Review **assessment, interventions, monitoring, and care** for conditions commonly encountered in Postpartum/Nursery nursing, such as

### Antepartum

- Hyperemesis gravidarum, risk of cardiac arrhythmias
- Preeclampsia, magnesium sulfate infusion
- Severe preeclampsia with increased AST values and epigastric pain indicates HELLP syndrome

### Postpartum Maternal Assessment and Management

- Blood transfusion reaction: discontinue blood, keep IV open
- Boggy uterus: massage and assess trickling from vagina and urinary retention
- Fundus palpation, normal finding postpartum day 1: firm on palpation, 1 – 2 fingerbreadths below the umbilicus
- Pain assessment: accurate indicator - patient’s description of pain
- Phlebitis in one leg post-Cesarean, apply SCD only to uninvolved leg.
- Postpartum hemorrhage, relationship to uterine atony and overdistended bladder
- Postpartum depression – feels of guilt and shame, reluctance to acknowledge difficulties
- Preeclampsia, postpartum monitoring BP, respirations, reflexes
- Urinary retention post-Cesarean after indwelling urinary drainage catheter removal, straight catheterization as one time measure

### Newborn Assessment and Management

- Cold stress in the newborn: symptoms of respiratory distress, hypoglycemia, tachycardia
- Normal/Abnormal heart rate range
- Hyperbilirubinemia: high bilirubin level, yellow coloration; report to provider
- Hypoglycemia: give formula and recheck blood glucose
- Jaundice, sequence of appearance of yellow coloring, head and trunk first
- Moro reflex – extend arms and move back to body, index finger and thumb form a “C”
- Stage 1 pressure ulcer, identify by redness on intact skin at a pressure point
- Nourishment assessment: normally regain birth weight by 2 weeks of life, wet 6 of more diapers/day
- Calculate percentage weight loss, report weight loss of 10% or greater to provider

### Communication/Patient Teaching

- Breastfeeding during immediate postpartum period to simulate milk production and provide colostrum
• Breastfeeding with flat nipples, pump before feeding, use a nipple shield
• Patient satisfaction, importance of communication
• Signs of adequate nourishment, breastfed infant: normally regain birth weight by 2 weeks of life, wet 6 of more diapers/day
• Prevention of breast infection by frequent breastfeeding
• Positioning infant on the back for sleep, SIDS prevention
• Thawing frozen breastmilk, recommended to thaw under warm running water
• Gestational diabetes: usually resolves during first few weeks after delivery, plan to monitor with provider

Safety

• Fall risk magnesium sulfate (MgSO₄) infusion
• Matching mother and baby ID bands and at what times required
• Matching breast milk to baby – verify breast milk label with mother’s baby band

Infection Prevention

• Handwashing rather than sanitizer when patient has Clostridium difficile infection (C. diff)
• Thorough perineal care to prevent catheter-associated urinary tract infection (CAUTI)

Medications

• Hydromorphone, tablet calculation
• Insulin, sliding scale
• IV drops/minute calculation
• Magnesium sulfate (MgSO₄), precautions (risk for falling), toxic effects (decreased tendon reflexes, respiratory depression, lethargy)
• Methylergonivine maleate, adverse effects including hypertension
• Terbutaline, antepartum, adverse effects such as tachycardia and difficulty breathing

Laboratory Values

• Platelets
• Serum bilirubin
• Serum electrolytes
• Serum glucose
• Liver function tests
Review **calculations**, including

- Calculate percentage of weight loss
  - Difference between today’s weight and prior weight/Prior weight
  - \( \frac{3 \text{ kg} - 2.8 \text{ kg}}{3 \text{ kg}} = 0.2/3 = 0.66 \approx 7\% \)

- Number of tablets needed to produce ordered dosage
- IV drip rate, calculating drops per minute

**Volume to be infused (mL) over 1 hour = gtts/min**

**Drop factor constant**

<table>
<thead>
<tr>
<th>Common drop factors</th>
<th>Drop factor constant</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 gtt/mL - minidrip set</td>
<td>1</td>
</tr>
<tr>
<td>10 gtt/mL – regular drip set</td>
<td>6</td>
</tr>
<tr>
<td>15 gtt/mL – regular drip set</td>
<td>4</td>
</tr>
</tbody>
</table>