

Postpartum:

Six-week period following childbirth.

Signs/ Symptoms:

- Difficulty breast-feeding
 - Difficulty coping with postpartum changes
 - Difficulty with postpartum exercise/ diet/ behaviors
 - Abnormal bleeding/ vaginal discharge
 - Postpartum complications
 - Abnormal depressed feelings
 - Other
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KBS rating considerations:

Knowledge

Consider knowledge of:

- emotional and physiological changes
- danger signs
- self care
- understanding of maternal benefits of breastfeeding for postpartum

Behavior

Consider:

- Willingness to learn
- Behaviors related to self-care
- Adherence to plan of care

Status

Consider:

- severity and level of control of physical sx eg, infection, bleeding, engorgement, c-section
 - emotional recovery
 - ability to care for self and infant
 - does support meet the level of need
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Guidelines & Notes:

- **Mental Health:** If your client has postpartum psychosis, postpartum depression or other mental health problems open *Mental Health* as an Actual problem.
- Inability to care for infant and self may be due to problems besides course of pp recovery. Status in this problem refers to ability to care for self and infant as a result of pp course of recovery. If there are other contributing problems, they should be opened.

	1	2	3	4	5
	None	Minimal	Basic	Adequate	Superior
Knowledge	No knowledge about physical/emotional postpartum changes; believes inaccurate information/myths.	Knows some postpartum changes, but not specifically what to expect or why.	Aware of common physical/emotional postpartum changes, but unsure if her experience is typical.	Understands physical/emotional postpartum changes, knows when to seek help and support.	Understands physical/emotional postpartum changes, self-care, and rationale; knows when, where, and how to seek help and support.
	Not Appropriate	Rarely Appropriate	Inconsistently Appropriate	Usually Appropriate	Consistently Appropriate
Behavior	Does not want information, has not followed through with postpartum care. Unwilling to change high-risk behaviors.	Late postpartum care or fails appointments. Listens to information but not willing to change high-risk behaviors.	Accepts information re: emotional or physical postpartum recovery, but inconsistently chooses healthy behavior	Accepts information and seeks care or support for emotional or physical postpartum problems. Usually chooses healthy behaviors.	Consistently adheres to health care plan, and consistently practices healthy behaviors.
	Extreme S/S	Severe S/S	Moderate S/S	Minimal S/S	No S/S
Status	May need hospitalization for postpartum/breastfeeding complications such hemorrhage, infection, or postpartum psychosis.	Unable to care for self due to postpartum/breastfeeding complications – needs daily assistance; but does not require hospitalization.	Able to perform some ADLs.	Able to perform most ADLs. Minimal postpartum discomforts.	Able to perform all ADLs.