

N432 Postpartum Worksheet

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Date:

	What area is being assessed?	Normal findings
B	Breast	Soft, filling and non-tender. No cracking or bleeding present. Nipples are erect with stimulation. Colostrum is present (Durham & Chapman, 2023).
U	Uterus	Uterine fundus is palpated at the level of the umbilicus or 1cm above. Firm and midline (Durham & Chapman, 2023).
B	Bladder	Non-distended and Nonpalpable. Spontaneous voiding at least 300ml an hour within 2-4 hours. No frequency, urgency or burning (Durham & Chapman, 2023).
B	Bowels	Soft abdomen. Normoactive bowel sounds in all 4 quadrants. Passing flatus and Bowel movements with no strain.
L	Lochia	Blood with small clots with moderate scant amount. Increased blood flow with ambulation or breastfeeding. Can have a fleshy odor (Durham & Chapman, 2023).

E	Episiotomy/ perineum	Mild edema with minor ecchymosis. Approximate edges of lacerations and moderate pain (Durham & Chapman, 2023).
H	Homans	Negative Homans sign
E	Extremities	Full range of motion, with minimal edema and no bruising. Mild or no muscle pain (Durham & Chapman, 2023).
D	Delivery	Minor 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)

Fluids: Instruct the client to increase fluid intake to a minimum of 10 glasses a day and fiber intake to reduce the risk of constipation (Durham & Chapman, 2023).

Nutrition: Increase calorie intake by 500-1000 a day to facilitate adequate milk production and healing (Durham & Chapman, 2023).

Activity: Instruct the client to have good activity levels and ambulate to increase GI motility and prevent gas pains (Durham & Chapman, 2023).

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

Excessive bleeding with a blood loss greater than 500ml for vaginal deliveries and 1000ml for cesarean deliveries with a 10% drop in hemoglobin or hematocrit (Durham & Chapman, 2023). Interventions for hemorrhage would include iv therapy, oxytocin, I&O assessment, hemoglobin and hematocrit labs, oxygen, blood transfusions, type and cross matching, and administration of fluids (Durham & Chapman, 2023).

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

Durham and Chapman (2023) states “Subinvolution of the uterus is when the uterus does not decrease in size and descend into the pelvis”. It can be caused by endometriosis, fibroids, and retained placental pressure. To alleviate this issue a “D&C is performed for placental pressure” (Durham & Chapman, 2023). Antibiotic therapy is performed for endometriosis and methergine is given for fibroids (Durham & Chapman, 2023).

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

Rhogam is an injection given to the postpartum mother that has a child with opposite RH factor. It is given to prevent future pregnancies from being attacked by the mother’s immune system (Durham & Chapman, 2023).

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

Fluid volume deficit related to childbirth as evidenced by decreased hemoglobin and hematocrit levels by 10% (Phelps, 2022).
Acute pain related to childbirth as evidenced by mother rating pain above 8 on 0-10 numeric scale (Phelps, 2022).

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

Mastitis is inflammation or infection of the breast tissue in women breast feeding. This can be prevented by ensuring a proper latch when breast feeding, complete emptying of the breast either with feeding or pumping (Durham & Chapman, 2023).

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

Some interventions that can be used for the perineal area include applying ice to manage swelling, tightening the gluteal muscle when sitting to increase cushion to the perineum in the sitting position, and instructing the client to change the pad frequently with hand washing to reduce the risk of infection and minimize bacterial growth (Durham & Chapman, 2023).

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

Interventions to prevent thromboembolic conditions include elevation of lower extremities, monitoring of lab values, encouraging fluid intake, frequent assessment of lower extremities, use of sequential compression devices, and encouraging ambulation (Durham & Chapman, 2023).

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

Mood Disorder	Definition	Signs and Symptoms
Baby Blues	Short term postpartum blues, this does not require medical intervention. Occurs within the first two weeks postpartum.	Able to safely care for the baby and self. Decreased mood, energy and appetite (Durham & Chapman, 2023).

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Postpartum Depression	Major depressive disorder with peripartum onset (Durham & Chapman, 2023).	Unable to safely care for self or baby. Changes in sleep, appetite, libido, depression and anxiety (Durham & Chapman, 2023).
Postpartum Psychosis	Psychotic disorder with peripartum onset (Durham & Chapman, 2023).	One or more symptoms of delusions, hallucinations, disorganized speech, and catatonic behavior (Durham & Chapman, 2023).

Attach Reference page

Durham, R., & Chapman, L. (2023). Maternal-Newborn Nursing. F.A. Davis.

Phelps, L. (2022). Nursing Diagnosis Reference Manual. Lippincott Williams & Wilkins.