

Postpartum Physiology and Immediate and Long Term Care

Objectives

- Describe common physiologic and anatomical adaptive changes that occur in the immediate postpartum period and beyond
- Discuss the health maintenance needs of postpartum women
- Review routine care issues and common complications of the postpartum period

Content Outline

1. Physical Adaptive Postpartum Changes
 - A. Postpartum involution
 - B. Changes in uterine, cervix and ovarian function
 - C. Changes in the cardiovascular, immune, and hematologic systems
 - D. Changes in renal and kidney function
2. Health Maintenance Needs of the Postpartum
 - A. Contraception counseling
 - B. Exercise recommendations
 - C. Weight loss
 - D. Breastfeeding
3. Routine Care and Management of Complications
 - A. Routine Care
 1. Perineal and pelvic care
 2. Maternal infant attachment
 - B. Complications
 1. Hypothyroidism and hyperthyroidism
 2. Postpartum hemorrhage
 3. Anemia
 4. Urinary and fecal incontinence
 5. Perinatal loss
 6. Depression and postpartum posttraumatic stress disorder

Reading Material Resources

Module WB2407: Postpartum Physiology and Immediate and Long Term Care is based on the resource listed below. A copy of the resource is included with the module.

Chapter 24 Postpartum Care and Long-Term Health Conditions, *Obstetrics Normal and Problem Pregnancies*, Landon, et al., Elsevier, 2021, 459-472