

***BRITISH COLUMBIA
MATERNAL POSTPARTUM
CARE PATH***

***OUTCOMES, TEACHING &
INTERVENTIONS***

*British Columbia Reproductive Care Program
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POSTPARTUM CARE PATH OUTCOMES, TEACHING & INTERVENTIONS

The following care pathway addresses postpartum norms and family teaching. Where variances are noted, some common concerns and interventions are indicated. The care pathway applies to both vaginal and caesarean births, unless otherwise specifically indicated.

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
Activities/ Rest Assess: - ability to manage activities for daily living. - safe resumption of exercise program.	<p>norm:</p> <ul style="list-style-type: none"> - vaginal birth: ambulates independently - caesarean birth: ambulates with assistance - some fatigue <p>teaching:</p> <ul style="list-style-type: none"> - encourage sleeping between feedings and when baby sleeps - discuss normal postpartum recovery <p>variance:</p> <ul style="list-style-type: none"> - unable to sleep - not ambulating - uncontrolled pain - calf discomfort, redness, swelling, decreased mobility - possible deep vein thrombosis (DVT) <p>intervention:</p> <ul style="list-style-type: none"> - assess comfort level and the need for pain medication - refer to health care provider prn 	<p>norm:</p> <ul style="list-style-type: none"> - vaginal birth: as in 0-24 hours - caesarean birth: ambulates independently or with assistance - some fatigue <p>teaching:</p> <ul style="list-style-type: none"> - offer anticipatory guidance re: activity level and fatigue - teach re: safe body mechanics - discuss options for support at home and in the community - teach re: use of side-lying position for breastfeeding <p>variance:</p> <ul style="list-style-type: none"> - as in 0-24 hours - unable to perform activities of daily living (ADL) due to pain or fatigue <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p>norm:</p> <ul style="list-style-type: none"> - vaginal birth: as in 0-24 hours - caesarean birth: ambulates independently - some fatigue <p>teaching:</p> <ul style="list-style-type: none"> - care as in 0-48 hours - problem solve re: ways to organize household to minimize stair-climbing, reaching and lifting - problem solve re: coping with visitors - teach re: relationship between nutrition and activity level (especially iron requirements) <p>variance:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p>norm:</p> <ul style="list-style-type: none"> - adequate energy for activities of daily living - some fatigue, but gradually improving <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-72 hours - teach re: safe and appropriate postpartum exercises - encourage balance between activity and rest; prioritize use of energy - discuss the resumption of regular physical activity <p>variance:</p> <ul style="list-style-type: none"> - as in 0-72hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-72 hours

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
Attachment <i>Assess:</i> - mother, family and baby interaction.	<p><u>norm:</u></p> <ul style="list-style-type: none"> - mother/family interact with baby by holding (face to face), talking, cuddling, making eye contact (cultural variations) - some mothers may have less interest in the newborn in the first 24 hours due to labor medications, exhaustion, pain, medical interventions, parental expectations - parents display appropriate consoling techniques (see Newborn Care Path – Cry section) <p><u>teaching:</u></p> <ul style="list-style-type: none"> - explore ways to maximize mother's/family's rest & contact with baby - encourage activities that enhance attachment eg: breastfeeding, involving family in assessment, encourage skin to skin contact, infant massage, talking to baby - acknowledge family strengths <p><u>variance:</u></p> <ul style="list-style-type: none"> - minimal or no maternal/family interaction with baby - minimal or no planning for taking baby home - inappropriate or abusive interactions with infant - limited or no obvious attachment to baby <p><u>intervention:</u></p> <ul style="list-style-type: none"> - explore attachment, emotional and parenting issues - role-model appropriate behaviors - create an environment that enhances positive parent-infant contact - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - responds promptly to newborn's needs and cues eg: settling, cuddling, feeding, diapering <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - teach re: infant cues - provide positive reinforcement for maternal/family strengths <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)

Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
<p>Emotional Status</p> <p><i>Assess:</i></p> <ul style="list-style-type: none"> - <i>emotional response to delivery and postnatal period.</i> - <i>adjustment to parenthood and emotional status of family.</i> - <i>for predisposing factors to postpartum depression.</i> - <i>for signs of postpartum depression</i> <p><i>May wish to utilize a PPD screening tool.</i></p>	<p><u>norm:</u></p> <ul style="list-style-type: none"> - mother/family has increasing confidence & competence in providing infant care - in the 'taking-in' psychological stage: physical and/or emotional dependence, elation, excitement and/or anxiety/confusion. Often relive, verbally and mentally, the events of labor and delivery - support system/partner/family present <p><u>teaching:</u></p> <ul style="list-style-type: none"> - provide opportunity to express feelings/review birth experience; clarify and support prn - teach re: normal postpartum emotional adjustment - suggest/problem-solve ways of promoting support - explore ways to maximize mother's rest + contact with baby - provide positive reinforcement for maternal/family strengths - be aware of cultural influences on postpartum period <p><u>variance:</u></p> <ul style="list-style-type: none"> - excessive anxiety, fear, depression - minimal or no maternal interaction with baby - limited/no support system <p><u>intervention:</u></p> <ul style="list-style-type: none"> - see Attachment section - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - responds to newborn's needs and cues eg: settling, cuddling, feeding, diapering - verbalizes understanding of postpartum adjustment including postpartum blues <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - provide anticipatory guidance re: postpartum blues & depression <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours - moving to the 'taking-hold' psychological state: actively seeking help with self care, begins caring for the baby, anxious re: her mothering abilities <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - tearful moments and mood swings common up to 2 weeks postpartum - may feel "blue" - family feels supported by partner/family/friends - knowledgeable about infant care or indicates an eagerness/willingness to learn - 2-6 weeks postpartum in the 'letting-go' psychological state: begins to see infant as an individual, starts to focus on issues larger than those associated directly with herself and her newborn - assimilating infant into family life <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - provide mother with opportunity to verbalize feelings re: parenting role - encourage mother and family to connect with other new families & community resources - provide support to mother & family - support/counsel re: prioritizing and balancing family demands - explore needs of partner - discuss S & S of postpartum depression & resources available - explore feelings/expectations re: body image <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
<p>Family Function</p> <p><i>Assess:</i></p> <ul style="list-style-type: none"> - interactions between family members. - mother's perception of personal safety eg. "Is your home safe for you and your baby?" - for hx and/or signs of domestic violence/abuse. <p>May wish to utilize an abuse screening tool.</p>	<p><u>norm:</u></p> <ul style="list-style-type: none"> - wide-ranging changes in family dynamics and interrelationships - some siblings may have difficulty adjusting to the birth of a new baby <p><u>teaching:</u></p> <ul style="list-style-type: none"> - include family members in teaching - reinforce family strengths - be aware of cultural influences on family function/adjustment in the postpartum period - teach re: sibling rivalry - explore individual/family expectations <p><u>variance:</u></p> <ul style="list-style-type: none"> - family identified as being vulnerable or at risk (may utilize a screening tool) <p><u>intervention:</u></p> <ul style="list-style-type: none"> - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - provide mother/family with opportunity to verbalize feelings regarding the parenting role, needs, expectations, extended family/friends roles - discuss the influence of fatigue on daily living - explore effect of the birth on siblings - show ways of including siblings in family activities and how to discuss with children the expectations, fears and hopes that the birth brings - provide information on parenting prn <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - family gradually adjusts to the new baby <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - encourage mother and family to connect with other new families & community resources - support/counsel re: prioritizing and balancing family demands - reinforce family strengths <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - family does not adjust well to the new baby <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - refer to appropriate resources/services eg. parenting classes, counseling

