

# Normal Postpartum Nursing Care

Name \_\_\_\_\_

1. Summarize the physical postpartum assessment BUBBLE-HE
  - a. Breasts \_\_\_\_\_
  - b. Uterine fundus \_\_\_\_\_
  - c. Bowel \_\_\_\_\_
  - d. Bladder \_\_\_\_\_
  - e. Lochia \_\_\_\_\_
    - i. Rubra \_\_\_\_\_
    - ii. Serosa \_\_\_\_\_
    - iii. Alba \_\_\_\_\_
  - f. Episiotomy \_\_\_\_\_
  - g. Homan's sign \_\_\_\_\_
  - h. Emotional status \_\_\_\_\_
2. Why should you have the patient empty her bladder before you assess the fundus? \_\_\_\_\_  
\_\_\_\_\_
3. Explain the warning signs of a boggy or soft uterus. What could this indicate? \_\_\_\_\_  
\_\_\_\_\_
4. Describe the anatomic position where you would expect to find the fundus of the uterus at each of the time periods listed below.
  - a. 1-2 hours after delivery \_\_\_\_\_
  - b. 12 hours after delivery \_\_\_\_\_
  - c. 2 days after delivery \_\_\_\_\_
  - d. 7 days after delivery \_\_\_\_\_
5. Explain the standardized method for estimating lochia after delivery.
  - a. Scant \_\_\_\_\_
  - b. Light \_\_\_\_\_
  - c. Scant Moderate \_\_\_\_\_
  - d. Heavy \_\_\_\_\_

6. What position should the patient assume to have her perineum assessed? \_\_\_\_\_  
\_\_\_\_\_

7. List and explain the significance of the components of the REEDA scale.

R. \_\_\_\_\_

E. \_\_\_\_\_

E. \_\_\_\_\_

D. \_\_\_\_\_

A. \_\_\_\_\_

8. Describe the care of the episiotomy and vulva. \_\_\_\_\_  
\_\_\_\_\_

9. In the case of heavy postpartum bleeding, list the medications (include dose and route) used for hemorrhage/bleeding.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

10. Postpartum hemorrhage may be indicated with saturation of what number of pads in what time frame?  
\_\_\_\_\_

11. How is Homan's sign elicited? \_\_\_\_\_  
\_\_\_\_\_

12. Identify comfort measures and rationales for the discomforts listed below.

a. Hemorrhoids \_\_\_\_\_  
\_\_\_\_\_

b. Afterpains \_\_\_\_\_  
\_\_\_\_\_

13. Discuss how the relationship between mother and newborn develops. What behaviors should be assessed?

\_\_\_\_\_  
\_\_\_\_\_

14. List nursing interventions to promote attachment behaviors. \_\_\_\_\_

\_\_\_\_\_

15. Crystal and her baby are going home today. Crystal had an uncomplicated vaginal delivery with a midline episiotomy. She is planning to formula feed. Describe what information you will include in your discharge teaching for the following areas.

Care of the episiotomy and vulva \_\_\_\_\_

\_\_\_\_\_

Rest, activity and exercise \_\_\_\_\_

\_\_\_\_\_

Resumption of sexual activity and birth control \_\_\_\_\_

\_\_\_\_\_

Symptoms the mother should report to the doctor \_\_\_\_\_

Concerning herself \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Concerning her baby \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Formula feeding - recommended amounts and burping schedule

1st day \_\_\_\_\_

1st week \_\_\_\_\_

by 12 weeks \_\_\_\_\_

16. Sara delivered today and is planning to breastfeed. Describe what information you will include in your teaching for the following areas.

Methods for encouraging the baby to latch on \_\_\_\_\_

\_\_\_\_\_

Cues the baby will use to demonstrate hunger \_\_\_\_\_

\_\_\_\_\_

Positions for breastfeeding \_\_\_\_\_

\_\_\_\_\_

Letdown reflex \_\_\_\_\_

\_\_\_\_\_

Removing baby from breast \_\_\_\_\_

\_\_\_\_\_

Frequency of feeding \_\_\_\_\_

\_\_\_\_\_

Nipple care \_\_\_\_\_

\_\_\_\_\_

17. Define the following categories of breast milk

a. Transitional \_\_\_\_\_

b. Foremilk \_\_\_\_\_

c. Hindmilk \_\_\_\_\_

d. Mature milk \_\_\_\_\_

18. How can you tell if baby is getting enough? \_\_\_\_\_

\_\_\_\_\_

Explain the long-term benefits of breast feeding \_\_\_\_\_

\_\_\_\_\_

19. The following questions concern a postpartum patient

How come I'm voiding so often? \_\_\_\_\_

\_\_\_\_\_

What is the significance of a rapid pulse in a postpartum mother? \_\_\_\_\_

\_\_\_\_\_

"I didn't have cramps after my first baby, why am I having them now?" (1 day pp) \_\_\_\_\_

\_\_\_\_\_

"When can I resume sex safely?" \_\_\_\_\_

\_\_\_\_\_

