

POSTPARTUM WORKSHEET

Define the following terms:

After pain
Engorgement
Fundus
Lochia
Mastitis
Episotomy
Involution

What signs should a nurse be alerted for a postpartum hemorrhage.

Explain the cause of shivers/tremors immediately post delivery.

Explain fundal massage.

Describe assessing for Homan's sign.

Define letdown reflex.

Define rooting reflex and latching-on and their importance in lactation.

Explain the following maternal problems encountered with breast-feeding, and the appropriate interventions:

Cracked or sore nipples

Inverted nipples

Breast engorgement

Mastitis

State the importance of colostrum for the new infant:

How many extra calories will a breast-feeding mother need daily.

Define characteristics of good maternal-infant bonding.

List benefits of breast-feeding