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<p>Family Planning/ Sexuality</p> <p><i>Assess:</i> - mother's knowledge of family planning methods and resumption of intercourse.</p>	<p>norm: - may have tubal ligation (TL) with C-Section</p> <p>teaching: -as per >72 hours (may not be appropriate in this time frame) -family planning/sexuality based on readiness to learn</p> <p>variance: - voiced partner expectations of intercourse prior to healing of perineum/mutual agreement</p> <p>intervention: - refer to appropriate health care provider prn</p>	<p>norm: - as in >72 hours</p> <p>teaching: - as in >72 hours</p> <p>variance: - as in >72 hours</p> <p>intervention: - as in >72 hours</p>	<p>norm: - as in >72 hours</p> <p>teaching: - as in >72 hours</p> <p>variance: - as in >72 hours</p> <p>intervention: - as in >72 hours</p>	<p>norm: - may have vaginal discomfort due to lower hormonal levels, thinning of vaginal walls decrease in natural lubrication and sutures - lower libido due to hormonal, psychological and social changes, lack of sleep - for non-lactating women menses may start at 6-8wks - ovulation may occur before menses begins - for lactating women menses will be affected by the frequency of breastfeeding, use of formula/solids, weaning - resumption of sexual activity is greatly variable</p> <p>teaching: - teach re: the resumption of sexual intercourse when lochia no longer red, episiotomy or perineal tears healed & when mutually agreeable - review normal sexuality postpartum - assess & teach re: plan for contraception - teach re: comfort measures for sexual intercourse & other ways to express intimacy - refer to community resources as needed</p> <p>variance: - pain on intercourse after perineum is healed - lack of mutual agreement on return to sexual activity</p> <p>intervention: - refer to appropriate health care provider prn</p>
<p>Health follow-up</p> <p><i>Assess:</i> - knowledge of appropriate health care follow-up.</p>	<p>norm: - follow-up by health care providers varies - if discharged under 48 h, appropriate, ongoing assessment should be carried out by a qualified professional</p> <p>teaching: - identify primary health care provider - encourage follow-up as needed</p> <p>variance: - family does not have a primary health care provider - family does not seek follow-up as needed</p> <p>intervention: - provide information as needed</p>	<p>norm: - as in 0-24 hours</p> <p>teaching: - as in 0-24 hours</p> <p>variance: - as in 0-24 hours</p> <p>intervention: - as in 0-24 hours</p>	<p>norm: - as in 0-48 hours</p> <p>teaching: - as in 0-48 hours</p> <p>variance: - as in 0-48 hours</p> <p>intervention: - as in 0-48 hours</p>	<p>norm: - as in 0-72 hours</p> <p>teaching: - as in 0-72 hours</p> <p>variance: - as in 0-72 hours</p> <p>intervention: - as in 0-72 hours</p>

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Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
Lifestyle <i>Assess:</i> - mother's previous and current smoking status &/or use of other substances - for safety hazards.	<p><u>norm:</u></p> <ul style="list-style-type: none"> - environment is free of environmental or safety hazards including tobacco smoke - mother has been substance-use free during pregnancy and postpartum period <p><u>teaching:</u></p> <ul style="list-style-type: none"> - provide information prn - teach re: the relationship between smoking & SIDS <p><u>variance:</u></p> <ul style="list-style-type: none"> - family is exposed to environmental tobacco smoke +/- other harmful substances eg: alcohol, drugs - home contains safety hazards - mother is currently smoking - mother quit smoking during pregnancy (women who quit using tobacco during pregnancy are at high risk (40-60%) for postpartum relapse to smoking during the first 6 months postpartum) <p><u>intervention:</u></p> <ul style="list-style-type: none"> - assess mother's readiness to address tobacco/substance use issues (stage of change) - utilize resources prn eg: 'stage oriented' resources like <i>Stopping When You're Ready</i> booklets; harm reduction resources/strategies - plan interventions based on readiness to change (eg. low readiness, nurse uses active listening skills) - discuss risk of postpartum relapse - assist mother in planning to avoid environmental tobacco smoke and other substances for herself &/or baby - teach re: safe home environment - refer to resources and appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

