

## PP - Postpartum

### PP-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family will understand anatomy and physiology as it relates to the postpartum period.

#### **STANDARDS:**

1. Explain the normal anatomy and physiology of the female reproductive system and breasts.
2. Discuss the changes to anatomy and physiology as a result of delivery of an infant.
3. Discuss the impact of these changes on the patient's health or well-being.

### PP-BH BEHAVIORAL HEALTH

**OUTCOME:** The patient/family will understand some of the mental and emotional changes that may take place during and after pregnancy.

#### **STANDARDS:**

1. Discuss that pregnancy is a state of hormonal flux and may result in rapid and unpredictable mood swings.
2. Discuss any pre-existing mental or emotional health conditions in the patient or the patient's family.
3. Explain that although some emotional changes may be normal, others may require medication and/or other forms of treatment.
4. Discuss the signs and symptoms of post-partum depression. **Refer to PDEP.**
5. Refer to mental health or other resources as appropriate.

### PP-C COMPLICATIONS

**OUTCOME:** The patient/family will understand how to identify and prevent complications of the postpartum period.

#### **STANDARDS:**

1. Explain the need for immediate medical care for excessive bleeding, abdominal pain, cough or chest pain, fever, leg pain, or feeling of depression.
2. Discuss the etiology of blood clots, bleeding, and infection in the postpartum period. Discuss that some pain and bleeding is normal immediately after delivery. Excessive bleeding (or hemorrhage) occurs most often after long labors, multiple births, or when the uterus has become infected.

3. Explain that sometimes an incision called an episiotomy is made during delivery to keep the vagina from tearing. Explain that sitz baths, cold packs, or warm water applied to the area can help avoid infection, promote healing, and reduce tenderness.
4. Discuss the more common complications of pregnancy and delivery (e.g., stretch marks, hemorrhoids, constipation, urge or stress urinary or fecal incontinence, hair loss, dyspareunia, as appropriate). Advise that fatigue and headaches are common.
5. As appropriate, **refer to BF** and/or **refer to PDEP**.

## **PP-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

## **PP-EX      EXERCISE**

**OUTCOME:** The patient/family will understand the role of physical activity in post partum period.

### **STANDARDS:**

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any physical activity, such as improvement in well being, stress reduction, sleep, bowel regulation, and improved self image.
3. Discuss obstacles to a personal physical activity plan and solutions to those obstacles. Assist the patient in developing a personal physical activity plan.
4. Discuss the appropriate frequency, intensity, time, and type of activity.
5. Discuss Kegel exercises. **Refer to PP-KE**.
6. Refer to community resources as appropriate.

## **PP-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up for postpartum.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**PP-I            INFORMATION**

**OUTCOME:** The patient/family will understand postpartum changes.

**STANDARDS:**

1. Discuss the physical changes: lochia, after-pains, breast engorgement (breastfeeding or not), weight loss, hair loss, and fatigue.
2. Discuss the common postpartum emotional changes, interpersonal relationships, and family dynamics.
  - a. Encourage the patient to share her feelings with her partner, friend, family, PHN, or behavioral health professional.
  - b. Identify stressors that can occur with a newborn in the household. Encourage the patient to “take time for herself and ask for help.”
3. Explain that infant sleep patterns differ from adult sleep patterns. Encourage the mother to sleep when the infant sleeps.
4. Emphasize the importance of parent-child bonding. Discuss Family Medical Leave Act forms, as applicable.
5. Discuss the importance of a healthy lifestyle, including options for contraception. **Refer to HPDP. Refer to FP.**

**PP-INF        INFANT CARE**

**OUTCOME:** The patient/family will understand the basic principles of infant care.

**STANDARDS:**

1. Discuss infant care, including diapering, bathing, cord care, burping, skin care, feeding, and benefits/risks for circumcision vs. non-circumcision, as applicable.
2. Explain that not exposing the infant to second hand smoke, and laying the infant on the side or back for sleep reduces the incidence of SIDS. **Refer to SIDS.**
3. Explain the proper use and installation of infant car seats. **Refer to CHN-CAR.**

