

puerperium

Check Your Progress 1

1) Enumerate the factors that determine the establishment and maintenance of lactation.

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1) Factors that determine the establishment and maintenance of lactation are:

- a) The anatomical structure of the mammary glands and development of alveoli, ducts and nipples.
- b) The initiation and maintenance of milk secretion.
- c) Milk ejection or propulsion of milk from the alveoli to the nipple

2) Explain the role of prolactin in milk secretion.

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Prolactin is the most important lactogenic hormone initiating and maintaining milk secretion. The hormone is produced by the anterior pituitary gland and is mainly the result of the prolactin reflex resulting from the infants sucking at the breasts. The suckling stimulus provided by the baby sends a message to the Hypothalamus which in turn stimulates the anterior pituitary to release prolactin hormone, to promote the production of milk in the alveolar cells of the mammary gland. The frequency, intensity and duration of the breast feeding influences the amount of prolactin secreted and milk produced.

3) List the psychological adjustments that the puerperal mother may face after delivery.

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- a) Attachment
- b) Natural development tasks
- c) Mood changes
- d) Post-partum blues
- e) Post-partum depression.

Predisposing Factors of Postpartum Blues (Depression?)

The first pregnancy.

A pregnancy in late child bearing years.

Ambivalence toward the woman's own mother.

Social isolation.

Long or hard labor.

Anxiety regarding finances.

Crisis in the extended family

***Which terminology should describe vaginal discharge on the first day after delivery**

- a. Lochia alba
- b. Lochia serosa
- c. Lochia rubra
- d. All of them

what is The objectives of post-partum exercises?

1) To improve the muscle tone which have stretched during pregnancy and delivery, the

abdominal and perineal muscles.

2) To teach about the correct posture to be maintained while getting up from the bed and practice correct principles of lifting and working during daily activities. (Refer to the unit on post-natal exercises)

Health Checkup and Advices on Discharge?

Health Checkup

I Thorough health checkup of mother and baby prior to discharge.

I Examination includes checkup of vitals, anemia, breast condition, progress of involution and lochia discharge.

I Inspection of perineal wound if present.

I Complete checkup of the body – general condition, weight, feeding of the baby, immunization status and any congenital abnormalities to be treated.

Discharge Instructions post-partum? Advices on Discharge?

Patients and their families should be instructed to call the healthcare provider if the patient has any of the following:

Fever

Foul-smelling lochia

Large blood clots, or bleeding that saturates a pad in 1 hour

Discharge or severe pain from incisions

Hot, red, painful areas on the breasts or legs

Bleeding and severe pain in the nipples

Severe headaches or blurred vision

Chest pain or dyspnea without exertion

Frequent, painful urination

ROLE OF NURSE-MIDWIFE IN POSTNATAL CARE?

The role of nurse midwife during postnatal period is to provide care and support to the mother and baby based on the following principles:

- 1) Promoting physical and psychological well-being of the mother, her baby and the family unit.
- 2) Identification of deviation from normal physiological or psychological progress and make prompt referral as required.
- 3) Encourage sound methods of infant care and feeding and prompt development of effective parent-infant relationship.
- 4) Support and strengthen woman, her husband and family's confidence within their family and culture environment.
- 5) Monitor progress of mother and child according to the needs, expectations and attitudes of a particular mother and baby.
- 6) Promotion of a relaxed environment conducive to establish effective communication between mother and her family.
- 7) Provide non-judgmental approach, offer guidance, advise whenever necessary. Not to make decisions on behalf of the woman or convey disapproval of her decision.
- 8) Promote breast feeding whenever possible. Respect individual choice and support the mother concerning method of feeding. In case of artificial feeding advise about preparation and sterilization equipment.

9) Follow these important elements of maternity nursing care:

- a) Use universal precautions and gloves when there is contact with blood or other body fluids.
 - b) Obtain clients consent before any procedure or treatment and explain the findings after a procedure is completed.
 - c) Provide individualize care by determining clients' needs for nursing interventions.
 - d) Encourage and teach self-care during every contact with client.
 - e) Provide privacy respecting cultural needs.
 - f) Support patient-infant and sibling-infant interaction during hospital stay.
- 10) Maintain proper records and reports.

