

Dak. Co. Postpartum Pathway and Charting Guide Final Revision 1-11-06

| Problem | Intervention | Target | Client Specific Information | What to chart |
|---|---------------------|-----------------------------------|--|---|
| Postpartum Pathway is optional. Recommended when pp HV within 2 wks of delivery | Case Management | Medical/dental care | Coordination among providers | Referral, advocacy, communication w/ resources r/t medical/dental care |
| | Surveillance | Medical/dental care | | S&O r/t med/dental appts/care |
| | Surveillance | Signs/symptoms – mental-emotional | Postpartum depression | S&O r/t affect, feelings |
| | TGC | Signs/symptoms – mental-emotional | Expected emotional changes | Wide range of emotions; unexpected highs and lows, anxious, overwhelmed, excited, sad etc. |
| | Surveillance | Signs/symptoms - physical | other | S & O r/t physical symptoms e.g. after-birth pain, incisional pain, itching, redness, inflammation, lochia description, GI, GU, breast symptoms etc. |
| | TGC | Signs/symptoms – physical | When to notify providers <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> Checking “addressed this visit” means client was given this info. → </div> | <ul style="list-style-type: none"> • Blood clots golf ball size or larger • Bright red bleeding that soaks through pad in 1 hr or less • Bad-smelling or greenish vaginal discharge • Fever or chills w/ temp>100.4 • Hard red painful area in breast w/ fever/chills • Pain, burning with urination; unable to empty bladder • Difficulty Breathing • Headache or double or blurred vision • Constant back, abdominal or pelvic pain • Deep pain, redness, warmth or swelling in legs • Stitches that become painful, red, or separated or pus discharge • Sadness or depression that lasts > 1 week From <u>Beginnings: Pregnancy, Birth and Beyond</u> , Allina Book |
| | TGC | Anatomy/physiology | Common discomforts | After-birth pains, constipation, sweating, leaking breasts, full, tender breasts, sore perineum, C-section – itching incision, gas pains etc. and remedies to relieve discomforts |
| | TGC | Anatomy/physiology | Normal physiological changes | Involution, lochia, breast changes, hormone changes and effects |
| | TGC | Personal hygiene | Breast/nipple care | |
| | TGC | Personal hygiene | Other – perineum care | Non-nursing: supportive bra, cotton shields inside bra, express alittle for discomfort, ice packs, Tylenol Nursing: ice packs or hot packs, moist towels, cool cabbage leaves, air dry, lanolin, frequent nursing Perineum – warm bath, squirt bottle, pads, tucks, kegels |
| | TGC | Rest/sleep | Need for increased rest | |