N432 Postpartum Worksheet

Name: Da'Zja Lawson

This assignment should be submitted to the Dropbox by the date assigned in the syllabus.

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

	What area is being assessed?	Normal findings
B- Breast	The nurse will assess the breast for lactation, breast tissue, and irritation, (Durham et al., 2023).	Breasts will feel soft early on and harden as lactation progresses. Nipples are intact without fissures or bleeding. Presence of Colostrum (milky fluid produced early postpartum). (Durham et al., 2023).
U- Uterus	The nurse will assess the uterus for location, position, and tone of the fundus, (Durham et al., 2023).	Fundus firm, midline, and at level of umbilicus right after birth then descends about 1cm daily. Uterus contracted (Durham et al., 2023).
B- Bladder	The nurse will assess for urinary elimination and bladder distention, (Durham et al., 2023).	Bladder not distended. Voided easily. Adequate urinary output. No urinary retention. (Durham et al., 2023).
B- Bowel	The nurse will assess for muscle tone and elimination pattern, (Durham et al., 2023).	Bowels are checked for sounds. Passing gas is normal. Bowel movements may be decreased due to decreased bowel motility and discomfort in perineal region. (Durham et al., 2023).
L- Lochia	The nurse will assess for clots, color, amount, and odor, (Durham et al., 2023).	Lochia rubra day 1-3, serosa days 4-10, alba after day 10. Odor is fleshy. Absence of foul odor and large clots (Durham et al., 2023).

E- Episiotomy	The nurses will assess for healing of the incision on the perineum using REEDA scale, (Durham et al., 2023).	Perineum should be well approximated with minimal erythema, edema, ecchymosis or drainage. No signs of infection. (Durham et al., 2023).
H- Homan's/Extremities	The nurses will assess for signs of thromboembolic complications, (Durham et al., 2023).	Extremities should be warm with no erythema, edema, or pain to touch. Should show no signs of Deep Vein Thrombosis. (Durham et al., 2023).
E- Emotions	The nurse will assess for maternal-infant bonding, mood and affect, (Durham et al., 2023).	Bonding is appropriate for child. Mood is stable. Patient may experience brief episodes of tearfulness but should show no signs of extreme depression or psychosis. (Durham et al., 2023).

1. Identify 3 patient education topics a postpartum patient would require. How would you educate the patient on each topic? **(15 points)**
Three 3 patient education topics a postpartum patient would require are perineal care, breast feeding education and warning signs of postpartum.
1. Perineal Care: Teach patient to cleanse perineal area with peri-bottle after voiding or bowel movement and wipe front to back. Teach patient to change pads frequently and report signs of infection including increased pain or swelling and foul-smelling lochia. (Durham et al., 2023).
2. Breastfeeding education: Educate the patient on latch-on technique, feeding every 2–3 hours, and switching breasts with each feeding. Teach patient to notify nurse if nipples become traumatized, breasts become red, or fever develops which could be indicative of mastitis. (Durham et al., 2023).
3. Postpartum Warning Signs: The nurse should teach the patient to contact a health care provider if they experience heavy vaginal bleeding, a fever greater than 100.4°F (38°C), severe abdominal pain, calf pain, chest pain, or depression lasting longer than two weeks. Reinforce understanding with teach-back (Durham et al., 2023).

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

1/19/2026

Postpartum hemorrhage is when the blood loss is greater than 500 mL with also following vaginal birth and 1000 mL following cesarean birth, this occurs either early in the first 24 hours after birth or late from 24 hours to 12 weeks post delivery. Postpartum hemorrhage is mostly prevalent during the first 7 to 14 days following birth. (Durham et al., 2023). Nursing interventions involve assessing the tone of the uterus, providing a fundal massage, administer prescribed uterotonic medications such as oxytocin, monitoring vital signs and lochia, maintaining patent IV access, and notifying the healthcare provider immediately (Durham et al., 2023).

