

Adapting Care To Specific Groups And Cultures

- Puerperium
 - Postpartum – 6 wks after childbirth.
 - Known as fourth trimester.

Adapting Care To Specific groups And Cultures

- Specific Groups

- Adolescents

- Younger ones need more teaching.
 - Need to fit in with their peers.
 - Passive care of newborn and themselves.
 - Some may have many children in a short period of time and cause more social problems.

Adapting Care To Specific Groups And Cultures

- Poor Families
 - Have difficulty meeting their own needs before the baby and adds an added strain.
 - Social services for assistance.

Adapting Care To Specific Groups And Cultures

- Multiple Births
 - May need intensive care because they are premature.
 - Attachment may take longer because of being in unit.
 - Financial strains.

Adapting Care To Specific Groups And Cultures

- Cultural Influences
 - Nurse has to adapt to fit health beliefs, values, and practices of each culture.
 - Translator
 - May need an interpreter to meet pts needs.
 - Should not be in conflict with pts and family.

Adapting Care To Specific Groups And Cultures

- Dietary Practice
 - Each culture may have a specific diet that they follow after a delivery.

Postpartum Changes In The Mother

- Reproductive
 - After delivery there is a fall in all of the hormones to prepare the body to the prepregnant state.

Postpartum Changes In The Mother

- Uterus
 - Involution – uterus returns to its prepregnant state.
 - Goes through a rapid reduction in size and weight.
 - Should return to prepregnant state by 5 to 6 wks after delivery.

Postpartum Changes In The Mother

- Complication
 - Uterine Atony
 - Failure of the uterine muscle to contract to control bleeding.
 - FIRST – massage uterus.
 - Second –if cont to be boggy, Pitocin is started.

Postpartum Changes In The Mother

- Complications
 - Endometritis
 - Spont vaginal delivery with fever and persistent cramping.
 - Seen after vaginal delivery.

Postpartum Changes In The Mother

- Uterine Lining
 - Known endometrium.
 - Known as decidua during pregnancy.
 - Shed when placenta detaches.
 - Placental site fully healed by 6 to 7 wks.

Postpartum Changes In The Mother

- Descent Of The Uterine Fundus
 - Fundus – upper part of uterus.
 - Descends as muscle cells contract to control bleeding at placental insertion.
 - Each muscle cell decreases.
 - Size of grapefruit.
 - Descends 1 cm or 1 F each day.
 - 10 days postpartum, should no longer be palpable.
 - Full bladder can push fundus to one side, usually right and upward.



Postpartum Changes In The Mother

- After Pains
 - Similar to cramps.
 - Decreases within 48 hrs.
 - Seen more in multiparas and distended bladder.
 - Breast feed Moms have more pain – sucking causes posterior pituitary to release oxytocin which causes the uterus to contract.
 - ASA interferes with blood clotting.

Postpartum Changes In The Mother

- Lochia
 - Vaginal discharge after delivery.
 - Composed of endometrial tissue, blood, and lymph.

Postpartum Changes In The Mother

- Lochia rubra – composed mostly of blood. Lasts 3 days.
- Lochia serosa – blood and mucus. 3rd to 10th day.
- Lochia alba – mostly mucus – clear and colorless or white – lasts 10th to 21st day.
- **SHOULD NEVER GO BACK IN COLOR!**
 - Continue to have rubra discharge with pelvic discomfort after discharge – may need D/C.

Postpartum Changes In The Mother

- Reproductive System
 - Assess fundus for firmness, location, and position.
 - Explain what you're doing.
 - Soft or boggy uterus – massage until firm to prevent hemorrhage. Will see tachycardia.
 - Vd prior to examination.
 - Oxytocin – given to stimulate contractions.
 - Infants have same effect on these drugs.
 - Mild analgesics – given for afterpains.

Postpartum Changes In The Mother

- Abnormal Characteristics
 - Fowl smelling lochia.
 - Rubra that lasts longer than 3 days.
 - Heavy bleeding.
 - Lochia that returns to rubra after prolonged serosa or alba.

Postpartum Changes In The Mother

- Cervix
 - Regains its muscle tone but never closes as tightly as during the prepregnant state.
 - Some edema after birth.
 - May see trickle of bright red lochia from lacerations of cervix or vagina.
 - Cervical tear – hard, contracted uterus.

Postpartum Changes In The Mother

- Vagina
 - Rugae – vaginal folds, disappear.
 - Wall of vaginal become smooth and spacious.
 - Rugae reappear 3 wks postpartum.
 - By 6 wks, vagina regains most prepregnant state but never returns to size it was before pregnancy.

Postpartum Changes In The Mother

- Vagina
 - Sexual intercourse after bleeding stopped, perineum and episiotomy healed.
 - Vaginal does not lubricate well in first 6 wks.
 - K-Y gel or contraceptive gel is used.
 - Kegel's exercise – strengthen muscles involved in urination., bowel, and vaginal sensations during intercourse.
 - 6wks visit – episiotomy must be healed.

