

N432 Postpartum Worksheet

Name: Erica King

Date:

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	Breasts	Colostrum should be produced from the breasts throughout the pregnancy and should remain 2 to 3 days after giving birth when milk starts to produce (Althoff, et al. 2023).
U	Uterus	At the end of labor, the uterus should be palpable at midline, 1 hour after birth the fundus should rise to the level of the umbilicus and should be halfway between the symphysis pubis and the umbilicus by 6 days following birth (Althoff et al., 2023).
B	Bowel and GI function	There should be an increased in appetite following birth. There may be some constipation or hemorrhoids. Due to decreased intestinal muscle tone during labor, the patient might not be able to have a normal bowel movement for the first 2 to 3 days after giving birth (Althoff et al., 2023).
B	Bladder function	There may be pain or difficulty urinating for the first 24 to 48 hours after giving birth (Althoff et al., 2023).
L	Lochia	The amount of lochia should be similar to that of a heavy menstrual period. It should be a dark red color for 1 to 3 days, a pinkish brown color 4 to 10 days after birth, and finally a yellowish white color that lasts anywhere between 10 days up to 6 weeks after birth (Althoff et al., 2023).

E	Episiotomy	A bright red trickle of blood from the site of an episiotomy is a normal finding (Althoff et al., 2023).
H	Homan's sign	The patient should have no pain when placing the foot in dorsiflexion or when squeezing the calf (Miller et al., 2023).
E	Emotions	The mother should be eating well, sleeping when the baby sleeps, accepting assistance from others, and reestablishing relationships with others as well (Althoff et al., 2023).
D	Diastasis recti	Separation from the rectus muscle is normal during birth and should resolve within 6 weeks postpartum (Althoff 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)**

First, the client could be educated about breast care, especially those moms who will be breastfeeding. You could educate the patient about feeding on demand, how to relieve breast engorgement, and how to apply breast creams. Second, you could educate the client about nutrition. You could teach them about how many calories that they should be consuming in a day, what vitamins or supplements that they should take, and how to consume a nutritious diet. Lastly, you could educate your patient on contraception. You would want to teach the client about the different kinds of contraception and how to protect themselves when having sex (Althoff et al., 2023).

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

Postpartum hemorrhage is defined as a blood loss that exceeds 500 mL following a vaginal birth and 1,000 mL following a cesarean birth. Some interventions that would be completed by the nurse for postpartum hemorrhage are assessing vital signs

every 15 minutes, assessing for shock, ensuring that the patient has a 16 or 18 G IV access, performing a fundal massage, and administering oxytocin as prescribed (Miller et al., 2023).

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

Uterine subinvolution can be caused by endometritis, retained placental tissue, or fibroids. Nurses will want to monitor women who are at risk for subinvolution more frequently and provide patient education. The nurse will provide education on what subinvolution is, the signs to report to the provider, and what places the woman at risk for this (Miller et al., 2023).

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

Rhogam is an injection that is used to prevent Rh incompatibility from developing. The shot is given to women postpartum in order to cover their next pregnancy and to prevent complications from blood mixing at birth (Yoham & Casadesus, 2023).

5. Identify 2 nursing diagnoses for a postpartum patient. **(10 points)**

Two nursing diagnoses for a postpartum patient are pain related to tissue trauma secondary to vaginal delivery and at risk for infection related to perineal tissue trauma (Miller et al., 2023).

6. Define mastitis. How is this prevented? **(5 points)**

Mastitis is an inflammation or infection of the breast tissue. It typically occurs in women who are breastfeeding. The better the breastfeeding technique is the less risk of the woman developing mastitis, this includes making sure to empty the breasts completely (Miller 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)**

One nursing intervention for the perineal area for the postpartum patient is using cold compresses. This helps reduce pain and swelling (Miller et al., 2023). Providing warm sitz baths is also a nursing intervention that can help your patient. This promotes blood flow and localized comfort (Althoff et al., 2023). Finally, applying topical anesthetics such as benzocaine can help with pain (Althoff et al., 2023).

8. What 3 nursing interventions are completed to prevent a thromboembolic condition? **(10 points)**

Three nursing interventions to prevent a thromboembolic condition are administering elastic stockings, beginning ambulation, and teaching the patient how to administer subcutaneous injections of heparin (Miller et al., 2023).

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

Mood Disorder	Definition	Signs and Symptoms
Baby Blues	This occurs during the first few weeks postpartum and lasts for a few days. The woman may feel sad or cry easily, but she will still be able to take care of herself and her baby (Miller et al., 2023).	Some signs and symptoms of baby blues are mood swings, crying, anger, or anxiety (Miller et al., 2023).
Postpartum Depression	Postpartum depression is a mood disorder that occurs within the first 6 to 12 months postpartum (Miller et al., 2023).	Some signs and symptoms of postpartum depression are significant weight loss, a decreased ability to concentrate, decreased energy, and agitation (Miller et al., 2023).
Postpartum Psychosis	Postpartum psychosis is defined as a brief psychotic disorder with a peripartum onset (Miller et al., 2023).	Some signs and symptoms of postpartum psychosis are delusions, hallucinations, catatonic behavior, and suicidal thoughts (Miller et al., 2023).

Attach Reference page

Yoham, A. L., & Casadesus, D. (2023, May 22). *RHO(D) immune globulin*. StatPearls - NCBI Bookshelf.

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Miller, R. C. D., Durham, R. F., Chapman, L., & Miller, C. (2022d). *Davis advantage for Maternal-Newborn nursing: Critical Components of Nursing Care*.

Althoff, A., Cawley, M., Gearhart, M., Henry, N., Holman, H., Johnson, J., Phillips, B., Roland, P., & Wheless, L. (2021). *RN Maternal Newborn Nursing (12.0)*. Assessment Technologies Institute, L.L.C.