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

The most common reason for uterine subinvolution is because of retained placental fragments/infection which blocks uterine contractions from returning uterus to pre-pregnancy state. Interventions that can be done by nursing and medicine are frequent checks of uterine tone and Lochia, administering any prescribed uterotonic drugs to help contract uterus and returning to normal size, treating infection with antibiotics if necessary, and breastfeeding/bolusing oxytocin to promote release of endogenous oxytocin (Durham et al., 2023).

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

Rhogam (Rho[D] immune globulin) prevents antibody formation against Rh-positive fetal blood cells. It is used after delivery if the newborn is determined to be Rh-positive. It prevents sensitization in the mother that could affect future pregnancies by causing hemolytic disease of the fetus or newborn (Durham et al., 2023).

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

1. Acute pain related to uterine involution and trauma to perineal tissue as evidenced by verbalization of pain and guarding behavior, (Durham et al., 2023).
2. Risk for Infection related to perineal trauma and uterine involution as evidenced by vaginal delivery and presence of Lochia (Durham et al., 2023).

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

Mastitis is the inflammation or infection of the breast in lactating women, it occurs typically 3 to 4 weeks post birth. (Durham et al., 2023). Prevention is frequent breastfeeding or pumping, proper latch, completely emptying breasts, keeping nipples intact, (Durham et al., 2023).

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

Ice packs can be applied during the first 24 hours after delivery. Ice causes vasoconstriction leading to less edema and pain. Cleansing the perineum with a peri-bottle will limit bacterial invasion and prevent infection. Sitz baths should be taken after the first 24 hours. They increase circulation, ease discomfort and promote healing (Durham et al., 2023).

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

Three nursing interventions that are effective to prevent a thromboembolic are early ambulation, legs exercises and proper hydration. Early ambulation allows for increased venous return while limiting venous stasis. Legs exercises can be encouraged for patients who are unable to ambulate. Maintaining proper hydration lessens blood viscosity and clot formation. (Durham et al., 2023)

Complete table (15 points) <mark>Include in-text citations in APA format</mark>

Mood Disorder	Definition	Signs and Symptoms
Baby Blues	A mood that affects most women during the first few postpartum weeks which last for a few days, (Durham et al., 2023)	Signs and Symptoms are anger, anxiety, mood swings, sadness, weeping, difficulty sleeping and difficulty eating, (Durham et al., 2023).
Postpartum Depression	A mood disorder that occurs during the first 6 to 12 months postpartum, (Durham et al., 2023).	Signs and symptoms are insomnia or hypersomnia, changes in psychomotor activity, decreased energy or fatigue and feelings of worthlessness or guilt, (Durham et al., 2023).
Postpartum Psychosis	The most serious form of postpartum mood disorder that occurs quickly after childbirth, (Durham et al., 2023).	Signs and symptoms are women who are known for bipolar disorder, personal or family history of bipolar disorder, confused thinking, paranoia, and

				suicidal ideation, (Durham et al., 2023) (Durham et al., 2023).

Attach Reference page

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

N432 Postpartum Worksheet Grading Rubric

Criteria	15 points	7.5 points	0 points	Comments

▪ B
   o Identified what is being assessed.
   o Identified normal findings.
▪ U
   o Identified what is being assessed.
   o Identified
	Includes complete and accurate information on all criteria:
	
	▪ B
	   o Identified what is being assessed.
	   o Identified normal findings.
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		Missing 3-4 or inaccurate information of the following:
		
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		   o Identified normal findings.
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normal findings.
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o   Identified normal findings.
▪ E
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  o   Identified normal findings.
▪ **Include in-text citations in APA format**.
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	  o Identified normal findings.
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		▪ **Include in-text citations in APA format**.
			assessed.
			  o Identified normal findings.
			▪ E
			  o Identified what is being assessed.
			  o Identified normal findings.
			▪ **Contains no in-text citations.**	

