

Maternity and Obstetric Nursing Lec :19

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الدكتور

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Puerperium

Lec/ 19

Maternity and Obstetric Nursing Lec :19Ph.D. Pediatric Nsg. د. عدي الفرطوسي (odavalfartosy@yahoo.com)**Puerperium**

It the period beginning immediately after the birth of a child and extending for about six weeks.

Physiological changes during this time include:

1. Involution (أوب الرحم) 1100 gm after birth ,15 length, 12 widths, 8-10 depth, that beginning to decrease the weight to 500 gm 1st week-300-350gm after 2 weeks ,100in 6th week and 70gm in 8th week.

2.changes in Cervix: floppy

3.Cardiovascular system: reverts to normal during the first 2 weeks.

4.Vagina: rapidly regains its tone after 1-2 weeks.

5. Uterus: after delivery of placenta, the uterus is at size of 20-week pregnancy, but reduces in size on abdominal examination by 1 finger-breadth each day such that on the 12th day it cannot be palpated. By end of Puerperium it is only slightly larger than pre-pregnancy.

6. Lochia: for first 3-4 days, lochia comprises mainly blood and remnants of trophoblastic tissue. During days 3-12 the color is reddish-brown but then changes to yellow and in the end become white, three types:

a. Lochia rubra الحمراء

b. Lochia serosa المصلية c. lochia alba البيضاء

7.Breasts: starts to secret colostrum's for the 1st 3 days after labor and then milk.

Nursing care during Puerperium:

- a. After delivery watch for bleeding, funds level, and uterine contractions
- b. Check the vital signs
- c. Observe breasts
- d. Do general urine examination
- e. Educate the mother breast feeding
- f. Exercise
- g. Antibiotics if needed

Complications during Puerperium:**1. puerperal pyrexia:**

Increase body temperature for more than 38 °C during the first 24 hours after labor and continues for 14 - 21 days.

Maternity and Obstetric Nursing Lec :19Ph.D. Pediatric Nsg. د. عدي الفرطوسي (odayalfartosy@yahoo.com)**Causes:**

1. genital infection
2. urinary tract infection
3. infection of breast
4. pneumonia, typhoid and malaria
5. infection of pelvic organs
6. thrombophlebitis التهاب الوريدي الخثري
7. pyrexia of unknown origin (المنشئ) حمى مجهولة السبب

Investigation:

1. general stool examination
2. general urine examination
3. urine culture
4. vaginal swab
5. blood culture
6. W.B.C

nursing care:

1. bed rest
2. give antibiotic
3. try to decrease temperature
4. isolation of woman with puerperal pyrexia to prevent cross infection

2. Endometritis:

local infection that affect the endometrium at site of placenta which may extend to involve all part uterus. This condition may occur after labor, abortion, curettage and intrauterine contraceptive device (IUCD).

Signs and symptoms:

1. fever
2. Increased pulse rate
3. malaise
4. shivering
5. headache
6. vomiting
7. lower abdominal pain
8. Vaginal discharge
9. large tender uterus

Nursing care:

1. give antibiotic
2. give methargen
3. bed rest
4. isolation of woman

Maternity and Obstetric Nursing Lec :19Ph.D. Pediatric Nsg. د. عدي الفرطوسي (odayalfartosy@yahoo.com)**3. Urine incontinence:****Causes:**

- ❖ Direct injury during labor
- ❖ Pressure necrosis by fetal head
- ❖ Urine retention

4. **Bowel complications:** like constipation due to dehydration, no enough food, immobility, and effect of progesterone; or incontinence after perineal tear 3rd degree.

5. **post partum hemorrhage.**

6. **Breast complications.**

7. **Deep vein thrombosis (DVT) and pulmonary embolism**

s/s:

- chest pain
- Air hunger
- Tachypnea
- tachycardia
- hemoptysis سعال او نفث دموي
- respiratory rale (خرخرة) هسة التنفس

Management :

1. Complete bed rest
2. Good nutrition and fluid.
3. Oxygen therapy .
4. Give antibiotic as order the doctors .
5. Anti coagulant drugs (heparin or dicumarol).