



Wolters Kluwer
Health

Lippincott
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Maternity and Pediatric Nursing

Chapter 16 **Nursing Management During the** **Postpartum Period**



Nursing Management: Postpartum Period: Assessment

- Vital signs
 - Temperature: slight elevation during 1st 24 hours; normal afterwards
 - Pulse: relative bradycardia; returns to prepregnancy levels within 10 days
 - Respirations: 16 to 20 breaths/minute
 - Blood pressure: within usual range
 - Pain: goal between 0 to 2 on pain scale



Nursing Management: Postpartum Period: Assessment (cont'd)

- Breasts (size, contour, engorgement)
- Uterus (height of fundus, firmness)
- Bladder (voiding, bladder emptying)
- Bowels (bowel sounds, distention)
- Lochia (amount, color, odor)
- Episiotomy and perineum (lacerations, hematoma)
- Extremities
- Emotional status



Question

Is the following statement True or False?

During the first 24 hours postpartum, a slight elevation in temperature is considered normal.



Answer

True.

Some women experience a slight elevation in temperature during the first 24 hours postpartum; this may be the result of dehydration secondary to fluid loss during labor.



Nursing Management: Postpartum Period: Assessment (cont'd)

- Bonding and attachment
- Transition to parenthood
 - Stages
 - Factors affecting attachment: parent's background, infant, care practices
- Critical attributes of attachment: proximity, reciprocity, commitment
- Positive and negative attachment behaviors (see Table 16-1)



Nursing Management: Postpartum Period: Nursing Interventions

- Providing optimal cultural care (see Box 16-3)
- Promoting comfort
 - Cold and heat applications
 - Topical preparations
 - Analgesics
- Assisting with elimination
 - Promoting voiding
 - Promoting bowel elimination



Nursing Management: Postpartum Period: Nursing Interventions (cont'd)

- Promoting activity, rest, and exercise
 - Early ambulation
 - Rest periods
 - Exercise program; recommended exercises; Kegel exercises
- Assisting with self-care measures
- Ensuring safety
- Counseling about sexuality and contraception



Nursing Management: Postpartum Period: Nursing Interventions (cont'd)

- Promoting nutrition
 - General recommendations (see Box 16-4)
 - Needs for the breast-feeding woman
- Supporting choice of newborn feeding method
 - Assistance with breast-feeding
 - Assistance with bottle-feeding



Question

Is the following statement True or False?

A woman who is not breast-feeding should increase her daily caloric intake by approximately 500 calories.



Answer

False.

The breast-feeding woman should increase her daily caloric intake by approximately 500 calories.



Nursing Management: Postpartum Period: Nursing Interventions (cont'd)

- Teaching about breast care
 - Breast assessment
 - Measures to alleviate breast engorgement
 - Breast-feeding woman
 - Bottle-feeding woman (lactation suppression)
- Promoting family adjustment and well-being
 - Parental roles
 - Sibling roles
 - Grandparent roles



Nursing Management: Postpartum Period: Nursing Interventions (cont'd)

- Teaching about postpartum blues
- Preparing for discharge (criteria)
- Providing immunizations
- Ensuring follow-up care
 - Telephone follow-up
 - Outpatient follow-up
 - Home visit follow-up



End of Presentation



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