

N432 Postpartum Worksheet

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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) **Include in-text citations in APA format for entire assignment. Attach the Reference page**

	What area is being assessed?	Normal findings
B	Breasts	The breasts are assessed for softness, firmness, symmetry, nipple integrity, and presence of colostrum or milk. Normal findings include soft breasts initially, becoming firm by day 2–3 postpartum, intact nipples without cracks or bleeding, and presence of colostrum or milk depending on feeding choice (Lowdermilk et al., 2022).
U	Uterus	The uterus is assessed for firmness, position, and location relative to the umbilicus. Normal findings include a firm, midline uterus located at or slightly below the umbilicus immediately after birth, descending approximately 1 cm

		per day (ATI, 2023).
B	Bladder	The bladder is assessed for distention and ability to void. Normal findings include spontaneous voiding without difficulty, absence of bladder distention, and urine output of at least 30 mL/hour (Lowdermilk et al., 2022).
B	Bowels	Bowel function is assessed by asking about bowel sounds, flatus, and bowel movements. Normal findings include active bowel sounds, passage of flatus, and a bowel movement within a few days postpartum (ATI, 2023).
L	Lochia	Lochia is assessed for amount, color, and odor. Normal findings include lochia rubra (dark red) for the first 3–4 days, progressing to lochia serosa and then lochia alba, with a fleshy odor and no large clots (Lowdermilk et al., 2022).
E	Episiotomy/perineum	The perineum is assessed using REEDA (redness, edema, ecchymosis, discharge, approximation). Normal findings include mild edema, intact sutures if present, minimal redness, and no purulent discharge (ATI, 2023).
H	Homan's sign/Extremities	The extremities are assessed for signs of thrombosis such as redness, warmth, swelling, or pain. Normal findings include equal warmth and color of extremities with no pain or swelling (Lowdermilk et al., 2022).

E	Emotional Status	Emotional status is assessed by observing mood, bonding, and affect. Normal findings include appropriate bonding behaviors, emotional lability that resolves within a few days, and no signs of severe depression or psychosis (ATI, 2023).

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

a. Perineal care

The nurse would educate the patient on proper perineal hygiene, including using a peri bottle after voiding, wiping front to back, and changing pads frequently to prevent infection. Teaching would be reinforced with return demonstration and written instructions (Lowdermilk et al., 2022).

b. Breastfeeding and breast care

The nurse would educate the patient on proper latch techniques, feeding frequency, and signs of engorgement or mastitis. Teaching would include hands-on demonstration, verbal instruction, and referral to lactation support if needed (ATI, 2023).

c. Warning signs to report

The nurse would educate the patient on danger signs such as heavy bleeding, fever, foul-smelling lochia, calf pain, or severe mood changes. Education would be provided verbally and reinforced with written discharge instructions (Lowdermilk et al., 2022).

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

Postpartum hemorrhage is defined as excessive blood loss greater than 500 mL following vaginal delivery or greater than 1,000 mL following cesarean delivery. The most common cause is uterine atony. Nursing interventions include performing fundal massage to promote uterine contraction, administering uterotonic medications such as oxytocin, monitoring vital signs and lochia closely, maintaining intravenous access, and notifying the healthcare provider promptly (ATI, 2023).

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

The primary cause of uterine subinvolution is retained placental fragments or infection of the uterus. Nursing and medical interventions include administering uterotonic medications to stimulate uterine contraction, encouraging breastfeeding to promote oxytocin release, and administering antibiotics if infection is suspected. The nurse also monitors lochia and uterine firmness closely (Lowdermilk et al., 2022).

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

Rhogam is an Rh(D) immune globulin administered to Rh-negative mothers who have delivered an Rh-positive infant. It is given to prevent the mother from developing antibodies against Rh-positive blood, which could lead to hemolytic disease of the newborn in future pregnancies. Rhogam is typically administered within 72 hours after delivery (ATI, 2023).

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

Risk for infection related to perineal trauma as evidenced by episiotomy and lochia.

Acute pain related to uterine involution as evidenced by the patient's verbalization of abdominal cramping.

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

Mastitis is an inflammation of the breast tissue that may be caused by milk stasis and bacterial infection. Symptoms include breast pain, redness, warmth, fever, and flu-like symptoms. Mastitis is prevented by frequent breastfeeding, proper latch-on techniques, complete breast emptying, alternating feeding positions, and maintaining good nipple hygiene (Lowdermilk et al., 2022).

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)

- Applying ice packs during the first 24 hours postpartum helps reduce swelling, pain, and inflammation by vasoconstricting blood vessels.
- Providing sitz baths after the first 24 hours promotes circulation, relieves discomfort, and supports tissue healing.
- Teaching proper perineal hygiene reduces the risk of infection and promotes comfort and wound healing (ATI, 2023).

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

Encouraging early ambulation promotes circulation and reduces venous stasis.

Teaching and assisting with leg exercises improves venous return.

Encouraging adequate hydration helps prevent blood thickening and clot formation (Lowdermilk et al., 2022).

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

Mood Disorder	Definition	Signs and Symptoms
Baby Blues	Baby blues are a mild and temporary mood disturbance that occurs within the first few days after childbirth due to	Signs and symptoms include tearfulness, mood swings, irritability, anxiety, difficulty sleeping, and feeling overwhelmed. Symptoms are mild, do

	hormonal changes, fatigue, and adjustment to the maternal role. This condition is common and typically resolves without medical treatment within two weeks postpartum (ATI, 2023).	not interfere with daily functioning, and improve on their own within 10–14 days (Lowdermilk et al., 2022).
Postpartum Depression	Postpartum depression is a serious mood disorder that develops within the first year after delivery and negatively affects a mother’s ability to function and care for herself or her infant. It requires clinical treatment and does not resolve without intervention (ATI, 2023).	Signs and symptoms include persistent sadness, fatigue, loss of interest in activities, sleep disturbances, changes in appetite, feelings of worthlessness or guilt, difficulty bonding with the infant, impaired concentration, and possible thoughts of self-harm or harming the infant (Lowdermilk et al., 2022).
Postpartum Psychosis	Postpartum psychosis is a rare but severe psychiatric emergency that occurs shortly after childbirth and requires immediate medical intervention. It is	Signs and symptoms include hallucinations, delusions, severe agitation, confusion, disorganized thinking, paranoia, rapid mood swings, insomnia, and thoughts of harming self or

	characterized by a loss of reality and poses a high risk for harm to the mother and infant (ATI, 2023).	the infant. Symptoms typically appear suddenly and worsen rapidly (Lowdermilk et al., 2022).
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Attach the Reference page

ATI Nursing Education. (2023). *Maternal newborn nursing* (12th ed.). ATI.

Lowdermilk, D. L., Perry, S. E., Cashion, K., & Alden, K. R. (2022). *Maternity & women's health care* (13th ed.). Elsevier.