Check Your Progress 2

1) Enumerate the characteristic features of normal puerperium.

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2) Explain the term involution.

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3) Write a short note on Lochia.

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4) Fill in the blanks:

a) The size of uterus after six weeks of delivery is approximately
in length in breadth and in thickness.

b) Weight of the uterus after puerperium is reduced to

c) Coagulation factor in blood remains in immediate post-partum
period.

d) Hemorrhoids present during pregnancy during puerperium.

e) Ovulation of menstrual cycle can begin in lactating mothers as early as
..... weeks after delivery or as late as months.

f) A creamy, yellow precursor to milk is called

Check Your Progress 1

1) Characteristics features of puerperium are:

I the secretory organs return back approximately to their pre-gravid state both anatomically and physiologically.

I Lactation is initiated.

I Recuperation from physical, hormonal and emotional experience of parturition.

2) Involution is the process by which the pelvic organs returns to their pre-pregnant size and position and the placental site of endometrium heals.

3) Lochia is the vaginal discharge for the first fortnight during puerperium. The discharge originates from the uterine body, cervix and vagina. It contains blood, decidual tissues, epithelial cells, bacteria and at times fragments of membranes, and small blood clots. It has a fleshy odour which is not offensive. The types of Lochia are Lochia Rubra meaning 'Red', occurring during the first 1-4 days after delivery and may contain small blood clots. Lochia Serosa occurs next 5-9 days, the colour is yellowish pink or pale brownish. Lochia Alba lasts for next 10-15 days, is pale white in colour due to presence of leucocytes. The colour of Lochia indicates the healing stage of placental site and is also, an indication of proper involution of the uterus. The average amount of discharge for the first 5-6 days is about 250 ml.

4) a) 7.5 cm, 5 cm and 2.5 cm

b) 60 gm

c) high

d) shrink

e) 8 weeks, 18 months

f) colostrum

*** Following delivery of healthy baby, which one is first to be done:**

A- To place the baby on comfortable position.

B- To clear the air passage and maintain patent air way.

C- Eye care for newborn.

D- Clamping the umbilical cord.

111. True or false

1- Lochia discharge is acidic in reaction T – F

involution is return the uterus to pre pregnant condition T – F

1V. Specify and write the suitable word: -

3. **Sub involution**: failure of the uterus to return to normal size after birth.

Types of post-partum hemorrhage:

1. **primary p.p.hge occur within 24 hours of puerperium**

2. **secondary p.p.hge. occur after 24 hours of labor**

define After-pains?

It is a spasmodic colicky pain in the lower abdomen due to the vigorous contractions of the uterus, precipitated by the presence of blood clots, a piece of membrane, or placental tissue. Increase during breastfeeding the infant because the infant’s sucking stimulates further milk production, which in turn stimulates the posterior pituitary gland to secrete oxytocin that results in more uterine contractions, causing increase in after-pains

Define lochia and Abnormality with lochia?

Lochia: - “vaginal discharge along with decidua, clots and membrane after delivery of placenta during puerperium it originate from body of uterus, cervix and vaginal. it is fishy odor. Reaction is alkaline first and tends to acidic at end.

Traits	Lochia rubra	Lochia serosa	
Colour	Red	Yellow or pale brown	
Composition	Mainly RBC, leucocytes, decidua, mucus.	Mainly mucus and serum, few RBC and leucocytes.	

Duration	1-4 days	5-9 days	
rLochia alba			
Pale white			
Mucus, serous exudates, epithelial cell, leucocytes.			
10-15 days.			

Abnormality with lochia: -

persistent lochia rubra:- causes secondary PPH due to retained placental tissue and membrane.

Offensive lochia:- puerperal sepsis due to E.coli.

Scanty serous lochia:- severe streptococcal infection.

Suppression of lochia:- obstruction at internal os by clots

infertility

* A couple with one child had been trying, without success for several years to have another child. Which of the following terms would describe the situation?

- a. Primary Infertility
- b. Secondary Infertility
- c. Irreversible infertility
- d. Sterility

Men and women are equally likely to have fertility problems.

- A. True
- B. False

In vitro fertilization (IVF) is a simple, cost-effective procedure for infertile couples.

