N432 Postpartum Worksheet

Name: Ngoc Trinh

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 Reference page

	What area is being assessed?	**Normal findings**
B	Breasts	Breasts soft → filling; nipples intact; mild tenderness (Durham et al., 2023).
U	Uterus	Fundus firm and midline; uterus gradually goes down each day (Durham et al., 2023).
B	Bladder	Voids without trouble; no bladder distention (Durham et al., 2023).
B	Bowel	Bowel sounds present; passing gas; constipation common (Durham et al., 2023).
L	Lochia	Rubra → serosa → alba; amount decreases; no foul odor (Durham et al., 2023).

E	Episiotomy/Laceration	Mild swelling/redness ok; edges together; no pus/drainage (Durham et al., 2023).
H	DVT check	No one-leg pain, redness, warmth, or swelling (Durham et al., 2023).
E	Emotions	Bonds with baby; mild mood swings ok; no severe depression/psychosis signs (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)**

    a. Teach the patient what normal lochia looks like and that it should gradually decrease. I would explain to report heavy bleeding, large clots, dizziness, or foul-smelling lochia because these can indicate complications such as hemorrhage or infection (Durham et al., 2023).
    b. Explain that the uterus should stay firm and gradually shrink after birth. I would teach the patient to notify the nurse/provider if bleeding suddenly increases or if the abdomen feels unusually tender, because these can be signs of uterine atony or infection (Durham et al., 2023).
    c. Demonstrate correct latch/positioning, encourage frequent feedings, and teach hand expression if needed. I would instruct the patient to keep nipples clean and dry and to report fever, breast redness, or worsening pain, which can signal mastitis (Durham et al., 2023).
2. Define postpartum hemorrhage. What intervention would be completed? **(10 points)**

    a. Postpartum hemorrhage is excessive bleeding after birth that places the patient at risk for hypovolemia and shock and requires rapid identification and treatment (Durham et al., 2023).
    b. Interventions include assessing the amount/source of bleeding, checking fundal tone, performing fundal massage for uterine atony, maintaining/initiating IV access and fluids as ordered, administering prescribed uterotonic medications, monitoring vital signs and urine output, and escalating care per protocol if bleeding continues (Durham et al., 2023).

3. What is the primary cause of uterine subinvolution? What interventions would be done to alleviate this issue? **(5 points)**
    a. Demonstrate correct latch/positioning, encourage frequent feedings, and teach hand expression if needed. I would instruct the patient to keep nipples clean and dry and to report fever, breast redness, or worsening pain, which can signal mastitis (Durham et al., 2023).

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

    a. Rhogam is given to prevent an Rh-negative postpartum patient from forming antibodies if exposed to Rh-positive fetal blood. It is administered postpartum when indicated to avoid sensitization that could affect future pregnancies. (Durham et al., 2023).
    b.
5. Identify 2 nursing diagnoses for a postpartum patient. **(10 points)**

    a. Acute Pain related to uterine involution and/or perineal tissue trauma as evidenced by patient report of pain/cramping, guarding, and need for analgesic/comfort measures (Durham et al., 2023).
    b. Risk for Infection related to uterine changes postpartum and perineal laceration (Durham et al., 2023).
    c.
6. Define mastitis. How is this prevented? **(5 points)**

    a. Mastitis is inflammation/infection of breast tissue that can occur during lactation and may present with breast pain, redness, and systemic symptoms (Durham et al., 2023).
    b. Prevention includes frequent effective breast emptying (regular feeding/pumping), correct latch/positioning, avoiding milk stasis, and maintaining nipple/breast care to reduce breakdown and infection risk (Durham et al., 2023).
    c.
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)**

    a. Perineal hygiene with peri-bottle after voiding/BMs, front-to-back cleansing → This reduces contamination and helps lower infection risk while promoting comfort and healing (Durham et al., 2023).
    b. Cold therapy in the first 24 hours → This helps reduce swelling and pain in the immediate postpartum period (Durham et al., 2023).

c. Warm sitz baths after the first 24 hours → This promotes circulation, comfort, and healing of perineal tissues (Durham et al., 2023).

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

a. Early and frequent ambulation to promote venous return and reduce clot risk (Durham et al., 2023).
b. Encourage hydration (if not contraindicated) to support circulation and reduce blood viscosity. (Durham et al., 2023).
c. Apply/encourage use of ordered mechanical prophylaxis and teach leg exercises to reduce venous stasis, especially if mobility is limited (Durham et al., 2023).

