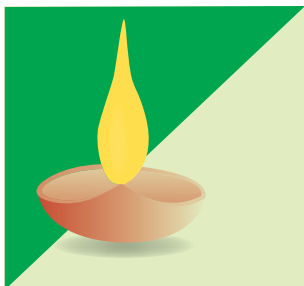


6. Post-Partum Care

Post-partum care is the period after delivery of the placenta up to six weeks after birth.³



Objectives of the session

By the end of this session, the ASHA will learn about:

- Schedule of visits and tasks to be performed at each visit.
- Understand the possible complications of the post-partum period.
- Be able to identify the complications and refer appropriately.

Tasks for you to undertake during this period



- Conducting home visits to mother and child: Mothers and newborns need care from the time of birth to six weeks after the delivery. The recommendation for postnatal care is to visit on the 3rd day after delivery, on the 7th day and at the end of six weeks, i.e on the 42nd day. For the newborn, the recommendation is to visit on the 3rd day, 7th day, 14th day, 21st day and 28th day. After this period, visits are still needed once in two weeks till the child is two years old for nutrition advice, immunisation advice, and support for breastfeeding and complementary feeding, for illness prevention and just to remain in touch.
- In effect therefore, you would need to visit on the 3rd, 7th, 14th day, 21st, and 28th day, and after that, once every two weeks starting from the 42nd day, till the child is two years old. If the child is born at home, then of course you should be there at birth or at least visit her within the first hour.
- Advice to the mother during these visits:
 - ◆ Assess the mother for signs of complications (see below for the list of complications) and ensure appropriate referral.
 - ◆ Encourage her to rest for at least six weeks after childbirth. Families should be counselled to allow this.
 - ◆ Encourage her to eat more food than usual. She can eat any kind of food but high protein foods – pulses and legumes (nuts are especially useful), foods of animal source. She should also drink plenty of fluids.

³ Post-partum care has been covered in ASHA Module 2.

