

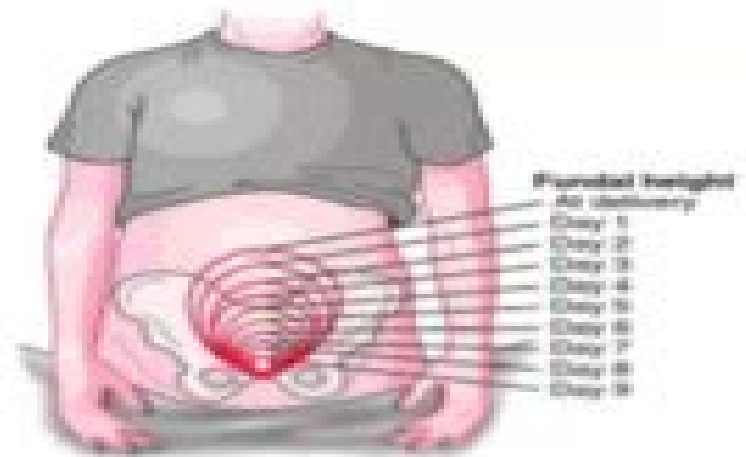
Post-Partum period and complications

Postpartum: period when the reproductive tract returns to the normal, nonpregnant state. Postpartum period starts immediately after birth and is usually completed by week 6 following birth.

Physiological Maternal Changes:

• **Involution.**

- The rapid decrease in the size of the uterus as it returns to the nonpregnant state.
- Clients who breastfeed may experience a more rapid involution as a result of the release of oxytocin during breastfeeding.
- Data Collection:
 - Weight of the uterus decreases from 2lb (900 g) to 2 oz (57 g) in 6 weeks
 - Endometrium regenerates
 - Fundus steadily descends into the pelvis. The fundal height decreases about 1 fingerbreadth (3 cm) per day.
 - By 10 days postpartum, the uterus cannot be palpated abdominally.
 - A flaccid fundus indicates uterine atony and should be massaged until firm.
 - A tender fundus indicates uterine atony and should be massaged until firm.
 - A tender fundus indicates an infection.
 - Afterpains decrease in frequency after the first few days.



• **Lochia.**

- Discharge from the uterus that consists of blood from the vessels of the placental site and debris from the decidua.
- Data Collection:
 - **Lochia:** bright red discharge that occurs from delivery day to day 3 postpartum.
 - **Serous:** brownish-pink discharge that occurs from days 4 to 10 postpartum.
 - **White:** white discharge that occurs from days 11 to 14 postpartum.
 - Normally the discharge smells like normal menstrual flow.
 - Discharge decreases daily in amount.
 - Discharge increases with ambulation.
 - Amount of lochia:
 - **Scant:** less than 2.5 cm (or 1 inch) on menstrual pad in 1 hour
 - **Light:** less than 4cm (or 4 inches) on menstrual pad in 1 hour
 - **Moderate:** less than 15 cm (or 6 inches) on menstrual pad in 1 hour
 - **Heavy:** saturated menstrual pad in 1 hour
 - **Excessive:** menstrual pad saturated in 15 minutes.
 - To determine most accurately the amount of lochia flow, weigh the perineal pad before and after use and identify the amount of time between pad changes.

Hesi Maternity And Child Study Guide

J. Kenneth Eakins



Hesi Maternity And Child Study Guide:

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Table of Contents Hesi Maternity And Child Study Guide

1. Understanding the eBook Hesi Maternity And Child Study Guide
 - The Rise of Digital Reading Hesi Maternity And Child Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Hesi Maternity And Child Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hesi Maternity And Child Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hesi Maternity And Child Study Guide
 - Personalized Recommendations
 - Hesi Maternity And Child Study Guide User Reviews and Ratings
 - Hesi Maternity And Child Study Guide and Bestseller Lists
5. Accessing Hesi Maternity And Child Study Guide Free and Paid eBooks
 - Hesi Maternity And Child Study Guide Public Domain eBooks
 - Hesi Maternity And Child Study Guide eBook Subscription Services
 - Hesi Maternity And Child Study Guide Budget-Friendly Options

6. Navigating Hesi Maternity And Child Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Hesi Maternity And Child Study Guide Compatibility with Devices
 - Hesi Maternity And Child Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hesi Maternity And Child Study Guide
 - Highlighting and Note-Taking Hesi Maternity And Child Study Guide
 - Interactive Elements Hesi Maternity And Child Study Guide
8. Staying Engaged with Hesi Maternity And Child Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hesi Maternity And Child Study Guide
9. Balancing eBooks and Physical Books Hesi Maternity And Child Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hesi Maternity And Child Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hesi Maternity And Child Study Guide
 - Setting Reading Goals Hesi Maternity And Child Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Hesi Maternity And Child Study Guide
 - Fact-Checking eBook Content of Hesi Maternity And Child Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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