

Nursing Care Of Women With Complications Following Birth

- Shock – cardiovascular system fails to provide essential oxygen and nutrients to cells.
 - Cardiogenic – from PE, anemia, HTN, or cardiac disorders.
 - Hypovolemic – postpartum hemorrhage or blood clotting disorders.
 - Anaphylactic – allergic reaction to drug administration.
 - Septic – puerperal infection.

Hemorrhage

- Early Postpartum
 - Within 24 hrs of birth.
- Late Postpartum
 - After 24 hrs until 6 wks after birth.
- Hemorrhage – usually occurs immed after birth.
- MAJOR RISK – hypovolemic shock – interrupts bld flow to body cells.

Hypovolemic Shock

- Body Responses
 - Reduced blood volume with increased heart and resp rates.
 - Tachycardia – first sign of inadequate bld volume.
 - BP – narrow pulse pressure.

Hypovolemic Shock

- Signs and Symptoms
 - Skin and mucous membranes pale, cold, and clammy.
 - Mental changes – anxiety, confusion, restlessness, and lethargy.
 - Urinary output – decreases and may stop.

Hypovolemic Shock

- Medical Management
 - Stop bld loss.
 - Give IV flds.
 - Blood transfusions.
 - Oxygen
 - Foley

Hypovolemic Shock

- Nursing Care
 - VS q 15 mins.
 - Signs of hemorrhage.
 - Observe for bright red bleeding – lochia.
 - Bld clotting problems.
 - I&O
 - IV
 - O2 sats
 - If Mom is separated from infant, she should maintain contact with infant's condition.

Anemia

- Cause
 - Lost of erythrocytes.
 - Dizzy or lightheaded, may feel like want to faint.
 - Exhausted and may have difficulty meeting her needs and those of infants.
- Treatment
 - Iron supplements.

Early Postpartum Hemorrhage

- Causes
 - 4% deliveries – hemorrhage.
 - 500 ml blood loss for vaginal delivery.
 - 1000 ml for C – section.

 - Hemorrhage occur immed after birth.
 - Early postpartum hemorrhage – occurs within 24 hrs of birth.
 - Late postpartum hemorrhage – occur after 24 hrs to 6 wks after birth.

 - Hypovolemic Shock – major risk – low volume – interrupts blood flow to body cells.

Uterine Atony

- Definition
 - Lack of muscle tone.
 - Allows bld vessels at placenta to bleed freely and usually massive.

Uterine Atony

- Fundus – size of grapefruit,
- Found on top of uterus and descends downward each day after delivery.

- Uterine Atony
 - Difficult to feel uterus.
 - When found is boggy.
 - Lochia – increased and may have many clots.

Uterine Atony

- Medical Management
 - Massage fundus until firm.
 - Insert foley if can't vd.
 - All clots – expressed by presenting toward vagina after uterus is firm.
 - Breastfeeding – secrete oxytocin and cause uterine contractions.
 - Pitocin – drug of choice.
 - May have hysterectomy but rarely is seen.

Genital Trauma

- Lacerations Of The Reproductive Track
 - Perineum, vagina, cervix, or area around urethra.
 - Trauma occurs – rapid labor or forceps or vacuum extractor.
- Treatment
 - Assess for bleeding with a firm contracted uterus.
 - Sutured in delivery room.

Hematomas Of The Reproductive Tract

- Definition

- Collection of bd within tissues.
- Found in vulva or inside vagina.
- See bulging bluish or purple mass.
- Pressure in vulva, pelvis, or rectum.
- Pulse and resp rates increase and BP falls.

Hematoma Of The Reproductive Tract

- Treatment
 - Small hematoma will resolve on its own.
 - Bleeding vessel is ligated to stop bleeding.

Hematoma Of The Reproductive Tract

- Nursing Care
 - Ice to perineum.
 - Observe for excessive, poorly relieved pain.
 - Severe pain, perineal or vaginal pressure.
 - Unable to vd
 - Keep NPO.

Late Postpartum Hemorrhage

- Seen 24 hrs to 6 wks after birth.
- Retention of placental fragments.
- Subinvolution of the uterus.
- Placental fragments occur if placental does not separate cleanly.
- Can be seen if placenta is manually removed.
- If placenta grows more deeply into uterine muscle than is normal.

Late Postpartum Hemorrhage

- Treatment
 - Oxytocin – drug of choice to contract uterus.
 - US – find any fragments that may be left behind.
 - Curettage – scraping inner lining of uterus to remove small clots.
 - Antibiotics – infection.

Late Postpartum Hemorrhage

- Nursing Care
 - Look for
 - Persistent bright red bleeding.
 - Return of red bleeding after turned pinkish to white.

Thromboembolic Disorders

- Definition
 - Thrombus – bld clot within vein.
 - Compression of bld vessels by heavy uterus or by pressure behind knees when placed in stirrups.
 - Bld vessels can injury during C- section.