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Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
Support Systems/ Resources <i>Assess:</i> - mother's support systems: family, friends & community	<p><u>norm:</u></p> <ul style="list-style-type: none"> - mother has a support system – individually defined may be culturally influenced - family identifies appropriate community & family resources and how to access - mother aware of community resources <p><u>teaching:</u></p> <ul style="list-style-type: none"> - teach re: community resources & follow up - advise re: Baby's Best Chance <p><u>variance:</u></p> <ul style="list-style-type: none"> - family not aware of community resources & follow up - lack of support and resources to meet needs <p><u>intervention:</u></p> <ul style="list-style-type: none"> - refer to appropriate resources/services 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - family seeks resources as needed <p><u>teaching:</u></p> <ul style="list-style-type: none"> - assess need for & use of family/community resources - provide & discuss written information re: breastfeeding clinics, postnatal drop-ins, CHC's, and other community resources <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - family can identify appropriate community resources for ongoing support and information and how to access <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as for 0-72 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

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Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
<p>Breasts</p> <p><i>Assess:</i></p> <ul style="list-style-type: none"> - breasts & nipples. - for breast comfort and function. <p><i>May wish to utilize a breastfeeding assessment tool.</i></p> <p><i>(See Newborn Feeding section for more information)</i></p>	<p>norm:</p> <ul style="list-style-type: none"> - breasts soft, colostrum present - nipples intact and everted; some nipple tenderness <p>teaching:</p> <ul style="list-style-type: none"> - determine method of feeding; promote benefits of breastfeeding if not contraindicated <p>If breastfeeding:</p> <ul style="list-style-type: none"> - determine previous breastfeeding experiences, past surgery, birth interventions, medical conditions, use of medications and contraindications for breastfeeding, eg: HIV, substance using, certain meds - encourage frequent breastfeeding for milk production - teach appropriate latch/positioning - teach re: nipple care, eg: colostrum to nipples, air drying - encourage rest <p>If formula feeding:</p> <ul style="list-style-type: none"> - convey a accepting attitude and provide anticipatory guidance re: engorgement, comfort measures, supportive bra - teach re: formula preparation 	<p>norm:</p> <ul style="list-style-type: none"> - breasts soft; may be beginning to fill - nipples as in 0-24 hours <p>teaching:</p> <p>If breastfeeding:</p> <ul style="list-style-type: none"> - as in 0-24 hours - encourage feeding at least 8x/24 h - teach signs of breast filling - teach re: offering both breasts/feed - advise that breasts may become engorged, eg. hard, lumpy, full, uncomfortable (and area under arms may become hard) - if engorgement occurs teach re: use of warm towels/shower or bath, hand massage, and express prior to feeding to assist latch, maintain frequent feeds - use of cold cabbage leaves & ice packs for comfort between feeds - observe/teach correct latch/position and what to observe in nipple shape after feed <p>If formula feeding:</p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p>norm:</p> <ul style="list-style-type: none"> - breasts are filling to full - nipples as in 0-24 hours <p>teaching:</p> <p>If breastfeeding:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>If formula feeding:</p> <ul style="list-style-type: none"> - as in 0-48 hours - teach comfort measures, supportive bra, express to comfort, ice packs and cold cabbage leaves 	<p>norm:</p> <ul style="list-style-type: none"> - breastfeeding mothers: breasts soften with feeding, free from infection, tenderness ↓ - nipples remain intact, tenderness ↓ - formula feeding mothers: breasts will gradually become more comfortable - increasing maternal confidence in feeding <p>teaching:</p> <p>If breastfeeding:</p> <ul style="list-style-type: none"> - as in 48-72 hours - teach re: prevention and signs of plugged ducts or mastitis - teach re: emptying one breast prior to offering second breast - nipple tenderness should resolve within 10 days - inform re: purpose and locations of breastfeeding clinics, drop-in groups and other lactation/new parent resources <p>If formula feeding:</p> <ul style="list-style-type: none"> - as in 0-72 hours - inform re: purpose and locations of drop-in groups and other new parent resources