Postpartum Changes In The Mother

- Perineum
 - Edematous, tender, and bruised.
- Episiotomy – incision to enlarge vaginal opening.

Postpartum Changes In The Mother

- Perineum

- Complications REEDA

- R – redness – if pain involved, chance of infection.
 - E – edema – if severe, interferes with healing.
 - E – ecchymosis – lg bruises interfere with healing.
 - D – discharge – should not have any discharge.
 - A – approximation – suture line intact. Suture line should not be separated.

Postpartum Changes In The Mother

- Perineum
 - Nursing care
 - Ice for first 12 hrs for edema and bruising.
 - Glove with ice.
 - After 24 hrs – heat – sitz bath.
 - Teach cleansing from front to back.
 - Plastic bottle with warm water – aid in healing and soothing.
 - Use bottle with each vd – front to back.
 - Perineal pads – remove from front to back.

Postpartum Changes In The Mother

- Medications
 - Hydrocortisone – Epifoam.
 - Benzocaine – Dermoplast.
 - Tucks
 - Witch hazel
 - Sitz bath.
 - Donut , air ring, or eggcrate –squeeze buttocks as lower self.

Postpartum Changes In The Mother

- Return Ovulation and Menstruation
 - Menstrual cycle – 6-8 wks if not breastfeeding.
 - Early menstruation may or may not be preceded by ovulation.
 - Ovulation is delayed with breastfeeding.
 - Ovulation can occur anytime after birth with or without menstrual bleeding. PREGNANCY IS POSSIBLE.
 - Pregnancy can occur without use of birth control.
 - Breastfeeding Moms are put on a mini pill.

Postpartum Changes In The Mother

- Breasts
 - First 2 to 3 days – breast full and soft.
 - 3rd day, firm and lumpy as blood flow increases and milk production – prolactin.
 - Breast engorgement may occur in nursing and nonnursing.
 - Engorged breast – hard, erect, and very uncomfortable.
 - Nipples may be so hard that infant cannot grasp it.
 - Nonnursing Mom's breast return to normal size 1 to 2 wks.
 - Oxytocin – responsible for hormone for let down.

Postpartum Changes In The Mother

- Breasts

- Nursing care

- Check for consistency, size, shape, and symmetry.
 - Nipples – redness and cracking.
 - Wear bra for 24 hrs for comfort.
 - Nonnursing –avoid stimulation to breast, not allowing clothes to touch nipples.
 - Avoid water in shower.
 - Wash nipples with water – no soap.

Postpartum Changes In The Mother

- Cardiovascular System
 - Cardiac Output and Blood Volume
 - 500 ml – vaginal birth.
 - 1000ml – C – section.
 - Temporary increases because blood that was directed to uterus and placenta returns to main circulation.

Postpartum Changes In The Mother

- Cardiovascular System
 - After birth, heart rate can be as low as 50 to 60 beats/min for 48 hrs.
 - Rids itself of excess fld by
 - Diuresis – 3000 ml/day.
 - Diaphoresis – profuse sweating.

Postpartum Changes In The Mother

- Cardiovascular System
 - Along with loss – there is also a fld gain due to an increase in bld volume and cardiac output.
 - Blood that was directed to uterus and placenta is now going to main circulation.
 - Heart pumps more blood with each contraction, which increases stroke volume. It can lead to bradycardia.
 - After delivery – pulse – 50 to 60 for 48 hrs.
 - Need to rid flds, so she has to have diuresis or diaphoresis. Very common after delivery.

Postpartum Changes in the Mother

- Cardiovascular System

- Coagulation

- Blood clotting factors are higher during pregnancy.
 - Anticoagulation for 6 wks – painful calf, redness, and edema.
 - Varicose veins – amb earlier.

Postpartum Changes In The Mother

- Cardiovascular System

- Blood Values

- Fld shifts into bloodstream and dilutes bld cells.
 - This will lower H&H.
 - Fld returns back at 8 wks.
 - WBC's increase to 12 to 20,000 – body responding to pain, inflammation, stress, and protects mother from infection as her tissues heal.
 - WBC's come down by 12 days.

Postpartum Changes In The Mother

- Cardiovascular System
 - Chills
 - Sudden release of pressure on pelvic nerves and vasomotor pressure.
 - Stop in 20 mins.
 - Chills after 24 hrs – indicate infection.

Postpartum Changes In The Mother

- Cardiovascular System
 - Orthostatic Hypotension
 - Resistance to bld flow in the vessels of the pelvis.
 - BP will fall while she sits or stands.
 - May feel dizzy.

Postpartum Changes In The Mother

- Cardiovascular System
 - Nursing Care
 - VS q 4 hr.
 - Check to bradycardia.
 - Diaphoresis – only temporary.
 - Edema – lower extremities.
 - Assess legs for thrombosis – Homan's sign.

Postpartum Changes In The Mother

- Urinary System

- Function

- Return to normal within one month.
 - Postpartum hemorrhage – not emptying bladder completely, and displacing uterus.
 - UTI – stasis of urine in bladder.

