

## Postpartum

R.THOMAS

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## Puerperium

- birth → 6 weeks
- Role of the nurse

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## Reproductive System

- Uterus
- Involution
  - Contraction
  - Catabolism
  - Regeneration
- Afterpains

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## Involution

### Factors that enhance involution

- No complications
- Complete expulsion of placenta
- Breastfeeding
- Early ambulation

### Factors that retard involution

- Prolong labor
- Difficulty birth
- Anesthesia
- Distended bladder
- Retained placental fragments
- Over distended uterus

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## Reproductive System

### • Fundus

- Firm/ Boggy
- Midline of abdomen
- Position
  - ✖ Immediately after delivery
  - ✖ 12 hours after delivery
  - ✖ 1 cm per day




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## Reproductive System

### • Lochia

- Color
  - Lochia rubra: first 3 days
  - Lochia serosa: days 4 through 10
  - Lochia alba: after day 10
- Amount
  - Scant: less than a 2.5-cm (1-inch) stain on the peripad
  - Light: less than 10-cm (4-inch) stain
  - Moderate: less than 15-cm (6-inch) stain
  - Heavy: saturated peripad in 1 hour
  - Excessive: saturated peripad in 15 minutes
- Odor

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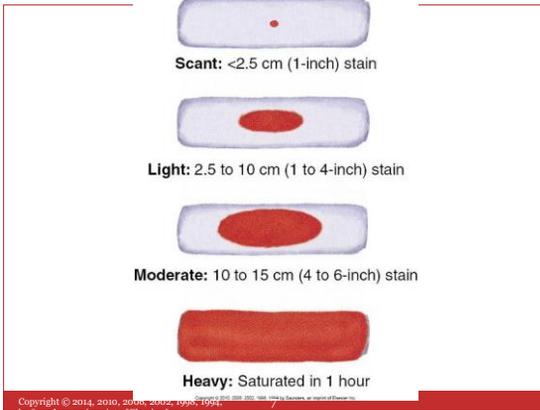
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### Reproductive System

- Cervix
- Vagina
- Perineum
  - Laceration
  - Episiotomy
  - REEDA

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### Cardiovascular System

- Cardiac Output
- Volume
  - Diuresis
  - Diaphoresis
- Coagulation
  - Thrombophlebitis
- Lab Values
  - WBC
  - Hgb & Hct

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### Abdomen & Gastrointestinal System

- Constipation
- Diastasis Recti

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### Urinary System

- Diuresis
- Urinary Retention
  - UTI
  - Postpartum hemorrhage
- Stress Incontinence
  - Kegal exercises

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### Musculoskeletal System

- Muscles & Joints
- Abdomen
  - Diastasis recti

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### Integument System

- Pigmentation
  - melasma
  - linea nigra
  - spider nevi
  - palmar erythema
- Striae gravidarum
- Hair loss

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### Neurological System

- Lack of sensation
- Dizziness
- Pain
- Headache
- Headache, blurred vision, photophobia, proteinuria & or abdominal pain

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### Endocrine System

- Hcg
- Estrogen, progesterone, and hpl
- Lactation & Prolactin
- Ovulation & Menstruation
- Weight Loss

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### Psychological Changes

- Bonding
- Reva Rubin's Phases
  - Taking In
  - Taking Hold
  - Letting Go
- Postpartum blues/ depression/ psychosis

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### Postpartum Assessment

- Every 15 minutes x 1 hour →
- Every 30 minutes x 1 hour →
- Every 4 hours x 24 hours →
- Every 8 to 12 hours

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### Postpartum Assessments

- Vital Signs- T, P, R, BP, pain
- Lungs
- Breasts & Nipple
- Abdomen
- Fundus
- Urine Output
- Perineum & Anus
- Lower Extremities

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### Medications

- Pitocin
- Methergine
- Analgesics
- Rubella
- Rhogam
- Pertussis

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### Postpartum Patient Education

- Postpartum blues/ depression/ psychosis
- Ambulation & exercise
- Rest
- Pain
- Breasts & Nipples
  - Lactation
  - Non-lactating
- Nutrition

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### Postpartum Patient Education

- Abdominal
  - Incision
  - Muscles
  - Constipation
- Bladder elimination
- Fundal massage & involution
- Lochia & Perineal Care
- Sexual Activity & Contraception
- Medications
- Follow- up

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