



Maternal Newborn Nursing Care Course Session Information



Session 09 **Tuesday, August 13, 2019**

Additional Reading: Please read the following *prior* to class

Lowdermilk et al. *Maternity and Women's Health Care* (10th ed.)

Chapter 20 – Postpartum Physiologic Changes

Chapter 21 – Nursing Care of the Family During Postpartum Period

Chapter 22 – Transition to Parenthood

Chapter 32 – Mental Health Disorders and Substance Abuse in Pregnancy (review)

Additional Reading:

Morgan K. Handout 1 – Maternal/Fetal/Neonatal Effects of Substances Commonly Abused by Pregnant Women

Morgan K. Handout 2 – Symptoms of Drug Withdrawal in Infants

Morgan K. Handout 3 – Effects of Parental Chemical Dependency on the Child

National Institute on Drug Abuse. Commonly Abused Drugs. NIDA, 2011

9a 7:30 am – 8:30 am Immediate Postpartum Care: Normal and Variations

At the conclusion of this session the student will be able to:

- Define at least three normal physiological changes, which occur during the fourth stage of labor
- Describe the proper manner of checking the fundus the first hour after delivery in order to guard against uterine relaxation and hemorrhage
- Describe two means of how the RN may assist in the prevention of extension and/or lacerations
- Describe one accurate means of calculating postpartum blood loss during recovery

9b 8:30 am – 9:45 am Postpartum Complications

At the conclusion of this session the student will be able to:

- Describe common postpartum complications
- Describe signs, symptoms, and management of postpartum infection
- Define postpartum hemorrhage and methods of estimating blood loss
- Describe signs, symptoms, and management of postpartum hemorrhage
- Describe the active management of the 3rd stage of labor
- Discuss thromboembolic diseases

9c 10:00 pm – 12:00 pm Perinatal Substance Abuse

At the conclusion of this session the student will be able to:

- Discuss the scope of the problem of substance abuse in pregnancy.
- Define and demonstrate a basic understanding of the disease of addiction and how it affects the pregnant woman and her unborn child.
- Identify and discuss the psychosocial stressors affecting substance-abusing women and several coping skills they use.
- Discuss two or more risk factors that may indicate the need to assess the patient for drug/achohol use.
- Understand the role of the health care provider when intervening with this population.

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- State two or more symptoms of substance exposure in the neonate.

9d 1:00 pm – 2:15 pm Postpartum Nutrition and Exercise

At the conclusion of this session the student will be able to:

- Possess greater understanding of basic nutrition and the nutrition needs for post-partum
- Review goals for weight loss and promotion of breastfeeding
- increased awareness and understanding of nutrition needs for women with obesity and diabetes postpartum

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