Thromboembolic Disorders

- Types
 - Superficial Vein Thrombosis (SVT)
 - Deep Vein Thrombosis (DVT)
 - Pulmonary Embolism (PE)

Thromboembolic Disorders

- Treatment
 - Analgesics
 - Heat to area
 - Elevation
 - IV heparin
 - Coumadin – orally
 - Antibiotics - infection

Thromboembolic Disorders

- Nursing Care
 - Assess for dyspnea, coughing, and chest pain.
 - Do not cross legs.
 - Early amb after C- section.
 - Antiems
 - Padded stirrups
 - Bleeding gums
 - Nosebleeds
 - Unexplained bruising
 - PT and PTT

Puerperal Infection

- Definition
 - Infection or septicemia after childbirth.
 - Seen with tissue trauma, surgical wounds, cracks in nipples, and increased pH of vagina.
 - Temp 100.4 or greater.

Puerperal Infection

- Manifestations
 - Temp 100.4 or higher after 24 hrs.
 - Pulse elevated.
 - Increased WBC's.

- Treatment
 - Limit spread of infection.
 - Antibiotics

Puerperal Infections

- Nursing Care
 - Teach good hygiene.
 - Rest and nutrition.
 - Signs of infection.
 - Take antibiotics.
 - Apply peri pad front to back.
 - Wash hands prior to and after care.

Mastitis And Breastfeeding

- Definition
 - Infection of breast.
 - Occurs 2 to 3 wks after giving birth.
 - Organisms from skin or infant's mouth enter through small cracks in the nipples or areola.
 - Breast engorgement and inadequate emptying of milk.

Mastitis And Breastfeeding

- S&S
 - Redness and heat to breast.
 - Tenderness
 - Edema and heaviness
 - Purulent drainage
 - Fever and chills
 - If not treated, abscess may form.
 - If goes into ducts, milk is contaminated.

Mastitis And Breastfeeding

- Treatment
 - Antibiotics
 - Analgesics
 - Removal of milk
 - I&D
 - If no abscess, can cont to breastfeed.
 - If can not breastfeed, should pump breast and discard milk.
 - Weaning leads to engorgement and worsens mastitis.

Mastitis And Breastfeeding

- Nursing Care
 - Teach proper breastfeeding techniques.
 - Relieve pain.
 - Maintain lactation.
 - Heat to area to promote bld flow, comfort, and emptying breast.
 - Warm shower.
 - Empty both breast regularly to reduce milk stasis.
 - Encourage fld intake.
 - Wear good supporting bra.
 - Emotional support.

Subinvolution Of The Uterus

- Definition
 - Involution – return of uterus to its nonpregnant condition after birth.
 - Subinvolution – slower than expected return of uterus to its nonpregnant state.

Subinvolution Of The Uterus

- Common Reasons
 - Infection
 - Retained fragments of placenta.

- Signs
 - Fundus is higher than expected.
 - Persistent rubra lochia.
 - Pelvic pain.

Subinvolution Of The Uterus

- Treatment
 - Methergine – uterine contractions.
 - Antibiotics
 - Dilation of cervix and curettage.
- Nursing Care
 - Report fever, pain, red lochia, or foul smelling vaginal discharge.
 - Teach to palpate fundus.
 - Should be admitted to hospital.

Disorders Of Mood

- Definition

- Mood

- Pervasive emotion that can color one's view of life.
 - Postpartum blues or baby blues are common after birth.

- Psychosis

- Serious impairment of one's perception of reality.

Disorders Of Mood

- Postpartum Depression
 - Nonpsychotic depressive illness that is seen 2 wks after delivery.
 - Affects 15% of Moms.

Disorders Of Moods

- S&S
 - Lack of enjoyment.
 - Disinterest in others.
 - Feelings of inadequacy.
 - Loss of concentration.
 - Disturbed sleep.
 - Constant fatigue or ill health.
 - Communication is impaired which puts her into further withdrawal state.
 - She does remain in contact with reality.

Disorders Of Moods

- Treatment
 - Psychotherapy
 - Social support
 - Antidepressants
 - Falling estrogen levels that effect dopamine levels.
 - May need to wear hormonal patches.

Disorders Of Moods

- Nursing Care
 - May be reluctant to express dissatisfaction with their need role.
 - Observe for sleeplessness.
 - Chronic fatigue.
 - Help her to identify sources for emotional support.
 - New Mom feel guilty because she is not happy all the time.

Disorders Of Mood

- Postpartum Psychosis
 - Have impaired sense of reality.
- Types
 - Bipolar disorder – episodes of mania and depression.
 - Major depression – deep feelings of worthlessness, guilt, sleep and appetite disturbances, and delusions that infant is dead.

Disorders Of Moods

- Postpartum Psychosis
 - It can be fatal to both Mom and infant.
 - She may make poor judgments and hurt both of them.
 - Suicide is possible during depressive states.
 - All psychotic meds pass through breast milk and will affect newborn.

Homeless Mother And Newborn

- Definition
 - Lack of permanent home – not limited to women who live on street.
- Care
 - Follow up is difficult.
 - Before discharge, need to determine where she is going to live and does she have help for newborn.
 - Outreach programs, support services, counseling, shelters, and follow-up medical care is important.