4. Explain that all infants sneeze. Discuss that nasal secretions are common. Discuss the procedure for using a nasal suction bulb. Discuss other common newborn sounds and behaviors: newborn sigh, startle reflex, twitching during sleep.
5. Explain that infants frequently have rashes that may be normal. Emphasize that it is recommended to check with the healthcare provider.
6. Emphasize that a temperature greater than 100.4°F taken rectally in a newborn (less than 60 days old) should prompt immediate medical attention. This may be a sign of a life threatening condition.

**PP-ISEC      INFANT SECURITY**

**OUTCOME:** The parents/family will have a basic understanding of necessary infant security measures.

**STANDARDS:**

1. Explain the infant security measures that have been implemented to decrease the chances of infant abduction from this facility.
2. Explain the role and responsibilities parents and visitors have for maintaining infant security.

**PP-KE      KEGEL EXERCISES**

**OUTCOME:** The patient/family will understand how to use Kegel exercises to prevent urinary stress incontinence.

**STANDARDS:**

1. Review the basic pelvic floor anatomy.
2. Define stress incontinence and discuss its causes.
3. Teach Kegel exercises. Encourage frequent practice of Kegel exercises.

**PP-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about postpartum issues.

**STANDARDS:**

1. Provide the patient/family with literature on postpartum issues.
2. Discuss the content of the literature.

**PP-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**PP-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for postpartum care.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

**PP-N      NUTRITION**

**OUTCOME:** The patient will understand the role of nutrition and postpartum care.

**STANDARDS:**

1. Explain the meaning of a balanced nutrition for optimal health.
2. Discuss the importance of adequate fluid intake.
3. Refer to a Registered Dietitian for MNT as appropriate.

**PP-NJ NEONATAL JAUNDICE**

**OBJECTIVE:** The parent/family will understand the importance of monitoring for jaundice and the complications of unrecognized jaundice.

**STANDARDS:**

1. Discuss the pathophysiology of neonatal jaundice.
2. Explain that jaundice is more common in breastfed infants especially when the infant is not nursing well. Encourage nursing the infant a minimum of 8–12 times a day for the first week of life to increase milk production and to keep bilirubin levels down. Emphasize that breastmilk is the ideal food for infants.
3. Emphasize that parents should watch closely for jaundice and seek medical attention if jaundice is noticed. Explain that the yellow skin color caused by bilirubin usually appears first in the face then moves to the chest, abdomen, arms and legs as the bilirubin level increases. Explain that the whites of the eyes may also be yellow.
4. Explain that medical personnel can check the level of bilirubin in the blood by blood tests or occasionally by a skin test.
5. Explain that mild jaundice is harmless but high levels of bilirubin may cause brain damage. Explain that this brain damage can be prevented by treatment of the jaundice before the bilirubin level gets too high. Discuss that treatment options may include medical phototherapy or exchange transfusion.
6. Explain that all bilirubin levels must be interpreted in light of the infant's age and that term infants and older infants can tolerate higher levels of bilirubin than preterm infants and younger infants.

**PP-PM PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand some methods for treating the pain that may be associated with the postpartum period.

**STANDARDS:**

1. Discuss the proper use of any medications which have been prescribed.
2. Explain that increasing pain should prompt a visit or call to the patient's provider.
3. Discuss non-pharmacologic measures which may provide pain relief: sitz bath, massage, change of activity.

**PP-WC WOUND CARE**

**OUTCOME:** The patient/family will understand the necessity and procedure for proper wound care.

**STANDARDS:**

1. Explain the procedure, supplies, and benefits of appropriate wound care.
2. Explain signs or symptoms that should prompt immediate follow-up, e.g., increasing redness, purulent discharge, fever, increased swelling/pain.
3. Emphasize the importance of follow-up.