Postpartum Changes In The Mother

- Urinary System

- Nursing Care

- Assess bladder.
 - Observe first vds for first 2 or 3 times.
 - Provide privacy.
 - Do not rush.
 - Run water.
 - Place her hands in warm water.
 - Use warm bottle – front to back.
 - Edema and trauma to area – cause discomfort during urination.

Postpartum Changes In The Mother

- Gastrointestinal System
 - Function
 - Resumes to normal shortly after birth when progesterone decreases.
 - Encourage her to eat and drink as soon as possible.

Postpartum Changes In The Mother

- Gastrointestinal System
 - Reasons for constipation
 - Medications.
 - Abd muscles stretched and can not bear down.
 - Soreness, swelling, and hemorrhoids.

Postpartum Changes In The Mother

- Gastrointestinal System
 - Nursing Care
 - Drink a lot of flds.
 - Increase fiber.
 - Amb.
 - Stool softener – Colace or Surfak.

Postpartum Changes In The Mother

- Integumentary System

- Hyperpigmentation

- Chloasma
 - yellow brown pigmentation over the bridge of nose and cheeks during pregnancy. Also seen when on oral contraceptives.

- Striae

- Stretch marks.

Postpartum Changes In The Mother

- Musculoskeletal System

- Diastasis Recti

- Longitudinal abd muscles that extend from chest to symphysis pubis separate.
 - Weakness last for 6 to 8 wks – constipation.
 - Joints of feet may separate and may need increase in shoe size.
 - Center of gravity – returns to normal after uterus returns to prepregnant state,
 - Woman may still look pregnant after birth.
 - Reassure them that their muscles will tighten with time and exercise.
 - Kegel exercise

Postpartum Changes In The Mother

- Immune System

- Rh Immune Globulin

- Rh neg mother will receive a dose of Rh immune globulin within 72 hrs after giving birth to a Rh pos infant.
 - Prevents sensitization to Rh pos erythrocytes that may have entered her bloodstream when infant born.
 - RhoGam – given to mother IM, into deltoid muscle.

Postpartum Changes In Mother

- Rubella
 - Given if she is not immune the vaccine is given.
 - Prevent infection with rubella virus during further pregnancies.
 - Given immed postpartum or before discharge.
 - Titer 1:8 or greater indicates immunity to rubella.
 - Given sq. in upper arm.
 - Should not get pregnant for 3 months.
 - Not given if sensitive to neomycin.
 - Can breast feed without any adverse reactions.

Postpartum Changes In The Mother

- Changes After Cesarean Birth And Adaptation Of Nursing Care
 - Uterus
 - Incision – walk fingers along side of incision to palpate fundus.

Postpartum Changes In The Mother

- Lochia
 - Less because of blood is sponged out with surgical sponges.

Postpartum Changes In The Mother

- Dressing
 - Observe for drainage.
 - Assess incision.
 - REEDA
 - Shower once dressing removed.
 - Glove over hep lock site.

Postpartum Changes In The Mother

- Urinary Catheter
 - Removed within 24 hrs.
 - Observe first 2 or 3 vds.
 - Should vd at least 150 ml.
 - UTI
 - Fever
 - Burning or pain on urination.
 - Urgency
 - Small frequent vds.

Postpartum Changes In The Mother

- Respiratory Care
 - Lung sounds checked every shift.
 - Bedrest – deep breath, cough, and turn from side to side.
 - Pillow splint when coughing.
 - Incentive spir.
 - Amb as soon as possible

Postpartum Changes In The Mother

- Preventing Thrombophlebitis
 - Do simple leg exercises.
 - Observe signs for thrombophlebitis.

Postpartum Changes In The Mother

- Pain
 - Scale 1 to 10.
 - Resp – epidural.
 - Narcan – at bedside for resp distress.
 - PCA – converted to po as soon as they get up next morning.
 - Breastfeed – med without feedings.

Postpartum Changes In The Mother

- Emotional Care
 - Rubin's Three Stages Of Postpartum Changes
 - Taking In
 - Taking Hold
 - Letting Go

Postpartum Changes In The Mother

- Taking In
 - Lets other do for her.
 - Talks about birth.
 - Interest in infant but allows others to hold him.

Postpartum Changes In The Mother

- Taking Hold
 - Becomes interested in caring for baby.
 - Increased interest in her image.
 - Teaching is given at this point.

Postpartum Changes In The Mother

- Letting Go
 - Give up her previous life.
 - Give up the fantasy child and accepts real child.
 - Give up their ideal birth experience and deal with what really happened.

Postpartum Changes In The Mother

- Grieving Parents
 - Being a Good Listener
 - Feeling Of The Woman
 - Memory Pack

Postpartum Changes In The Mother

- Parenthood

- Feelings

- Bringing a new child into household can change things.
 - There is a lot of fatigue, irritability, emotional instability, loss of freedom, and loneliness.
 - Economic responsibilities.
 - Waking up 3 to 4 times a night.
 - Keeping line of communication open at all times is important.