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<p>Breasts (continued)</p> <p>variance:</p> <ul style="list-style-type: none"> - previous surgery, breast/nipple shape irregularities - absent or minimal breast growth during pregnancy - no colostrum present - bleeding/cracked/irregular shaped nipples - severe nipple pain with latch - inadequate breast stimulation - assess for postpartum hemorrhage (PPH) and/or complications of same (may affect milk supply) <p>intervention:</p> <ul style="list-style-type: none"> - teach re: appropriate latch/positioning - discuss how variance may affect breastfeeding - if absence of stimulation, teach hand expression &/or use of pump, storage of breast milk - see 'nipple pain/trauma' section below - consult with appropriate health care provider prn 	<p>variance:</p> <ul style="list-style-type: none"> - as in 0-24 hours - nipple pain/trauma <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p>variance:</p> <ul style="list-style-type: none"> - significant engorgement: baby unable to latch - signs of infection and/or nipple trauma - persistent nipple pain - as in 0-48 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-48 hours - if indicated, discuss use of accessories: pumps, creams, shields etc. - encourage frequent feeds for engorgement/infection - refer to appropriate health care provider prn 	<p>variance:</p> <ul style="list-style-type: none"> - as in 0-72 hours - signs and symptoms of mastitis or plugged ducts - nipple trauma or persistent pain - signs and symptoms of infection, eg: thrush <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-72 hours - refer to appropriate health care provider prn 	
<p>Nipple pain/trauma: assess and teach re: factors contributing to nipple pain, eg. positioning/latch, missed feeding cues, drying agents on nipples. Ensure that infant's lower lip is close to or at lower edge of the areola. Break oral suction before removing infant from breast. After feeding air dry, apply expressed breastmilk (EBM) and/or modified lanolin. Start feeding on least tender nipple, switch to tender nipple when vigorous sucking subsides. If indicated: rest nipples x24h, express/pump q 3hrs & give EBM with eye dropper, cup, spoon, syringe or bottle. Refer to appropriate health care provider prn.</p>				

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
<p>Abdomen/ Fundus</p> <p><i>Assess:</i></p> <ul style="list-style-type: none"> - fundus for normal involution and firmness. - abdominal incision if applicable. - level and need for analgesia/comfort measures. <p><i>May wish to use a pain scale.</i></p> <p><i>See Lochia section for more info.</i></p>	<p><u>norm:</u></p> <ul style="list-style-type: none"> - fundus: firm, central +/- 1 finger above/below umbilicus - afterpains: increased severity in multiparous women - abd. incision (c/s with or without tubal ligation): intact, well approximated with minimal swelling, bruising or drainage - pain manageable with analgesia at regular intervals <p><u>teaching:</u></p> <ul style="list-style-type: none"> - teach re: use of comfort measures eg. analgesics, relaxation techniques - encourage to empty bladder frequently - palpate fundus after woman has emptied bladder and is in supine position and teach mom same - teach re: effect of breastfeeding on involution of uterus - encourage to splint abd. incision with pillow when coughing, moving or feeding - encourage early ambulation - may wish to shower daily (cultural considerations) <p><u>variance:</u></p> <ul style="list-style-type: none"> - fundus boggy, soft, deviated to one side (retained products, distended bladder, uterine atony, bleeding) - lochia > norm - incision gaping > than minimal, swelling, bruising or discharge - diastasis recti abdominis <p><u>intervention:</u></p> <ul style="list-style-type: none"> - massage uterus if fundus boggy, ensure empty bladder - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - fundus: firm, central, 1-2 fingers below umbilicus - pain: as in 0-24 hours - abd. incision: as in 0-24 hours with reduced swelling - caesarean: fundus may be tender but should steadily improve <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - teach re: monitoring for increased tenderness and signs & symptoms of infection for fundus and/or incision <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - fundus: increased tenderness may be first sign of infection; lack of fundal descent and involution - abd. incision: S&S of infection, hematoma, breakdown of sutures <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - if fundal tenderness increasing, observe/assess for signs and symptoms of infection - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - fundus: central, firm and 2-3 finger below umbilicus - abd. incision: well approximated & free of inflammation, little or no drainage, staples may be present, dressing may be removed - pain decreasing <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours - teach appropriate abd. exercises <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - fundus: involuting and descending approximately one finger-breadth/day - not usually palpable 7-10 days postpartum - returns to pre-pregnant state by 6 weeks postpartum - afterpains: should be diminishing - abd. incision: well approximated, healing, little or no drainage - pain tolerable with/without analgesia - may experience numbness surrounding incision <p><u>teaching:</u></p> <ul style="list-style-type: none"> - abd. incision: allow steri-strips to come off on own, no heavy lifting until 6 weeks postpartum, limit physical activity/exercises, may tub bath once dressing and staples/sutures removed - ensure arrangements have been made for suture/staple removal <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hrs. - pain remaining constant or is increasing <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hrs.