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

Mood Disorder	**Definition**	**Signs and Symptoms**
Baby Blues	A common, short-term mood disturbance after birth (Durham et al., 2023).	Tearfulness, mood swings, irritability, anxiety, feeling overwhelmed; symptoms are mild and typically resolve (Durham et al., 2023).
Postpartum Depression	A more serious mood disorder that lasts longer and interferes with functioning and caregiving (Durham et al., 2023).	Persistent sadness, loss of interest, fatigue, sleep/appetite changes, poor bonding, feelings of guilt/worthlessness; may include thoughts of self-harm (Durham et al., 2023).
Postpartum Psychosis	A rare but emergent psychiatric condition with severe symptoms requiring immediate help (Durham et al., 2023).	Confusion, hallucinations/delusions, severe agitation, disorganized behavior, inability to care for self/baby, possible harm risk (Durham et al., 2023).

Attach Reference page

Durham, R., Chapman, L., & Miller, C. (2023). *Davis advantage for maternal newborn nursing: Critical components of nursing care* (4th ed.). F.A. Davis.

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 normal findings. ▪ B o Identified what is being assessed. o Identified normal findings. ▪ B	**Includes complete and accurate information on all criteria:** ▪ B o Identified what is being assessed. o Identified normal findings. ▪ U o Identified what is being assessed. o Identified normal findings. ▪ B o Identified what is being assessed. o Identified normal findings.	**Missing 3-4 or inaccurate information of the following:** ▪ B o Identified what is being assessed. o Identified normal findings. ▪ U o Identified what is being assessed. o Identified normal findings. ▪ B o Identified what is being assessed. o Identified normal findings.	**Missing 5 or more or inaccurate information of the following:** ▪ B o Identified what is being assessed. o Identified normal findings. ▪ U o Identified what is being assessed. o Identified normal findings. ▪ B o Identified what is being assessed. o Identified normal findings.	

o Identified what is being assessed. o Identified normal findings. ▪ L o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal findings. ▪ H o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal findings.	▪ B o Identified what is being assessed. o Identified normal findings. ▪ L o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal findings. ▪ H o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal	▪ B o Identified what is being assessed. o Identified normal findings. ▪ L o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal findings. ▪ H o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal	▪ B o Identified what is being assessed. o Identified normal findings. ▪ L o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal findings. ▪ H o Identified what is being assessed. o Identified normal findings. ▪ E o Identified what is being assessed. o Identified normal	

▪ Include in-text citations in APA format.	findings. ▪ Include in-text citations in APA format.	findings. ▪ Include in-text citations in APA format.	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 ▪ Complete definition ▪ Interventions identified. ▪ Response written in complete sentences. ▪ Include in-text	**Includes complete and accurate information on all criteria:** **Postpartum Hemorrhage** ▪ Complete definition ▪ Interventions identified. ▪ Response written in complete sentences. ▪ Include in-text	**Missing 1 or inaccurate information of the following:** **Postpartum Hemorrhage** ▪ Complete definition ▪ Interventions identified. ▪ Response written in complete sentences. ▪ Include in-text	**Missing 2 or more or inaccurate information of the following:** **Postpartum Hemorrhage** ▪ Complete definition ▪ Interventions identified. ▪ Response not written in complete sentences.	

citations in APA format.	citations in APA format.	citations in APA format.	▪ **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**
Rhogam ▪ Complete definition ▪ Identified why a patient would receive this medication. ▪ Response written in complete sentences.	**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.	**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.	**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	

▪ Include in-text citations in APA format	▪ Include in-text citations in APA format	▪ Include in-text citations in APA format	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**
	Includes complete and	**Missing 1-2 or inaccurate**	**Missing 3 or more or**	

Perineal Care ▪ 3 nursing interventions identified. ▪ Explanation for each intervention ▪ Response written in complete sentences. ▪ Include in-text citations in APA format.	**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.	**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.	**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**	
Thrombolytic Condition ▪ 3 nursing intervention identified. ▪ Response written in complete sentences. ▪ Include in-text citations in APA format.	**Includes complete and accurate information on all criteria:** **Thrombolytic Condition** ▪ 3 nursing intervention identified. ▪ Response written in complete sentences. ▪ Include in-text citations in APA format.	**Missing 1 or inaccurate information of the following:** **Thrombolytic Condition** ▪ 3 nursing intervention identified. ▪ Response written in complete sentences. ▪ Include in-text citations in APA format.	**Missing 2 or more or 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 o Signs and Symptoms ▪ Postpartum Psychosis o Definition o Signs and Symptoms ▪ Response written in complete sentences. ▪ Include in-text citations in APA format.	**Includes complete and accurate information on all criteria:** **Mood disorder** ▪ Baby blues o Definition o Signs and Symptoms ▪ 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.	**Missing 2 or inaccurate information of the following:** **Mood disorder** ▪ Baby blues o Definition o Signs and Symptoms ▪ 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.	**Missing 3 or more or inaccurate information of the following:** **Mood disorder** ▪ Baby blues o Definition o Signs and Symptoms ▪ 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**
<u>APA Format</u> ▪ 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	▪ 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	

style, grammar, and spelling was used in all narrative sections.				
Instructor comments:				**TOTAL /100**