

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	