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
<p>Perineum</p> <p><i>Assess:</i></p> <ul style="list-style-type: none"> - integrity and progress of healing. -effectiveness of comfort measures. <p><i>May wish to use a pain scale.</i></p>	<p><u>norm:</u></p> <ul style="list-style-type: none"> - may have mild to moderate discomfort - perineum intact or episiotomy/tear well approximated with minimal swelling or bruising <p><u>teaching:</u></p> <ul style="list-style-type: none"> - teach client re: use of comfort measures and analgesics eg.ice packs - teach to inspect self with mirror if mother wishes - review peri care: peri bottle, fresh pad, wipe front to back after every voiding and BM (or minimum of every 4 hours) - teach re: perineal exercises (Kegels) - teach re: normal lochia (see Lochia section for more info) <p><u>variance:</u></p> <ul style="list-style-type: none"> - greater than moderate perineal pain + pressure possibly caused by episiotomy, tear, internal bleeding, hematoma <p><u>intervention:</u></p> <ul style="list-style-type: none"> - refer to primary health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - discomfort as in 0-24 hours - intact or episiotomy/tear well approximated with swelling reduced from previous levels - bruising unchanged or decreasing <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - sitz baths 2-3 times day - discontinue ice packs - encourage rest if overactive <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - S & S infection, hematoma or breakdown of sutures <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - perineum intact or episiotomy/tear well approximated with swelling and bruising unchanged or decreasing - discomfort as in 0-48 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 24-48 hours - encourage use of sitz baths and showers for comfort <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours - infection, incision/tear gaping, draining or swollen <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - well approximated, healing & clean episiotomy/tear - pain should be decreasing daily <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours (see Family Planning/Sexuality section and Lochia section for more information) <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
<p>Lochia</p> <p>Assess:</p> <ul style="list-style-type: none"> - amount, clots, color and odor of lochia for appropriate-ness for stage of involution. 	<p>norm:</p> <ul style="list-style-type: none"> - fleshy smelling, rubra color, no trickling, maxipad soaked in 2-4 hours - increased flow on standing, activity or breastfeeding <p>Range:</p> <p>scant <1 inch stain on peripad light <4 inch stain on peripad moderate <6 inch stain on peripad</p> <ul style="list-style-type: none"> - in the initial postpartum days women change pads 6-8 times/24 hours - should not exceed moderate range <p>teaching:</p> <ul style="list-style-type: none"> - discuss normal pattern and amount of lochia and clots - discourage use of tampons - encourage to change pads q 4 hrs - shower daily, keep perineum clean-pericare, wipe front to back, peribottle - teach re: progression of uterine involution, firmness & use of uterine massage (as necessary) - encourage to void every 2-4 hours <p>variance:</p> <ul style="list-style-type: none"> - heavy = saturated pad within one hour - numerous or large clots (greater than loonie size) - foul smell <p>intervention:</p> <ul style="list-style-type: none"> - if concerned re: amount of lochia, weigh peripad (1 g = 1 ml) - assess for presence of tissue/membrane, frequency of clots and increase in lochia and/or trickling - assess fundus (see Fundus section) 	<p>norm:</p> <ul style="list-style-type: none"> - as in 0-24 hours - lochia volume decreases daily <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-24 hours <p>variance:</p> <ul style="list-style-type: none"> - as in 0-24 hours - lochia volume increasing - quickly saturated perineal pad - signs of infection eg. febrile, foul smelling lochia, pain, flu-like symptoms <p>intervention:</p> <ul style="list-style-type: none"> - teach mom re: normal range of lochia flow - assess activity level over last 24 hours- if over moderately active, encourage bed rest, breastfeeding in bed, breastfeeding as often as possible - if bleeding not decreased in 6-8 hours, 	<p>norm:</p> <ul style="list-style-type: none"> - fleshy smelling, rubra-serosa - lochia volume decreases daily <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>variance:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p>norm:</p> <ul style="list-style-type: none"> - Day 3-5: lochia serosa (pink or brown) - Day 7-10: temporary increase in dark red discharge (shedding of old placental site) - Day 10-6 weeks: lochia alba (yellow to white) - gradually decreases and usually subsides by 4 weeks postpartum <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-72 hours - see Family Planning/Sexuality section <p>variance:</p> <ul style="list-style-type: none"> - as in 0-72 hours - reoccurrence of fresh bleeding or foul smelling lochia - lochia rubra continuing into the 4th day - discharge lasts past 4 weeks <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-72 hours

