

The Family After Birth

CHAPTER 9 AND 10

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The Postpartum Period

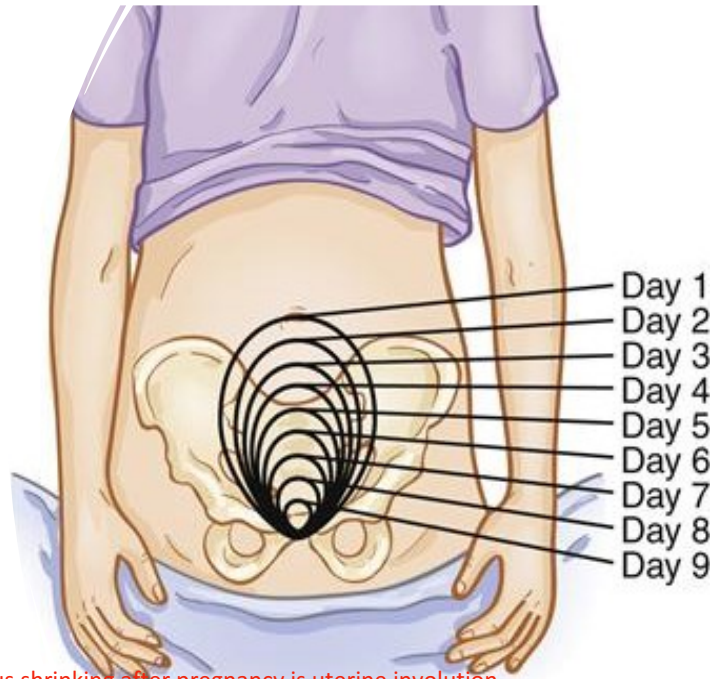
- Six weeks after childbirth
 - Sometimes referred to as the *fourth trimester of pregnancy*



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Postpartum Assessment/ Nursing Care

- Breasts
- Uterus
- Bladder
- Bowel
- Lochia
- Episiotomy
- Hemorrhoids/Lower Extremities
- Emotions



The medical term for the process of the uterus shrinking after pregnancy is uterine involution
Full bladder makes the risk of postpartum hemorrhage higher

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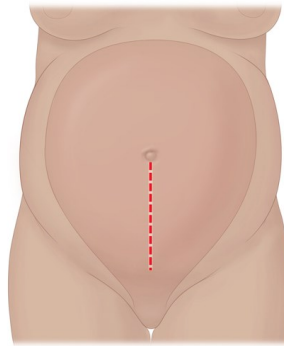
Nonreproductive System Changes

- | | |
|---|--|
| <ul style="list-style-type: none"> • Cardiovascular <ul style="list-style-type: none"> • Cardiac output and blood volume • Coagulation • Blood values HH, WBC • Chills • Orthostatic hypotension • Integumentary <ul style="list-style-type: none"> • Hyperpigmentation changes as hormone levels decrease | <ul style="list-style-type: none"> • Musculoskeletal <ul style="list-style-type: none"> • Abdominal wall weakness • Hypermobility of joints stabilizes • Center of gravity returns • Immune <ul style="list-style-type: none"> • Prevent blood Rhogan incompatibilities • Rubella vaccine if indicated |
|---|--|

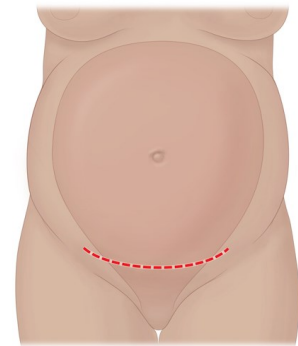
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Adaptation of Nursing Care After Cesarean Section Birth

- Same as with normal vaginal delivery except
 - Monitoring of abdominal dressing
 - Lochia generally less
 - Urinary catheter
 - Respiratory care
 - Prevention of thrombophlebitis
 - Pain management



Vertical



Horizontal

 babycenter.

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Lactation reflex arc

Phases of Milk Production

Colostrum (first few days)

- antibodies
- protein
- vitamins A & E
- essential minerals
- lower in calories
- laxative effect

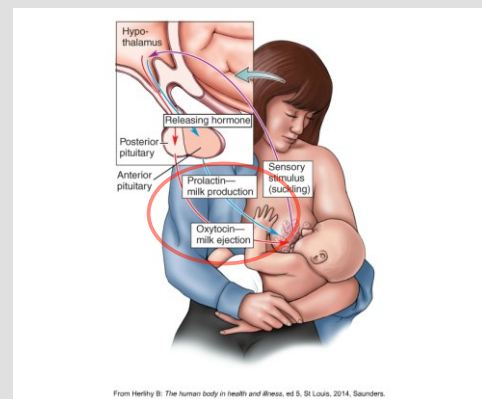
Transitional Milk (7 – 10 days after birth)