Criteria	**10 points**	**5 points**	**0 points**	**Comments**
Postpartum Education ▪ 3 patient education topics identified. ▪ Each topic as examples as of how this education would be presented. ▪ Response written in complete sentences. ▪ **Include in-text citations in APA format**.	**Includes complete and accurate information on all criteria:** **Postpartum Education** ▪ 3 patient education topics identified. ▪ Each topic as examples as of how this education would be presented. ▪ Response written in complete sentences. ▪ **Include in-text citations in APA format**.	**Missing 1 or inaccurate information of the following:** **Postpartum Education** ▪ 3 patient education topics identified. ▪ Each topic as examples as of how this education would be presented. ▪ Response written in complete sentences. ▪ **Include in-text citations in APA format**.	**Missing 2 or more or inaccurate information of the following:** **Postpartum Education** ▪ 3 patient education topics identified. ▪ Each topic as examples as of how this education would be presented. ▪ Response not written in complete sentences. ▪ **Contains no in-text citations.**	
Criteria	**10 points**	**5 points**	**0 points**	**Comments**

Postpartum Hemorrhage	Includes complete and accurate information on all criteria:	Missing 1 or inaccurate information of the following:	Missing 2 or more or inaccurate information of the following:	
Postpartum Hemorrhage ▪ Complete definition ▪ Interventions identified. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==.	**Postpartum Hemorrhage** ▪ Complete definition ▪ Interventions identified. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==.	**Postpartum Hemorrhage** ▪ Complete definition ▪ Interventions identified. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==.	**Postpartum Hemorrhage** ▪ Complete definition ▪ Interventions identified. ▪ Response not written in complete sentences. ▪ **Contains no in-text citations.**	
Criteria	**5 points**	**2.5 points**	**0 points**	
Uterine subinvolution ▪ Primary cause identified. ▪ Interventions listed to alleviate this issue. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==.	**Includes complete and accurate information on all criteria:** ▪ Primary cause identified. ▪ Interventions listed to alleviate this issue. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==	**Missing 1 or inaccurate information of the following:** ▪ Primary cause identified. ▪ Interventions listed to alleviate this issue. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==	**Missing 2 or more or inaccurate information of the following:** ▪ Primary cause identified. ▪ Interventions listed to alleviate this issue. ▪ Response not written in complete sentences. ▪ **Contains no in-text citations.**	
Criteria	**5 points**	**2.5 points**	**0 points**	**Comments**

1/19/2026

Rhogam - Complete definition - Identified why a patient would receive this medication. - Response written in complete sentences. - ==Include in-text citations in APA format==	Includes complete and accurate information on all criteria: **Rhogam** - Complete definition of - Identified why a patient would receive this medication. - Response written in complete sentences. - ==Include in-text citations in APA format==	Missing 1 or inaccurate information of the following: **Rhogam** - Complete definition of - Identified why a patient would receive this medication. - Response written in complete sentences. - ==Include in-text citations in APA format==	Missing 2 or more or inaccurate information of the following: **Rhogam** - Complete definition of - Identified why a patient would receive this medication. - Response not written in complete sentences. - **Contains no in-text citations.**	
Criteria	**10 points**	**5 points**	**0 points**	**Comments**

- **Nursing diagnosis**
   o 2 diagnoses identified that include related to and as evidenced by
	Includes complete and accurate information on all criteria:
	 - **Nursing diagnosis**
	   o 2 diagnoses identified that include related to and as evidenced by
		Missing 1 or inaccurate information of the following:
		 - **Nursing diagnosis**
		   o 2 diagnoses identified that include related to and as evidenced by
			Missing 2 or more or inaccurate information of the following:
			 - **Nursing diagnosis**
			   o 2 diagnoses identified that include related to and as evidenced by	

Criteria	**5 points**	**2.5 points**	**0 points**	**Comments**

Mastitis ■ Completed definition identified. ■ Methods for prevention identified. ■ Response written in complete sentences. ■ ==Include in-text citations in APA format.==	**Includes complete and accurate information on all criteria:** **Mastitis** ■ Completed definition identified. ■ Methods for prevention identified. ■ Response written in complete sentences. ■ ==Include in-text citations in APA format.==	**Missing 1-2 or inaccurate information of the following:** **Mastitis** ■ Completed definition identified. ■ Methods for prevention identified. ■ Response written in complete sentences. ■ ==Include in-text citations in APA format.==	**Missing 3 or more or inaccurate information of the following:** **Mastitis** ■ Completed definition identified. ■ Methods for prevention identified. ■ Responses not written in complete sentences. ■ **Contains no in-text citations.**	
Criteria	**10 points**	**5 point**	**0 points**	**Comments**