- refer to appropriate health care provider prn

call primary health care provider and/or go to emergency
- refer to primary health care provider prn

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
Elimination: Bowel Function <i>Assess:</i> - return to normal bowel movement pattern.	<p><u>norm:</u></p> <ul style="list-style-type: none"> - hemorrhoids - may not have a BM <p><u>teaching:</u></p> <ul style="list-style-type: none"> - teach re: prevention of constipation and return of normal bowel pattern - teach re: hemorrhoid care prn <p><u>variance:</u></p> <ul style="list-style-type: none"> - large, painful hemorrhoids - episiotomy/3rd-4th° tear that may affect bowel movements <p><u>interventions:</u></p> <ul style="list-style-type: none"> - teach re: pain control methods - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - caesarean birth: minimal abd. distension active bowel sounds present and flatus passed - may have had one BM <p><u>teaching:</u></p> <ul style="list-style-type: none"> - advise against use of enemas or suppositories with 3rd-4th° tear - teach re: use of nutrition, fluids, ambulation, stool softeners, laxatives - check re: use of constipating meds. - as in 0-24 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>interventions:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours - vaginal birth: resumes normal bowel pattern within 72 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>interventions:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - returned to normal bowel movement pattern <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>interventions:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
Elimination Urinary Function <i>Assess:</i> - if voiding <i>comfortably.</i>	<p><u>norm:</u></p> <ul style="list-style-type: none"> - voids comfortably – voiding qs - no feelings of pressure or fullness - postpartum diuresis & diaphoresis <p><u>teaching:</u></p> <ul style="list-style-type: none"> - encourage to void q 4 hours - teach to pour warm water over perineum prior to/during voiding (peri bottle), sitz baths - teach use of Kegel exercises to reestablish bladder control <p><u>variance:</u></p> <ul style="list-style-type: none"> - frequently voiding small amounts - burning on urination - pressure/fullness after voiding - elevated temp. - urgency - loss of or difficulty controlling bladder function; dysuria -bladder palpable above umbilicus & deviated to the right <p><u>interventions:</u></p> <ul style="list-style-type: none"> - differentiate cause of the variance, eg: UTI, not emptying bladder, superficial tears, surgical trauma - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - some extremity edema <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>interventions:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>interventions:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - diuresis & diaphoresis common to end of the first week postpartum - extremity swelling decreasing <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours <p><u>interventions:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
Nutrition <i>Assess:</i> - availability and ability to prepare and consume nutritious food. - assess for adequate fluid and nutrient intake.	<p><u>norm:</u></p> <ul style="list-style-type: none"> - adequate fluid and nutritious food intake - access to and ability to prepare and consume nutritious foods <p><u>teaching:</u></p> <ul style="list-style-type: none"> - be aware of cultural influences - teach re: nutritional needs (especially if breastfeeding) & encourage small, frequent, nutritious snacks for fatigue & nutrients <p><u>variance:</u></p> <ul style="list-style-type: none"> - inadequate fluid or food intake due to lack of knowledge, physical, emotional, socio-economical or cultural factors - hgb indicated as low (<120 g/l) <p><u>intervention:</u></p> <ul style="list-style-type: none"> - refer to appropriate health care provider prn 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - mother understands her own nutritional needs <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-24 hours - teach re: sources of iron eg: food choices, supplements (may continue prenatal supplements) - teach re: Canada Food Guide recommendations - not a time for dieting <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p><u>norm:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - weight loss variable <p><u>teaching:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - mother understands relationship between nutrition, exercise and healthy weight <p><u>variance:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours - unrealistic expectations re: body image <p><u>intervention:</u></p> <ul style="list-style-type: none"> - as in 0-72 hours

