**Postpartum Hemorrhage (PPH)**

**1. Define PPH**

**Defination of PPH**:

When occurs or into genital tract more than 500 ml in a normal vaginal delivery or more than 1000 ml in a caesarean section delivery.

**2. Classify Postpartum Hemorrhage**

**Types of Postpartum Hemorrhage**:

1.Primary PPH

2.Secondary PPH

**1.Primary PPH;**

Hemorrhage occurs within 24 hours following the birth of the baby, is called primary PPH.

**Types of Primary PPH:**

* 3rd stage of labour
* True PPH

**2. Secondary PPH:**

Hemorrhage occurs beyond 24 hours and within puerperium, also called secondary PPH.

**3. Causes of Postpartum Hemorrhage (PPH)**

Answer: 4 Ts-

1. Tone (Atonic uterus)
2. Tissue (Retained Tissue)
3. Trauma (Pelvic Trauma)
4. Thrombosis (collecting problem)

**4. Causes of Primary PPH:**

Answer:

* Atonic uterus
* Retained placenta
* Pelvic trauma
* Uterine rupture
* Prolonged Labour
* Antepartum Hemorrhage
* Mismanagement of 3rd stage

**Causes of Secondary PPH:**

* Retained product
* Infection (Puerperal Sepsis)
* Coagulopathy
* Fibroid uterus
* Cervical cancer
* Subinvoulation of uterus

**5. Sign and Symptoms of PPH:**

* Excessive bleeding
* Boggy uterus
* Tachypnea
* Low bleed pressure
* Pallor
* Dizziness
* Clammy skin
* Blured vision
* Coma

**Management of PPH:**

(A) Pharmacological management

(B) Non-pharmacological management

**(A) Pharmacological management:**

1. Inj: Oxytocin
2. Tab: Misoprostol
3. Inj: Ergometrine

**(B) Non-pharmacological management:**

1. Continue massaging the uterus until it contract.
2. Examine cervix, vagina and perineum if tear repair.
3. Expel the blood clot.
4. Blood grouping and blood transfusion.
5. Fluid resuscitation-start 4 fluid.
6. Bimanual compression.
7. Uterine packing by ballon tamponade.

**Prevention of PPH:**

1. Good antenatal care.
2. Active management of third stage of labor.
3. Empty the urinary bladder.
4. Delivery baby during contraction .
5. Immidiate administred oxytocing after deliver of baby.
6. Prevent from infection.
7. Avoid fundal pressure and induction of labour.