N432 Postpartum Worksheet

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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	Breast	Soft and filling. No cracking or bleeding present. Nipples are erect with stimulation. Colostrum is present.
U	Uterus	Fundus is firm, midline, and below the umbilicus.
B	Bladder	Non-distended and Nonpalpable. Voiding at least 30ml an hours and yellow clear urine.
B	Bowels	Soft and non-distended abdomen. Normoactive bowel sounds in all 4 quadrants. Passing flatus and Bowel movements with no strain.
L	Lochia	Dark red up to 4 days, pinkish from 4-10 days, and whitish yellow from 10-28 days. With an earthy smell.

E	Episiotomy/ perineum	Mild edema
H	Homans	Negative Homans sign
E	Extremities	Full range of motion, with no edema and bruising.
D	Delivery	No tearing and damage of the reproductive parts.

1. Identify 3 patient education topics that a postpartum patient would require. How would you educate the patient on each topic? **(15 points)**
   Nutrition: Tell the client to drink plenty of water and eat foods from the basic food groups.
   Rest: tell the client to get adequate amounts of rest between 5-15 days of good amounts of sleep.
   Physical labor: Tell the client to avoid intense physical labor to avoid splitting stitches and further injury.
2. Define postpartum hemorrhage. What intervention would be completed? **(10 points)**

   Excessive bleeding after giving birth. Interventions: Medications, Compression, Packing, Sutures, Surgery, Blood transfusions, and fluid replacements.

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

   Over distension of the uterus, c-section, uterine fibroid, and grand multiparity.

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

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

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

7. Identify 3 nursing interventions for the perineal area for the postpartum patient. Explain why each of these interventions are important. **(10 points)**

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

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

Mood Disorder	**Definition**	**Signs and Symptoms**
Baby Blues		
Postpartum Depression		

Postpartum Psychosis		

Attach Reference page