

# The Postpartum Woman: The Forgotten Patient

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## Disclosures

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- Certified Nurse Midwife
- Passionate about this topic

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## Objectives

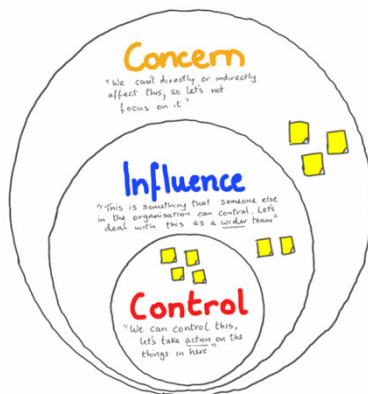
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1. Describe the differences between postpartum physical and mental adaptations.
2. Discuss the importance of early identification for postpartum complications and what warning signs and symptoms may present.
3. Summarize the impact of non-medical social support on a postpartum recovery.

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## Something to consider while you listen

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- **Sphere of Control** is the stuff you can decide on your own. This is people you manage and projects you do personally.
- **Sphere of Influence** is stuff that you can guide through collaboration or subtle techniques. Your friendly co-worker is part of your sphere of influence.
- **Sphere of Concern** is stuff you care about, but you have no way to influence it. This might be happenings in other departments in which you don't have strong connections.

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# Third Trimester

Third trimester

Week 27

Week 40

Typical Medical Care	
Testing	Decisions to be made

Physical Changes	Emotional Changes	Societal Expectations
<ul style="list-style-type: none"> <li>• Normal pregnancy discomforts</li> </ul>	<ul style="list-style-type: none"> <li>• This is getting more real!</li> </ul>	<ul style="list-style-type: none"> <li>• Everyone has an opinion</li> </ul>

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# The Birth

*It's a Boy*

*It's a Girl*

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## Immediate Postpartum Changes

### Psychological

Taking in  
Taking hold  
Letting go



### Physical

Route of delivery  
Postpartum surprises  
Complications
 

- Maternal
- Neonate

 Postpartum bleeding  
Physical response to birth

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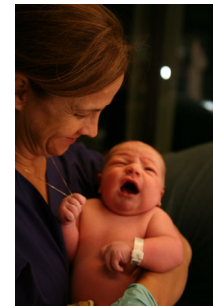
## Immediate Postpartum Stay

Education provided by staff in-patient

Learning to balance self care with infant care

Seeing a different side of your partner

Visitors in the hospital



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# Home Again!

## Emotional Changes

Overwhelmed  
Reality versus what  
was expected



## Physical Changes

Still looking pregnant  
Aches and pains  
Sweating  
Fatigue  
Breast changes  
Urinary issues

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Now What Do I  
Do?



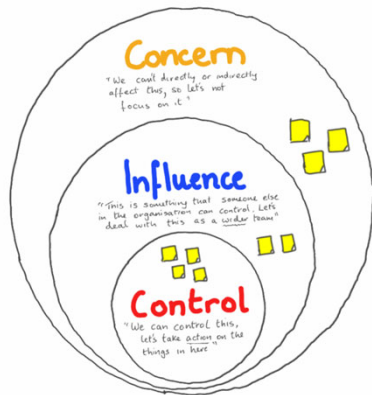
### Your new normal

- Sleep
- Emotional changes
- Relationships redefined
- New responsibilities

### Visitors

- Pop in
- Short term
- Long term

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## Support Matters



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## Feeding Baby



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## Postpartum Mood Disorders

- Baby Blues
- Postpartum Depression
- Postpartum Anxiety
- Obsessive Compulsive Disorder
- Bi-Polar Disorder



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## Remember the Warning Signs

### Pre-eclampsia

- Headache not relieved by medication or rest
- Upper right quadrant pain
- Visual changes

**Seek emergency care immediately if you experience:**

- Chest pain
- Fainting
- Shortness of breath
- Vision issues

### High Blood Pressure

- Pain in your jaw, arm, neck or back
- Clammy, cold sweats
- Dry cough
- Heart palpitations
- Lightheadedness
- Nausea
- Severe headache
- Severe fatigue
- Sudden weight gain
- Swollen ankles or feet

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## Questions?

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