- A. True
- B. False

PGD (Preimplantation Genetic Diagnosis) May be helpful for Women less than 35 years and couples who have not experienced recurrent pregnancy loss.

- A. True
- B. False

_____ is a major factor for infertility in women.

- A. Age
- B. Weight
- C. Anovulation
- D. All of the above

Which sexually transmitted disease can result in infertility in women?

- A. Human papillomavirus (HPV)
- B. Genital herpes
- C. Pelvic inflammatory disease
- D. All of the above

If a couple is infertile, this means the couple...

- A. Will never be able to have children
- B. Could not conceive after 12 months of unprotected sex
- C. Should look into adoption
- D. All of the above

A 35-year-old woman is considered infertile after ____ of trying to conceive.

- A. 1-month
- B. 2 months
- C. 4 months
- D. 6 months

The National Institute of Health and Care Excellence definition of infertility is:

- a) Failure to conceive at a time of one's choosing
- b) Failure to conceive for a period of two years
- c) Failure to conceive after frequent unprotected sexual intercourse for one to two years in couples in the reproductive age group
- d) Failure to conceive after frequent unprotected sexual intercourse for ten years in couples in the reproductive age group

Quiz

1. After what age does a woman's fertility begin to decline?

- 30 35
- 40 45

Right answer is 30

2. Which of these is a test to detect ovarian decline?

- clomiphene citrate challenge test (CCCT).
- ovarian osterises omega test (OOOT)
- internal ovarian decline test (IODT)
- none of these

Right answer is clomiphene citrate challenge test (CCCT).

3. What does menopause indicate?

eggs in the ovaries are damaged eggs in the ovaries are being produced properly
eggs in the ovaries are finally depleted ovaries are damaged

Right answer is eggs in the ovaries are finally depleted

4. What is the percentage of risk of a miscarriage in women over 41?

25% 50%

75% 90%

Right answer is 50%

5. Which of these is the most successful option for older women?

IVF Egg Donors

ovarian stimulation None of these

Right answer is Egg Donors

6. What is the most common reason for women try to conceive at an older age?

No time due to career midlife crisis

financial security all of these

Right answer is all of these

7. What exactly is a cervix?

fibres in the uterus the neck of the uterus

another name for the uterus spinal column

Right answer is the neck of the uterus

8. What is cervical mucus?

thin transparent liquid formed in the vagina hard stony substance produced in the uterus
jelly-like substance produced by tiny glands in the cervix none of these

Right answer is jelly-like substance produced by tiny glands in the cervix

9 How many sperms usually are able to pass through the cervical mucus?

1 in 100 sperms 1 in 200 sperms
1 in 500 sperms 1 in 1000 sperms

Right answer is 1 in 200 sperms

10. What are the common problems with cervical mucus?

not enough of it too thick and sticky
not compatible with sperm all of these

Right answer is all of these

11. What does the postcoital test (PCT) indicate?

amount and quality of sperms in the cervical mucus amount and quality of sperms in the vagina
amount and quality of sperms in testis all of these

Right answer is amount and quality of sperms in the cervical mucus

12. What is done in intrauterine insemination?

the vulva is bypassed and sperms directly injected the cervix is bypassed and sperms directly injected into the uterus
the uterus is bypassed and sperms directly injected none of these

Right answer is the cervix is bypassed and sperms directly injected into the uterus

13 What is Endometriosis?

affects of woman productive age affects of man reproductive age
affects woman reproductive age none of these

Right answer is affects woman reproductive age

14. What is the causes of endometriosis?

endometrial cells implant in the ovaries endometrial cells implant in the vagina

endometrial cells implant in the uterus all of these

Right answer is endometrial cells implant in the ovaries

15. How does Endometriosis look like?

small , flat dark patches flecks of blue & black paint

all of these over time deep, reddish brown

Right answer is all of these over time

16- Which is the preferred method of diagnosis endometriosis?

laparoscopy blood test

special diets none of these

Right answer is laparoscopy

17. What is the treatment of endometriosis?

xray tests hormone medication

surgery cannot be treated

Right answer is hormone medication

18. Can IVF be used to cure endometriosis?

IVF can Control not cure Cure completely

IVF cannot cure it Endometriosis is not curable

Right answer is IVF can Control not cure

good luck