Perineal Care
■ 3 nursing interventions identified.
■ Explanation for each intervention
■ Response written in complete sentences.
■ ==Include in-text citations in APA format.==
	Includes complete and accurate information on all criteria:
	Perineal Care
	■ 3 nursing interventions identified.
	■ Explanation for each intervention
	  Response written in complete sentences.
	■ ==Include in-text citations in APA format.==
		Missing 1-2 or inaccurate information of the following:
		Perineal Care
		■ 3 nursing interventions identified.
		■ Explanation for each intervention
		  Response written in complete sentences.
		■ ==Include in-text citations in APA format.==
			Missing 3 or more or inaccurate information of the following:
			Perineal Care
			■ 3 nursing interventions identified.
			■ Explanation for each intervention
			■ Responses not written in complete sentences.
			■ **Contains no in-text citations.**	

Criteria	**10 points**	**5 points**	**0 points**	
	Includes complete and	**Missing 1 or inaccurate**	**Missing 2 or more or**	

Thrombolytic Condition ▪ 3 nursing intervention identified. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==.	accurate information on all criteria: **Thrombolytic Condition** ▪ 3 nursing intervention identified. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==.	information of the following: **Thrombolytic Condition** ▪ 3 nursing intervention identified. ▪ Response written in complete sentences. ▪ ==Include in-text citations in APA format==.	inaccurate information of the following: **Thrombolytic Condition** ▪ 3 nursing intervention identified. ▪ Response not written in complete sentences. ▪ **Contains no in-text citations.**	
Criteria	**15 points**	**7.5 points**	**0 points**	**Comments**

Mood disorder
▪ Baby blues
  o Definition
  o Signs and Symptoms
▪ Postpartum Depression
  o Definition
	Includes complete and accurate information on all criteria:
	Mood disorder
	▪ Baby blues
	  o Definition
	  o Signs and Symptoms
		Missing 2 or inaccurate information of the following:
		Mood disorder
		▪ Baby blues
		  o Definition
		  o Signs and Symptoms
			Missing 3 or more or inaccurate information of the following:
			Mood disorder
			▪ Baby blues
			  o Definition
			  o Signs and Symptoms	

- o Signs and Symptoms - Postpartum Psychosis - o Definition - o Signs and Symptoms - Response written in complete sentences. ==Include in-text citations in APA format==.	- Postpartum Depression - o Definition - o Signs and Symptoms - Postpartum Psychosis - o Definition - o Signs and Symptoms - Response written in complete sentences. ==Include in-text citations in APA format==.	- Postpartum Depression - o Definition - o Signs and Symptoms - Postpartum Psychosis - o Definition - o Signs and Symptoms - Response written in complete sentences. ==Include in-text citations in APA format==.	- Postpartum Depression - o Definition - o Signs and Symptoms - Postpartum Psychosis - o Definition - o Signs and Symptoms - Response not written in complete sentences. **Contains no in-text citations**	

Criteria	5 points	2.5 points	0 points	Comments
APA Format ▪ The student used appropriate APA in-text citations and listed all appropriate references in APA format. ▪ Source(s) utilized should be 5 or less years old. o Source(s) greater than 5 years old will not be accepted. ▪ Professional writing style, grammar, and spelling was used in all narrative sections.	▪ APA format was completed and appropriate. ▪ Grammar, spelling, and overall writing style were professional and without errors.	▪ APA format was used but not correct with 1-2 errors noted. ▪ 1-2 grammar, spelling, or overall poor writing style was used. ▪ Content was difficult to understand.	▪ No APA format or 3 or more errors noted. ▪ Source(s) utilized were greater than 5 years old. ▪ Grammar, spelling, or writing style did not demonstrate collegiate level writing with 3 or more errors noted	
Instructor comments:				**TOTAL /100**

1/19/2026