- fewer immunoglobulins
- fewer proteins
- increased lactose, fat, calories

Mature Milk (14 days after birth)

- bluish color
- 20 kcal/oz
- all nutrients infant needs


Afterpains



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Breastfeeding

Babies need to feed for 5+ minutes to get high milk

- Benefits to Breastfeeding: (2:12) 
https://www.youtube.com/watch?v=Lb9aCjbvBV4&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w_
- Milk Production (1:17)
https://www.youtube.com/watch?v=dguPSagNL2E&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w_&index=2
- Latch & Feeding Cues: (3:18)
<https://www.youtube.com/watch?v=Ec9Q7BVuur0>
- Feeding & Frequency (2:52)
https://www.youtube.com/watch?v=ukDx9XXbUil&index=5&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w_

Mom needs 500+ calories extra each day and 8-10 glasses of water

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Breastfeeding

- Signs that baby is drinking enough (1:04)
https://www.youtube.com/watch?v=5J5Q5jTRrO0&index=6&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w_
- Personal Diet & Exercise (1:20)
https://www.youtube.com/watch?v=g3bsdFLFjz0&index=7&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w_
- Engorgement (1:17)
https://www.youtube.com/watch?v=WgSeF6J2S6U&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w_&index=9

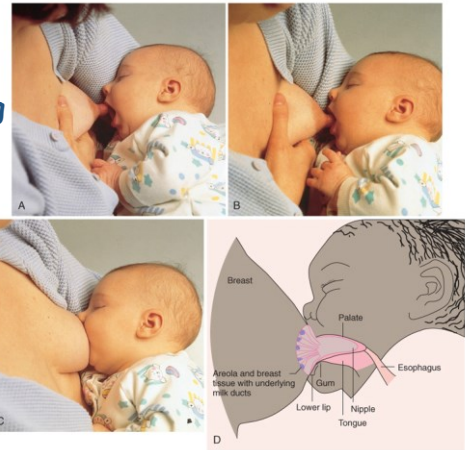
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Teaching New Mom to Breastfeed POSITIONS

Essential Techniques in Breastfeeding
Recognizing hunger

Nurse for 10 - 15 minutes
Per breast 8 - 10 times/day

6 - 8 wet diapers
Several stools



From Perry SE, Hockenberry MJ, Lowdermilk DL, Wilson D: Maternal child nursing care, ed 5, St Louis, 2014, Mosby.

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Bottle Feeding

- Formula & Bottle Preparation (1:28)
https://www.youtube.com/watch?v=pmODOd_ILX0&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w&index=15
- Bottle Feeding Position (25 seconds)
<https://www.youtube.com/watch?v=zeqDHBgSEbQ&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w&index=16>
- Burping & Spit Up (40 seconds)
<https://www.youtube.com/watch?v=l0gg6BaZlas&index=17&list=PLIWYdYatjvoPoM3oPjmgawJGnuVxnd7w>

• Skill 9.7

Formula is only good for 24hrs

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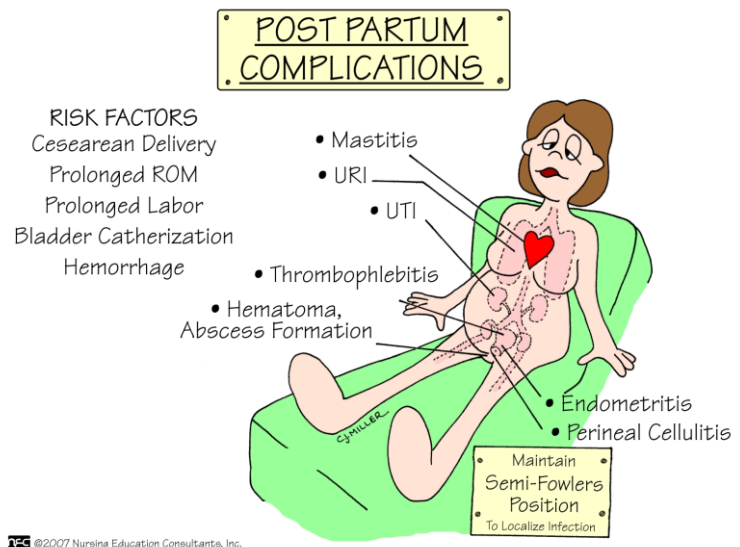
Post-partum Self Care

- Follow – up appointments
- Hygiene
- Sexual Intercourse
- Diet & Exercise
- DANGER SIGNS



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Chapter 10: Nursing Care of Women with Complications After Birth



