**Temple College**

**VNSG 1460 Clinical LVN Training II**

**BUBBLEHEHE Activity**

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| **Stands for** | **What would you assess?** |
| **B-Breast** | Assess for pain/tenderness, lumps, bumps, redness or discharge • Colostrum |
| **U-Uterus** | Fundal check •Firmness •Height •location |
| **B-Bladder** | Distention? Peeing and color? Pain? |
| **B-Bowel** | Listen. Pooping when and type? Farting? Tears or episiotomy? |
| **L-Lochia** | Amount? • Rubra: red, last about 3 days after birth • Serosa: pinkish and mucousy, last 3-7 days • Alba: clear and mucousy, 7-21 days |
| **E-Episiotomy** | Bleeding • Swelling • Bruising • Approximation • Drainage |
| **H-Hemorrhoids** | Internal? External? Bleeding? Pain? |
| **E-Extremities** | Capillary refill •Pulses •Edema •Redness •Swelling •Pain |
| **H-Hygiene** | Education •Periwash bottle •Peripads •Perineal care front to back |
| **E-Emotions** | Connecting with baby? Emotional outbursts? Withdrawn? Able to communicate feelings negative or positive? |