (Durham et al., 2023).	After 1-3 days, the expected findings include bloody discharge with small clots, moderate to scant amounts of lochia, increased flow with standing or breastfeeding, and a fleshy odor (Durham et al., 2023). After 4-10 days, the lochia should be a pink or brown color, there should be a scant amount, there could be an increased flow with physical activity, and a fleshy odor should be present (Durham et al., 2023). On day 10, the lochia should be yellow or white in color, there should be scant amounts, and there should be a fleshy odor (Durham et al., 2023).
E	Episiotomy (Durham et al., 2023).	Expected findings include mild edema, minor ecchymosis, approximation of the edges of the episiotomy if visible, and mild to moderate pain (Durham et al., 2023).
H	Hemorrhage (Durham et al., 2023).	The pulse and blood pressure should be within normal limits. Bradycardia can occur and is a normal finding. Blood loss, hemoglobin, and hematocrit levels should be within normal limits (Durham et al., 2023).
E	Extremities (Durham et al., 2023).	The extremities should show no signs of tenderness or warmth (Durham et al., 2023).
D	Diaphoresis (Durham et al., 2023).	Diaphoresis is a normal finding as long as the client’s temperature is within normal ranges (Durham et al., 2023).

1. Identify 3 patient education topics that a postpartum patient would require. How would you educate the patient on each topic? **(15 points)**
   One topic I would educate a postpartum patient on is the signs and symptoms of infection. Some common signs of infection after birth are an increase in temperature over 100.4 degrees Fahrenheit, foul-smelling lochia, and pelvic or abdominal pain. Another topic to cover would be changes in her body that a client may experience. Some of these include engorgement of the breasts, rapid weight loss, and an increase is sweat production. The third topic I may educate my client on is the importance of self-care. Some things a client can do to care for herself are taking showers, cleaning her perineal area and changing her pads frequently, and ensuring that she is feeding or pumping regularly if she is planning to breastfeed (Durham et al., 2023).

2. Define postpartum hemorrhage. What intervention would be completed? **(10 points)**

   Postpartum hemorrhage is defined as blood loss of over 500 mL after a vaginal birth and over 1,000 mL after a cesarian where the hemoglobin levels drop 10 percent. Clients that experience postpartum hemorrhage are treated with resuscitation and management of the hemorrhage and potential hypovolemic shock, and by identifying the cause of the hemorrhage so the hemorrhage can be treated at the source (Durham et al., 2023).

3. What is the primary cause of uterine subinvolution? What interventions would be done to alleviate this issue? **(5 point)**

   The primary causes of uterine subinvolution are placenta fragments that remain inside the uterus, infection, and a uterus that is overdistended. Some treatments of subinvolution include a D&C, a prescription for methergine, and antibiotic therapy (Durham et al., 2023).

4. What is Rhogam? Why is this given to a postpartum patient? **(5 points)**

   Rhogam is an Rh immune globulin that can be given to a postpartum patient. It is given to a woman that is Rh negative after she has given birth to a Rh-positive child. This helps prevent the woman's body from producing Rh antibodies that would attack her blood (Durham et al., 2023).

5. Identify 2 nursing diagnoses for a postpartum patient. **(10 points)**
   1. **The client is at risk for infection related to impaired skin integrity as evidenced by recent trauma to the perineal area (Durham et al., 2023).**
   2. **The client is at risk of developing constipation related to impaired mobility as evidenced by lack of movement and bed rest.**

6. Define mastitis. How is this prevented? **(5 points)**
   Mastitis is defined as inflammation or infection of the breasts. Mastitis can be prevented with regular breast feeding and ensuring the breast is being emptied of milk completely (Durham et al., 2023).

7. Identify 3 nursing interventions for the perineal area for the postpartum patient. Explain why each of these interventions are important. **(10 points)**
   The first nursing intervention is to encourage the woman to lie on her side. This will decrease the pressure on the perineal area. The next intervention is to instruct the woman to frequently change her soiled pads and wash her hands afterwards. This will help decrease the risk of infection in the perineal area. The third intervention is to apply ice to or use cold sitz baths in the perineal area. The cold will help vasoconstrict this area and provide some pain relief (Durham et al., 2023).

8. What 3 nursing interventions are completed to prevent a thromboembolic condition? **(10 points)**
   One intervention is to monitor the client's calves for warmth and tenderness. These are both signs of a deep vein thrombosis. Another intervention is to encourage early ambulation when possible. This helps reduce venous stasis, thus reducing the risk of clot formation. A third intervention is to encourage the client to wear compression stockings. This helps blood return back to the heart (Durham et al., 2023).

Complete table (15 points) Include in-text citations in APA format

Mood Disorder	**Definition**	**Signs and Symptoms**
Baby Blues	A time during the first few weeks following birth where clients experience heightened maternal emotions and become more tearful and emotional (Durham et al., 2023).	Signs and symptoms include anger, anxiety, mood swings, sadness, crying, and difficulty eating and sleeping (Durham et al., 2023).
Postpartum Depression	A mood disorder characterized by severe depression that occurs within the first 6-	Signs and symptoms include uncontrolled crying, inability to concentrate, inability to care for the

	12 months postpartum (Durham et al., 2023).	child or self, thoughts of harming the child, suicidal ideations, and decreased affection towards the child (Durham et al., 2023).
Postpartum Psychosis	A variant of bipolar disorder that is the most serious form of postpartum mood disorders (Durham et al., 2023).	Signs and symptoms include paranoia, extreme agitation, depressed or elated moods, disorganized behavior, confused thinking, and having beliefs that the mother or child must die (Durham et al., 2023).

Attach Reference page

References

Durham, R. F., Chapman, L., & Miller, C. S. (2023). *Davis advantage for maternal-newborn nursing: Critical components of nursing care* (4th ed.). F.A. Davis Company.