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POSTPARTUM HEMORRHAGE

VAGINAL DELIVERY

> 500 mL BLOOD LOST

C-SECTION

> 1,000 mL BLOOD LOST

* WITHIN 24 HRS FOLLOWING DELIVERY

- PRIMARY POSTPARTUM HEMORRHAGE

* LATER THAN 24 HRS

- SECONDARY POSTPARTUM HEMORRHAGE



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Uterine Atony	Lacerations	Hematoma
Characteristics		
Soft, high uterine fundus that is difficult to feel through woman's abdominal wall	Continuous trickle of blood that is brighter than normal lochia	If visible, appears as blue or purplish mass on vulva
Heavy lochia, often with large clots or sometimes a persistent moderate flow	Fundus that is usually firm	Severe and poorly relieved pain and or pressure in vulva, pelvis, or rectum
Bladder distention that causes uterus to be high and usually displaces it to one side	Onset of hypovolemic shock that may be gradual and easily overlooked	Large amount of blood lost into tissues, which causes signs and symptoms of hypovolemic shock
Possible signs of hypovolemic shock		Lochia that is normal in amount and color
Contributing Factors		
Bladder distention Abnormal or prolonged labor Multiparity (5 or more births) Use of oxytocin during labor Medications that relax uterus Operative birth Low placental implantation	Rapid labor Use of instruments such as forceps or vacuum extractor during birth	Prolonged or rapid labor Large infant Use of forceps or vacuum extractor

placenta previa

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Retention of Placental Fragments	Subinvolution of the Uterus
Characteristics	
Clots and retained placental fragments slough for several days	<p>Fundal height greater than expected for the amount of time since birth</p> <p>Persistence of lochia rubra or a slowed progression through the 3 phases</p> <p>Pelvic pain, heaviness, fatigue</p>
Treatment/Nursing Care	
<p>Administration of Oxytocin and methergine to see if fragments expel on their own. If not a curettage or scraping or vacuuming of the inner surface of the uterus is performed to remove the fragments. Antibiotic are commonly given.</p> <p>Teach client to report persistent bright red bleeding and the return of red bleeding after it has changed to pinkish or white.</p>	<p>Methergine, Antibiotics, and D&C.</p> <p>Teach woman to report fever, persistent pain, persistent red lochia, foul smelling vaginal discharge.</p> <p>Specific nursing care depends on whether the subinvolution results from infection or other cause.</p>

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Postpartum Hemorrhage Medications

- Pitocin (Oxytocin)
 - Increase amount per MD orders
- Cytotec (Misoprostol)
 - Can be given orally or per rectum
- Methergine (Methylergometrine)
 - Don't give if client has high blood pressure
- Hemobate (Carboprost)
 - Don't given to clients with asthma



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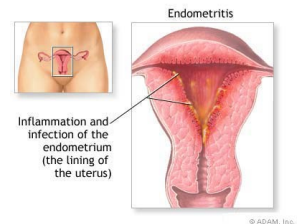
• Postpartum Thromboembolic Disorders

- Venous thrombosis: SVT, DVT, PE
- Treatment: SVT: analgesics, heat, elevate legs
- DVT: similar, plus heparin (antidote?)
- PE: ICU
- Nursing Care: Observe for signs/symptoms
- Early ambulation, ROM, Antiembolic stockings
- How to give drugs woman will take at home
- Signs to report to HCP



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Endometritis



Characteristics

- Tender, enlarged uterus
- Prolonged, severe cramping
- Foul-smelling lochia
- Fever and other signs of infection
- Signs of uterine subinvolution

Treatment/Nursing Care

- C/S test of uterine cavity
- Antibiotics by IV route initially
- Teach usual progression of lochia
- Teach proper hygienic measures
- Administer analgesics
- Observe for absent bowel sounds, abdominal distention, and n/v, which suggest spread of infection

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Mastitis



Characteristics

- Reddened, tender, hot, area of breast
- Edema and feeling of heaviness in breast
- Purulent drainage (may occur if an abscess forms)

Patient Teaching on page 259

Treatment/Nursing Care

- Antibiotics
- Incision and drainage of abscess
- Teach effective BF techniques
- Moist heat applications
- Warm shower before nursing
- Massage affected area
- Frequent and regular pumping

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- **Signs / symptoms**
- **Treatment**
- **Nursing Care**
- **Patient Teaching**

• Nursing Tip on page 260

Baby Blues

OR

Postpartum Depression

- * Weepiness/crying for no apparent reason
- * Feeling "I'm not like myself" or, "this isn't me"
- * Impatience
- * Irritability
- * Restlessness
- * Anxiety
- * Sadness
- * Mood changes
- * Poor concentration

- * Difficulty sleeping, insomnia, exhaustion
- * Lack of energy
- * Low sex drive
- * Changes in appetite, weight loss or gain
- * Weepiness, excessive worry, agitation, anxiety
- * Feelings of inadequacy, hopelessness, despair
- * Guilt, Sadness, fear of being alone
- * Irritability
- * Difficulty concentrating, panic, anger
- * Scary thoughts about baby, over-concern for baby's health

* You may experience all of these symptoms or only a few

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