MATERNAL CARE & OUTCOMES (Includes Norms, Teaching, Variances and Interventions)				
Assessment	0-24 HOURS	24-48 HOURS	48-72 HOURS	AFTER 72 HOURS
<p>Vital Signs</p> <p><i>May assess vital signs</i></p>	<p>norm:</p> <ul style="list-style-type: none"> - asymptomatic - vital signs within normal range: <p>PO temp = 36.7C – 37.9 C BP= systolic 90-140 diastolic 50-90 Resp = 12-24, unlaboured Pulse =55-100 bpm</p> <p>teaching:</p> <ul style="list-style-type: none"> - teach re: norms <p>variance:</p> <ul style="list-style-type: none"> - chills, febrile, headache, blurred vision, labored resps, light headed, palpitations, edema, VS outside the norm <p>intervention:</p> <ul style="list-style-type: none"> - if variance, assess further parameters (see specific care path section prn) eg: if BP elevated, assess history, reasons for increased BP - refer to appropriate health care provider prn 	<p>norm:</p> <ul style="list-style-type: none"> - as in 0-24 hours <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-24 hours <p>variance:</p> <ul style="list-style-type: none"> - as in 0-24 hours - either a temperature greater than 38C on any 2 days beyond the first 24 hours or a temperature of 39C or greater at any time <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p>norm:</p> <ul style="list-style-type: none"> - as in 0-48 hours - may have a slight elevation in temperature when milk comes in <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-48 hours - teach re: elevation in temperature with milk coming in <p>variance:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p>norm:</p> <ul style="list-style-type: none"> - as in 0-72 hours <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-72 hours <p>variance:</p> <ul style="list-style-type: none"> - as in 0-72 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-72 hours
<p>Other needs/Concerns</p> <p><i>Any additional information or concerns from assessment.</i></p>	<p>norm:</p> <ul style="list-style-type: none"> - no other needs/concerns <p>teaching:</p> <ul style="list-style-type: none"> - review community resources & how to access if other needs/concerns arise <p>variance:</p> <ul style="list-style-type: none"> - other need/concern identified <p>intervention:</p> <ul style="list-style-type: none"> - dependent on need/concern - refer to appropriate resource 	<p>norm:</p> <ul style="list-style-type: none"> - as in 0-24 hours <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-24 hours <p>variance:</p> <ul style="list-style-type: none"> - as in 0-24 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-24 hours 	<p>norm:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>variance:</p> <ul style="list-style-type: none"> - as in 0-48 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-48 hours 	<p>norm:</p> <ul style="list-style-type: none"> - as in 0-72 hours <p>teaching:</p> <ul style="list-style-type: none"> - as in 0-72 hours <p>variance:</p> <ul style="list-style-type: none"> - as in 0-72 hours <p>intervention:</p> <ul style="list-style-type: none"> - as in 0-72 hours