Immediate Postpartum Care & Beyond

Content Outline

1. Postpartum Physical Adaptation
   A. Uterus and other reproductive organs
   B. Thyroid function
   C. Cardiovascular system, immunity and coagulation
   D. Urinary tract and renal function
   E. Hair and bone mineralization changes

2. Health Maintenance and Advice
   A. Perineal Care
   B. Signs of postpartum hemorrhage and anemia
   C. Postpartum infection
   D. Promotion of maternal–infant attachment

3. Discharge Planning
   A. Causes for readmission
   B. Home visits
   C. Vaccinations
   D. Lifestyle precautions
   E. Return to sexual activity

4. Pregnancy Prevention
   A. Lactational amenorrhea
   B. Long acting reversible contraception
   C. Injectable contraception
   D. Combined hormonal contraception
   E. Sterilization
   F. Barrier and natural family planning methods

5. Psychological Adaptations
   A. Anxiety
   B. Depression

6. Perinatal Loss
   A. Listening
   B. Holding and touching the baby

Reading Material Resources
Module WB2014: Immediate Postpartum Care & Beyond is based on the resource listed below. A copy of the resource is included with the module.