

Perinatal Forms Guideline 13 A Guide For Completion of the British Columbia Community Postpartum Assessment (PSBC 1596)

April 2011

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Introduction

The revised British Columbia Community Postpartum Assessment has been developed to facilitate the assessment and documentation of pertinent information of the postpartum woman in a structured, logical and standardized manner. It is a form to facilitate consistent and complete documentation, communication, and continuity of care among health care providers and provides a guide for evidence-based postpartum care. Data from the Postpartum Assessment will be collected in the Health Authority/provincial information system (Panorama in 2012). Definitions for each field are incorporated into the Information System with the Postpartum Community Assessment in some health areas serving as a worksheet prior to data entry.

Guiding Principles

The BC Community Postpartum Assessment is designed for use in conjunction with the Postpartum Nursing Care Pathway, the Newborn Nursing Care Pathway and the BC Community Newborn Assessment.

Several key principles guided the design and development:

- Be applicable for all health units providing newborn care and follow-up in the community
- Incorporate relevant information from the birth
- Be adaptable to charting by exception or variance charting
- Minimize double charting
- Utilize standardize terminology and abbreviations
- Facilitate early recognition, timely communication and intervention for changes in newborn wellbeing
- Seamless integration with the Community Newborn Assessment Record as much as possible
- Enable electronic data entry, archiving or formatting

General Guidelines

Specific guidelines are relevant to all sections of the Community Postpartum Assessment

- To determine the specifics of the normal and normal variation, variances, interventions, parent education and anticipatory guidance, and frequency of assessment, the PSBC Postpartum Nursing Care Pathway is used as the foundation for documentation.
- To obtain pertinent information
 - Confirm assessment data with the woman
 - Review the information provided on the Community Liaison Record
 - The performance of a postpartum physical, psychosocial, lifestyle, support and safety assessment is referred to as a Nursing Assessment
- For any identified variances
 - Document/ make notes in the Variance Record/ Progress Notes prior to entry into the electronic information system
 - Communicate including documentation with the Primary Health Care Provider (PHCP) or designate as necessary:
 - Time of notification
 - Nature of communication
 - Responses of PHCP
 - Plan of action
 - Response or evaluation of outcomes
- A blank space or 'X' indicates that the action or assessment was not performed.

The following sections provide descriptive information on the items on the Community Postpartum Assessment:

- The term “Document” instructs one to write out the requested information in the space provided
- The term “Indicate” instructs one to check (✓) the box provided

Demographic and Background Information

Item	Description
Surname	Document the woman's surname
Given Name(s)	Document the woman's given name
Date of birth	Document the woman's birth date using yy/mm/dd
Address	Document the primary address including, city and postal code
Telephone	Document the telephone and/or cell phone where the woman may be contacted
Newborn surname	Document the infant's surname, if different from the mother's
Newborn's date of birth	Document the infants date of birth using yy/mm/dd
Nursing Priority Score	Document the Total of the Nursing Priority Score, the date and legible initials of the person completing the score

Item	Description
Date	Document the date of the contact with the woman using yy/mm/dd
Postpartum hours up to 96 hours then # of days	Document the time postpartum in hours After 96 hours postpartum (4 day) document the time postpartum in days
Contact type	Document the type of contact with the woman: <ul style="list-style-type: none"> • HV – Home visit • TC – Telephone contact • CV – Clinic visit • BfC – Public Health Breastfeeding Clinic • O – Other location

Assessment and Education

Item	Description
Instructions/ legend	As per the legend indicate the assessment outcome in the appropriate column <ul style="list-style-type: none"> • √/NAP = Normal/ no apparent problems • NA = Not applicable • X = Not assessed • V/O = Variance / observation • R = Referral • UCC = Under continuing care

1.0 Physiological

Item	Description
Assessment column	<p>Indicate the appropriate legend for each of the areas relating to the postpartum assessment and education as per the Postpartum Nursing Care Pathway</p> <p>The postpartum assessment/ education in the community setting includes:</p> <ul style="list-style-type: none">• Breastfeeding<ul style="list-style-type: none">■ Hand expression, pumping■ Benefits of skin-to-skin• Fundus/ c/s incision• Lochia• Perineum• Elimination<ul style="list-style-type: none">■ Urinary function■ Bowel function• Vital signs prn• Communicable disease/ CS risk factors

2.0 Psychosocial

Item	Description
Assessment column	<p>Indicate the appropriate legend for each of the areas relating to the postpartum assessment and education as per the Postpartum Nursing Care Pathway</p> <p>The postpartum assessment/ education in the community setting includes:</p> <ul style="list-style-type: none">• Emotional Status:<ul style="list-style-type: none">■ History (HX) of postpartum depression■ History (HX) of other mental illness■ Edinburgh Postpartum Depression Score• Responds to infant cues and behaviours (bonding, attachment)• Family function, interactions• Emotional adjustment

3.0 Lifestyle

Item	Description
Assessment column	<p>Indicate the appropriate legend for each of the areas relating to the postpartum assessment and education as per the Postpartum Nursing Care Pathway</p> <p>The postpartum assessment/ education in the community setting includes:</p> <ul style="list-style-type: none"> • Nutrition <ul style="list-style-type: none"> ■ Healthy eating • Activity, rest • Tobacco <ul style="list-style-type: none"> ■ Usage, readiness to quit • Alcohol use • Substance use • Medication (prescription/ [OTC] over the counter)

4.0 Family Support

Item	Description
Assessment column	<p>Indicate the appropriate legend for each of the areas relating to the postpartum assessment and education as per the Postpartum Nursing Care Pathway</p> <p>The postpartum assessment/ education in the community setting includes:</p> <ul style="list-style-type: none"> • Support system • Community support • Health care follow-up • Family planning, sexuality

5.0 Safety, Injury Prevention

Item	Description
Assessment column	<p>Indicate the appropriate legend for each of the areas relating to the postpartum assessment and education as per the Postpartum Nursing Care Pathway</p> <p>The postpartum assessment/ education in the community setting includes:</p> <ul style="list-style-type: none"> • Shaken baby syndrome information • Relationship safety
Other needs / concerns	Specify any other needs or concerns relating to the woman identified during the nursing assessment

Obtaining copies of the BC Community Assessment

- Health Authorities/Health Units may obtain copies of the forms through RR Donnelley.
- Refer to PSBC website link <http://www.perinatalservicesbc.ca/Forms.htm> for the order form.
- Contact Perinatal Services BC (PSBC) at 604.877.2121 regarding any feedback or questions about the perinatal forms.

Revision Committee

Members of the Community Postpartum Assessment Committee:

Perinatal Services BC (PSBC) would like to acknowledge the committee who revised the BC Community Postpartum Assessment. Committee members included:

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