

Postpartum Maternal Complications

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Common Postpartum Disorders

- ❖ Hemorrhage
- ❖ Infection
- ❖ Thromboembolic disease
- ❖ Postpartum affective disorder

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Postpartum Hemorrhage

- ▶ Blood loss
 - > 500 mL VD
 - > 1000 mL C/S
 - *hct 10% ↓ from admission
- ▶ Primary (early) PP hemorrhage
- ▶ Delayed (late) PP hemorrhage



Postpartum Hemorrhage

- ▶ Predisposing factors
 - Overdistention of uterus
 - Multiparity
 - Prolonged labor or precipitate delivery
 - Hypertonic contractions
 - Medications
 - Retained placental fragments
 - Assisted birth or cesarean
 - Clotting disorders
 - Uterine leiomyomas

Postpartum Hemorrhage

- ▶ Pathophysiology
 - 5 T's
 - Tone
 - Tissue
 - Trauma
 - Thrombin
 - Traction

Clinical Manifestations of Shock Due to Blood Loss

TABLE 22.1 Clinical Manifestations of Shock Due to Blood Loss

Degree of Shock	Blood Loss	Signs and Symptoms
Mild	20%	Diaphoresis, increased capillary refilling, cool extremities, maternal anxiety
Moderate	20–40%	Tachycardia, postural hypotension, oliguria
Severe	>40%	Hypotension, agitation/confusion, hemodynamic instability

Cunningham, F. G., Leveno, K. J., Bloom, S. L., Dashe, J. S., Hoffman, B. L., Casey, B. M., & Spong, C. Y. (2018). *Williams's obstetrics* (25th ed.). McGraw-Hill Education; Udeani, J. (2019). Hemorrhagic shock treatment & management. *eMedicine*. Retrieved September 12, 2018, from <https://emedicine.medscape.com/article/432650-treatment>.

Postpartum Hemorrhage



- ▶ S/S
- ▶ Treatment
 - Underlying cause
 - Massage
 - Empty bladder
 - Removal of placental fragments, repair lacerations
 - IV fluids- NaCl/ LR
 - Oxytocin (Pitocin), Methylergonovine (Methergine), Carboprost (Hemabate)
 - Bimanual compression
 - Hysterectomy

Late Postpartum Hemorrhage

- ▶ Treatment
 - Control bleeding
 - USS
 - D & C
 - Antibiotics
 - Lacerations- surgical repair
 - hematoma- ice, incision and evacuation, ligation of bleeding vessel

Trauma- Laceration/ Hematoma

- ▶ Bleeding into tissue
- ▶ S/S
 - Deep severe pain
 - pressure
- ▶ Management
 - Surgical repair incision
 - Ice
 - Large hematoma- incision and evacuation and ligation of bleeding vessel

Thrombophlebitis

- ▶ Clot → inflammation of vessel lining
- ▶ Can lead to thromboembolism
- ▶ 2 types
 - Superficial
 - Deep vein thrombosis

Superficial Thrombophlebitis

- ▶ Saphenous vein
- ▶ Etiology
 - Lithotomy position
 - Varicose veins
 - Oral contraceptives
 - Prolong standing
 - > 35 yrs of age

Deep Vein Thrombosis (DVT)

- ▶ Femoral and pelvic veins
- ▶ Risk factors
 - Obesity
 - Preeclampsia
 - DM
- ▶ S/S
- ▶ Treatment
 - Bedrest
 - NSAID's, warm moist compress
 - Anticoagulants– IV heparin → coumadin

Thrombophlebitis/DVT Management

- ▶ Nursing management
 - Prevention
 - Adequate circulation: NSAIDs, bed rest, antiembolism stockings, anticoagulant therapy (heparin); emergency measures for pulmonary embolism



Puerperal Infections

- ▶ Fever >38°C or 100.4°F after first 24 hours
- ▶ Types
 - Endometritis
 - Wound
 - UTI
 - Mastitis



Endometritis

- ▶ S/S
 - Lower back pain
 - Chills
 - fever
- ▶ Treatment
 - Cultures/specimens: urine, blood, endocervical, lochia
 - IV antibiotics
 - Fowler's position
 - Analgesics
 - Vital signs every 2 hrs while febrile
 - Teach worsening S/S- abd distention, N&V



Wound infections

- ▶ C/S, episiotmies, lacerations
 - REEDA Method (score 0-15)
- ▶ S/S
 - Warm
 - Tender
 - White line along episiotomy
 - Drainage
 - Pain
 - Lochia odor (epis, lac)
- Treatment
 - Sitz bath
 - Frequent peri care
 - Hand hygiene
 - Diet
 - ▶ T + D if necessary

Urinary Tract Infections

- ▶ E.Coli
- ▶ Lower UTI: cystitis
 - S/S
 - Treatment
- ▶ Upper UTI: pyelonephritis
 - S/S
 - Treatment

Mastitis

- ▶ 2-4 weeks after birth commonly
- ▶ Etiology
 - Stapylococcus aureus; viridians streptococci
 - Impaired nipple integrity
 - Insufficient emptying of breast
- ▶ S/S
- ▶ Treatment/ Management
 - Antibiotics
 - Empty breast
 - Warm compresses

Postpartum Affective Disorders

- ▶ Postpartum blues
- ▶ Postpartum Depression
- ▶ Postpartum Psychosis

- ▶ Edinburgh Postnatal Depression Scale
- ▶ Postpartum Depression Predictor Scale



Signs of Postpartum or Baby Blues

- ❖ Emotional lability
- ❖ Irritability
- ❖ Insomnia
- ❖ Typically resolves within 2 weeks (by postpartum day 10)
- ❖ Usually self-limiting

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Signs of Postpartum Depression

- ❖ Major depressive episode associated with childbirth
- ❖ Symptoms lasting beyond 6 weeks and worsening

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Signs of Postpartum Psychosis

- ❖ Surfaces within 3 weeks of giving birth
- ❖ Sleep disturbances
- ❖ Fatigue
- ❖ Depression
- ❖ Hypomania
