Postpartum Issues After Discharge

Content Outline

1. Sleep Physiology in the Postpartum Period
   A. Circadian rhythms
   B. Hormonal changes
   C. Physiologic postpartum changes affecting sleep

2. Sleep Disturbances and Complications
   A. Increased daytime sleepiness
   B. Difficulty in sleeping or interrupted sleep
   C. Increased risks for postpartum depression

3. Factors Affecting Sleep in the Postpartum Period
   A. Type of feeding
   B. Bed or Room sharing
   C. Sociocultural factors

4. Postpartum Weight Interventions
   A. Exercise
   B. Healthy eating
   C. Behavioral programs
   D. Breastfeeding

5. Prevention of Obesity

6. Current Perinatal Depression Policies
   A. American Academy of Pediatrics
   B. Mental Health America
   C. American College of Obstetricians and Gynecologists
   D. US Preventive Service Task Force

7. Types of Screening Tools

8. Timing for Screening

9. Treatment and Referral

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Reading Material Resources

**Module WB1945: Postpartum Issues After Discharge** is based on the resources listed below. A copy of each resource is included with the module.

Chapter 158, Postpartum Period and Early Motherhood from Principles and Practice of Sleep Medicine, Kryger, et al., Elsevier, 2017, 1547-1552

Leveraging Opportunities for Postpartum Weight Interventions, Berger, et al., Obstetrics and Gynecology Clinics of North America, 44 (2017), 57-69

Recent Policy Changes in Perinatal Depression Screening and Treatment, Selix, et al., The Journal for Nurse Practitioners, Volume 14, Issue 2, February 2018, 117-123