

# N432 Postpartum Worksheet

Name: Jaidi Davis

Date: 09/16/2024

**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>Need more information here.</b>
<b>B</b>	Breasts	Breast fullness Soft and nontender ~3rd day postpartum: large, firm, warm, and tender (Durham et al., 2023)
<b>U</b>	Uterus	Uterine contractions “Atrophy of the uterine muscle” “Decrease on the size of uterine cells” (Durham et al., 2023, p. 400)
<b>B</b>	Bowels	May have constipation Bowels may be in shock from birth
<b>B</b>	Bladder	Dark Moist

		Bloody
<b>L</b>	Lochia	Rubra Fleshy odor (Durham et al., 2023)
<b>E</b>	Episiotomy/Perineum	Prevent trauma Check for hematoma Check for hemorrhoids
<b>H</b>	Homan Sign	Should be negative Can be a false positive
<b>E</b>	Emotional Status	Fluctuation of estrogen “Emotional rollercoaster”

1. Identify 3 patient education topics that a postpartum patient would require. How would you educate the patient on each topic?  
**(15 points)**

Bleeding. Educate the patient how much is normal, how long is normal, and when to seek medical attention (Lopez-Gonzalez & Kopparapu, 2022).

Nutrition. Educate the patient that if breastfeeding, 500 extra calories is recommended per day. If not, maintain a healthy, balanced diet (Lopez-Gonzalez & Kopparapu, 2022). **Anything else?**

Sexual relations. Educate the patient to wait to have sexual relations until the perineal area is completely healed (4-6 weeks) (Lopez-Gonzalez & Kopparapu, 2022). **Anything else?**

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

“Blood loss exceeding 500 mL following vaginal birth and 1,000 mL following cesarean birth” (Durham et al., 2023, p. 660).

Massaging the fundus (Durham et al., 2023) **Anything else?**

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

“fibroids, endometritis, or retained placental tissue” (Durham et al., 2023, p. 459) The nurse could educate the patient on signs to report to the nursing staff immediately (Durham et al., 2023). Review risk factors with the patient (Durham et al., 2023). The nurse could also monitor the women who are at a higher risk more closely (Durham et al., 2023). **Uterine atony**

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

Rhogam is a medication that is used for pregnancies that are Rh negative (Yoham & Casadesus, 2023). **This is given to a postpartum patient if their newborn presents Rh negative (Yoham & Casadesus, 2023).**

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

“Pain related to tissue trauma secondary to vaginal tear” (Durham et al., 2023, p. 399).

“At risk for infection related to perineal tissue trauma” (Durham et al., 2023, p. 399).

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

“Inflammation or infection of the breast tissue” (Durham et al., 2023, p. 465).

“Continued breastfeeding can help clear up the infection and condition” (Durham et al., 2023, p. 465).

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

Ice packs, sitz baths, and warm compress (Durham et al., 2023)

The ice packs may help soothe the pain.

Sitz baths may help with pain and swelling.

The warm compress may help with pain.

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

Ambulation, anticoagulant therapy, and compression socks (Varrias et al., 2023)

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

<b>Mood Disorder</b>	<b>Definition</b>	<b>Signs and Symptoms</b>
Baby Blues	“A time of heightened maternal emotions with the woman being tearful and irritable with emotional swings” (Durham et al., 2023, p. 660).	Unhappiness Exhaustion Feeling worried (National Institute of Mental Health, 2021)
Postpartum Depression	“A mood disorder characterized by severe depression that occurs within the first 6 to 12 months postpartum” (Durham et al., 2023, p. 660).	Sleep disturbances Uncontrolled crying Thoughts of suicide (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, p. 661).	Paranoia Mood swings Extreme agitation (Durham et al., 2023)

**Attach Reference page** Check formatting

Durham, R. F., Chapman, L. L., & Miller, C. S. (2023). *Maternal-Newborn Nursing* (4th ed.). F.A. Davis Company.

Lopez-Gonzalez, D. M., & Kopparapu, A. K. (2022, December 11). *Postpartum care of the new mother*. National Library of Medicine; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK565875/>

National Institute of Mental Health. (2021). *Perinatal depression*. National Institute of Mental Health.

<https://www.nimh.nih.gov/health/publications/perinatal-depression>

Varrias, D., Spanos, M., Kokkinidis, D. G., & Zoumpourlis, P. (2023). Venous thromboembolism in pregnancy: Challenges and solutions. *Vascular Health and Risk Management, Volume 19*, 469–484. <https://doi.org/10.2147/vhrm.s404537>

Yoham, A. L., & Casadesus, D. (2023, May 22). *Rho(D) immune globulin*. PubMed; StatPearls Publishing.

<https://www.ncbi.nlm.nih.gov/books/NBK557884/>