

## Objectives

- Discuss the maternal physiologic changes during the postpartum period
- Review management of the postpartum woman in the immediate postpartum period
- Describe normal mother-infant attachment behaviors
- Identify attachment challenges with sick or premature infants

## Content Outline

1. Postpartum Physiologic Changes
  - A. Return to normal reproductive function
    1. Anatomic changes
    2. Physiologic changes
  - B. Cardiovascular changes
  - C. Hematopoietic changes
  - D. Renal changes
  - E. Lactation
2. Management of the Postpartum Woman
  - A. Routine care
    1. Ambulation
    2. Breast care
    3. Uterine involution
    4. Breastfeeding
    5. Counseling
      - a. Contraception
      - b. Sexual activity
      - c. Immunizations
3. Postpartum Complications
  - A. Hemorrhage
  - B. Analgesia
  - C. Breast engorgement and infection
  - D. Hemorrhoids
  - E. Perinatal depression
4. Family Support
  - A. Normal Mother Infant Attachment
    1. Pregnancy
    2. Labor
    3. First hours after birth
    4. First few days after birth
5. Attachment Challenges with Sick or Premature Infants
  - A. Difficulty in bonding
  - B. Parental stress
  - C. Parental mental health issues
  - D. Discharge planning

# Postpartum Physiologic & Family Transitions

## Reading Material Resources

**Module WB2133: Postpartum Physiologic & Family Transitions** is based on the resources listed below. A copy of each resource is included with the module.

Chapter 11, Postpartum Care, Obstetrics and Gynecology, Casanova, et al., LWW, 2019, 120-126

Chapter 42, Support for the Family, Neonatal-Perinatal Medicine, Martin, et al., Elsevier, 2020, 690-702