Title: The Puerperium

Abbreviation and Number: MIDW306 AB Paper No.: 14-175

School: Nursing and Allied Health Professions

Department: Allied Health

Credits: 3

Course Sequence: ( ) Fall ( ) Spring ( ) Fall and Spring

Hours Per Week:

( 3) Lecture ( ) Seminar ( ) Laboratory ( ) Studio ( ) Kitchen
( ) Other (Specify)

Pre-requisite(s): MIDW304, MIDW305, MIDW307, MIDW312, NURS317

Co-requisite(s): MIDW309

DESCRIPTION

Students utilise management principles and knowledge of the physiology of the puerperium in meeting the needs of the woman and her family. The psychological needs and complications in the postpartum woman are also highlighted.

SPECIFIC OBJECTIVES

Upon successful completion of this course, students will be able to

1. Explain the physiological changes that occur in the postpartum period;
2. Discuss the management of the woman and her family during the postpartum period;
3. Describe the management of the woman with minor disorders in the postpartum period;
4. Recognise complications in the postpartum period and make appropriate referrals;
5. Manage the emotional and psychological changes in the woman during the postpartum period;
6. Recognise the special needs of the woman and her family and make referral to agencies and support groups;
7. Evaluate the physical and psycho-social processes in implementing a supportive plan of care for the postpartum woman in the home; and
8. Select appropriate drugs for use during the postpartum period.

COURSE CONTENT

I. Postpartum Period
   A. Terminologies
   B. Factors contributing to physiological changes
   C. Biological changes
   D. Psychological adjustment

II. Management of Women in the Postpartum Period
   A. Assessment
   B. Need for asepsis
   C. Vulnerability to infection
   D. Rooming in
   E. Education and follow up
   F. Discharge planning

III. Management of minor disorders and infections
   A. Breast
   B. Uterus
C. Circulatory system
D. Wounds
E. Urinary system

IV. Management of Complications
A. Breast
B. Circulatory system
C. Haemorrhage
D. Infections

V. Emotional Needs of the Woman
A. Adjustment
B. Attachment
C. Psychological
   i. Blues
   ii. Depression
   iii. Psychosis

VI. Special Needs
A. Bereavement
   i. Grieving process
   ii. Role of family
B. The abused woman
C. Family in financial crisis
D. Agencies and support systems

VII. Management of the Postpartum Woman in the Home
A. Assessment
   i. Family
   ii. Environmental
   iii. Daily assessment
      a. Mother
      b. Infant
B. Education of the family
C. Referrals

VIII. Therapeutics used during the Postpartum Period
A. Oxytocics
B. Vitamins
C. Antihypertensives
D. Antibiotics
E. Antivirals
Course Outline

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ASSESSMENT
Tests ........................................................................... 20%
Assignments ............................................................ 15%
Mid-Semester Examination ..................................... 30%
Final Examination ..................................................... 35%
Total .......................................................................... 100%

REQUIRED TEXTS

SUPPLEMENTARY TEXT

JOURNALS
British Journal of Midwifery
International Midwifery
Journal of Midwifery and Woman’s Health
Journal of Obstetrics, Gynaecologic, and Neonatal Nursing
RCM Midwives

WEBSITE
www.elsevierhealth.com