
Module C Study Guide**Overview**

Students are encouraged to use the study guide to help digest material, take notes on, and refer to for quizzes/exams. This study guide is not intended to replace required readings and learning activities.

Maternal Postpartum Physiologic Adaptations

1. How long does the puerperium period last?
2. What is meant by involution? How do we measure the process?
3. Lochia passes through 3 phases (rubra, serosa, alba). What are the characteristics/ duration of each?
4. Primigravida and multigravida may experience post birth uterine contractions differently. Why?
5. What are the expected changes to maternal body systems:
 - a. Any changes to vital signs?
 - b. Why is coagulation a major concern?
 - c. What is uterine atony?
 - d. Why is hair loss common?
 - e. What happens to the hyperpigmented areas? Striae gravidarum?
 - f. Why profuse diaphoresis during the first week of postpartum?
 - g. What happens to levels of hHCG? hPL? Progesterone? Estrogen?
6. Review lactation
 - a. In preparation:
 - i. Estrogen stimulates growth of ductal system (increase in vascularization).
 - ii. Progesterone stimulates growth breast tissue.
 - b. Initiation of lactation:
 - i. What causes lactogenesis?
 - ii. Why does prolactin initially stimulate production of colostrum and then milk?
 - iii. Prolactin stimulates milk production.
 - iv. Oxytocin stimulates "let down".
7. When does menses return for non-lactating women? Lactating women?
8. What is meant by attachment? How can nurses foster attachment?
9. Define "taking-in", "taking hold", and "letting-go" phases.

Postpartum Nursing Management:

1. Outline the assessment of a postpartum woman:
 - a. How is fundal massage performed? *Fundal assessment is obtained same time as VS for routine check and may assess more frequently as indicated.
 - b. Review head to toe assessment and what nursing care will need to be planned:
 - Breasts – soft/firm/engorged? Nipple everted/inverted? Cracked? Bleeding?
Examine lactating vs. non-lactating breast care.
 - Uterus – how to perform fundal massage? Location of fundus? What does a high and displaced fundus generally indicate?
 - Bladder – how much UO? When?
 - Bowels – perineal repair and birth trauma in addition to possible hemorrhoids and pain factor into a return to prepregnancy state. When to anticipate a bowel movement?
 - Lochia – describe stages and amount
 - Perineal care – ice? Sitz bath? How to assess perineal healing post tears, lacerations, or episiotomy.
 - Assess lower extremities for DVT – when to incorporate Homan's sign into the assessment and when to not include Homan's sign?
2. How can the nurse promote family wellness and emotional wellness?

Nursing Management of the High Risk Postpartum Woman:

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CO Houle



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