

1. What are 5 areas of assessment of the perineum postpartum?
 2. Redness: area may also feel warm to touch.
 - a. Edema: may indicate infection or a hematoma.
 - a. Ecchymosis: may indicate vaginal trauma.
 - a. Discharge: should follow the expected lochia pattern.
 - a. Approximation of skin edges: should be well aligned without gaps.

2. Define uterine atony.
 - Occurs after childbirth
 - Uterus fails to contract after baby is delivered
 - Can lead to life-threatening condition (postpartum hemorrhage)

3. List 5 manifestations of abnormal lochia.
 - Excessive spurting of bright red blood from the vagina (possibly indicating cervical or vaginal tear)
 - Numerous large clots and excessive blood loss
 - Foul odor which suggests infection
 - Persistent lochia rubra in early postpartum period beyond day 3, which can indicate retained placental fragment
 - Continued flow of lochia serosa or alba beyond the normal length of time can mean endometritis

4. Compare the normal cardiovascular system changes during the postpartum period with hypovolemic shock.
 - There is a decrease in blood volume typically following birth. 500 mL is the normal blood loss for vaginal deliveries while 1000 mL is the normal blood loss for cesarean section. With hypovolemic, there is a significant amount of blood is being lost, resulting in significant cardiological changes.

5. Write a paragraph that helps you understand exactly what is occurring with Disseminated Intravascular coagulation and its treatment.
 - Disseminated Intravascular Coagulation occurs when platelets and coagulation factors become depleted, resulting in continuous clotting and bleeding. Clotting occurs within the small vessels, leading to symptoms of severe bleeding. These symptoms can include petechiae, fever, bleeding gums, tachycardia, bleeding from IV sites, and other uncontrolled bleeding. With treatment, it is important to maintain fluid, O₂, and tissue perfusion. Administration of blood products and heparin occur during this time. DIC is

related to an underlying condition and can be relieved with treatment of the underlying condition.

6. What are the steps for nursing management of Postpartum hemorrhage?
 - Fundal massage
 - IV fluids
 - Administration of uterotonic medications
 - Bimanual compressions
 - Internal uterine packing
 - Balloon tamponade

7. What contraindications must the nurse know about Pitocin (oxytocin), Cytotec (misoprostol), methergine (methylergonovine) and hemabate (carboprost tromethamine)?
 - Pitocin
 - o Never give undiluted or as bolus
 - Cytotec
 - o Allergy
 - o Active cardiovascular disease
 - o Pulmonary or hepatic disease
 - Methergine
 - o Do not administer if pt is hypertensive
 - Hemabate
 - o Contraindicated with asthma
 - Risk of bronchial spasm

8. What is venous thromboembolism and how is it assessed and treated?
 - Blood clot in the venous system; typically occurring in the lower extremities
 - Leading cause of mortality & morbidity
 - Annual incidence of 1/1000 pregnancies
 - o 10x higher than in non-pregnant population
 - Assessment
 - o Look at hx (smoking, oral contraceptive use, hx of thrombosis, prolonged standing, endometritis, current varicosities)
 - Treatment
 - o Encouraging activity
 - o Dorsi/plantar flexion
 - o Elevate legs above heart
 - o Stop smoking
 - o Avoid sitting or standing
 - o Increase fluid

- o Avoid oral contraceptives
- o Wear compression stockings

10. Postpartum infection is defined as a temperature of 100.4F ___ or higher for 2 consecutive days during the first __10__ days of the postpartum period.

11. Compare and contrast postpartum (Baby) blues, postpartum depression, and postpartum psychosis.

Postpartum (Baby) blues

- Feeling of sadness
- Lack of appetite
- Sleep pattern disturbances
- Feeling of inadequacies
- Crying easily for no apparent reason
- Restlessness, insomnia, fatigue
- Headache
- Anxiety, anger, sadness

Post-partum depression

- Feelings of guilt and inadequacies
- Irritability
- Anxiety
- Fatigue persisting beyond reasonable amount of time
- Feeling of loss
- Lack of appetite
- Persistent feeling of sadness
- Intense mood swings
- Sleep pattern disturbances

Postpartum psychosis

- Pronounced sadness
- Disorientation
- Confusion
- Paranoia

12. What are the risk factors for postpartum depression?

- Anxiety
- Irregularities in sleep pattern/disturbances

- Lack of appetite
- Feeling of loss
- Severe fatigue
- Irritability
- Feeling of guilt and inadequacy
- Intense mood swings
- Persistent sadness