

# Postpartum Nursing Assessment

Patient Information
Full Name:
Date of Birth:
Gender:
Patient ID:
Contact Number:
Email Address:

*Time from birth in number of days postpartum*

Postpartum Day 1 = 0 (birth) to 24 hours

Postpartum Day 2 = 24 to 48 hours

Postpartum Day 3 = 48 to 72 hours

Postpartum Day 4 = 72 to 96 hours

Postpartum Day 5 = 96 to 120 hours etc

## Pain

Physiological Assessment
Use of a visual/verbal analogue pain scale (VAS) and/or pain assessment questions <ol style="list-style-type: none"><li>1. Location: Where is the pain?</li><li>2. Quality: What does your pain feel like?</li><li>3. Onset: When did your pain start?</li><li>4. Intensity: Using the scale 0 (no pain) and 10 (worst pain possible) where would your pain be?</li><li>5. What makes the pain better?</li><li>6. What makes the pain worse?</li></ol> Effectiveness of comfort measures/analgesia Assess awareness of comfort measures and/or analgesia <ul style="list-style-type: none"><li>– include doses, frequency and effectiveness</li><li>- Client with increased pain are more apt to develop chronic pain and/or depression</li></ul>

0 – 2 hours Period of Stability (POS)	
>2 – 24 hours	
Days 2-3 (>24-72 hours)	
Day 3 & beyond (72 hours-7 days & beyond)	

## Breasts

Physiological Assessment	<p><b>Assess:</b></p> <ul style="list-style-type: none"> <li>- Breasts and nipples</li> <li>- Breast comfort and function</li> </ul> <p><b>Conditions that may affect milk supply:</b></p> <ul style="list-style-type: none"> <li>Lack of breast enlargement during pregnancy</li> <li>Some breast traumas or malformations</li> <li>Breast augmentation or reduction surgery</li> <li>Some medical conditions</li> <li>Postpartum hemorrhage</li> </ul> <p><b>Assess understanding of:</b></p> <ul style="list-style-type: none"> <li>Adequate breast stimulation</li> </ul> <p><b>Assess:</b></p> <ul style="list-style-type: none"> <li>Breastfeeding confidence to produce adequate milk supply for baby</li> <li>Assess capacity to hand express</li> </ul>
0 – 2 hours Period of Stability (POS)	
>2 – 24 hours	

Days 2-3 (>24-72 hours)	
Day 3 & beyond (72 hours-7 days & beyond)	

## Abdomen

Physiological Assessment	<p>Assess - Fundus for normal involution  <b>Suggested frequency for vaginal birth:</b></p> <ul style="list-style-type: none"> <li>• q 15 min for 1 hour - at 2 hours</li> <li>• once per shift until discharge from hospital</li> <li>• then as required by nursing judgment and/or self report</li> </ul> <p><b>Assess client's understanding of:</b></p> <ul style="list-style-type: none"> <li>• Normal involution progression</li> </ul> <p><b>Assess client's capacity to:</b></p> <ul style="list-style-type: none"> <li>• Self check her involution progression</li> <li>• Identify variances that may require further medical assessment</li> </ul> <p><b>Refer to:</b></p> <ul style="list-style-type: none"> <li>• Lochia</li> </ul>
0 – 2 hours Period of Stability (POS)	
>2 – 24 hours	
Days 2-3 (>24-72 hours)	
Day 3 & beyond (72 hours-7 days & beyond)	

## Bladder

<b>Physiological Assessment</b>	<b>Assess:</b> Voiding comfortably prn  <b>Assess client's:</b> - Understanding of normal bladder function - Capacity to self monitor bladder functions - Capacity to identify variances that may require further medical assessment
<b>0 – 2 hours Period of Stability (POS)</b>	
<b>&gt;2 – 24 hours</b>	
<b>Days 2-3 (&gt;24-72 hours)</b>	
<b>Day 3 &amp; beyond (72 hours-7 days &amp; beyond)</b>	

## Bowel

<b>Physiological Assessment</b>	<b>Assess:</b> - Return to normal bowel movement pattern - Bowel sounds after a Cesarean Birth  <b>Assess:</b> - Understanding of normal bowel functions - Capacity to self monitor bowel functions - Capacity to identify variances that may require further medical assessment
<b>0 – 2 hours Period of Stability (POS)</b>	
<b>&gt;2 – 24 hours</b>	

<b>Days 2-3 (&gt;24-72 hours)</b>	
<b>Day 3 &amp; beyond (72 hours-7 days &amp; beyond)</b>	

## Lochia

<b>Physiological Assessment</b>	<p><b>Assess:</b></p> <ul style="list-style-type: none"> <li>- Amount</li> <li>- Clots</li> <li>- Colour</li> <li>- Odour</li> <li>- Stage of involution</li> </ul> <p><i>Frequency of assessments to follow organization's policy</i></p> <p><b>Assess:</b></p> <ul style="list-style-type: none"> <li>- Understanding of normal lochia progression</li> <li>- Capacity to self check</li> <li>- Capacity to identify variances that may require further medical assessment</li> </ul> <p>** Refer to Fundus</p>
<b>0 – 2 hours Period of Stability (POS)</b>	
<b>&gt;2 – 24 hours</b>	
<b>Days 2-3 (&gt;24-72 hours)</b>	
<b>Day 3 &amp; beyond (72 hours-7 days &amp; beyond)</b>	

## Abdominal Incision

<p><b>Physiological Assessment</b></p>	<p>Abdominal incision / progression of healing  <b>Assess understanding of:</b></p> <ul style="list-style-type: none"> <li>• Normal healing from caesarean birth abdominal incision</li> </ul> <p><b>Suggested assessment frequency for caesarean birth:</b></p> <ul style="list-style-type: none"> <li>• q 15 min for 1 hour</li> <li>• at 2 hours - q 4 h X 24 hours</li> <li>• once per shift until d/c from hospital</li> <li>• then as required by nursing judgment and/or self report</li> </ul>
<p><b>0 – 2 hours Period of Stability (POS)</b></p>	
<p><b>&gt;2 – 24 hours</b></p>	
<p><b>Days 2-3 (&gt;24-72 hours)</b></p>	
<p><b>Day 3 &amp; beyond (72 hours-7 days &amp; beyond)</b></p>	

## Emotional Status and Mental Health

<p><b>Physiological Assessment</b></p>	<p><b>Assess:</b></p> <ul style="list-style-type: none"> <li>- Emotional response to delivery and postpartum period (current and past)</li> <li>- Adjustment to parenthood and emotional status of partner/significant other</li> <li>- Medication use for mental health concerns</li> </ul>
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<p><b>Physiological Assessment</b></p>	<p><b>Assess:</b></p> <ul style="list-style-type: none"> <li>-Predisposing/risk factors to postpartum depression (PPD) <i>previous prenatal, postpartum or other episodes of depression, history of anxiety with current pregnancy, family history of depression, previous use of antidepressants, significant medical or obstetrical challenges</i></li> <li>- For current signs of PPD</li> <li>- For other mental health conditions such as: postpartum psychosis, schizophrenia, anxiety disorders, personality disorders or suicidal ideation</li> </ul> <p><b>Assess client's understanding of:</b></p> <ul style="list-style-type: none"> <li>- Normal postpartum emotional responses</li> <li>- Adjustment to parenthood</li> <li>- Mental health conditions (see above)</li> </ul> <p><b>Assess capacity to:</b></p> <ul style="list-style-type: none"> <li>- Identify variances that may require support and/or further medical assessment</li> <li>- Access support and/ or medical assessment and care</li> </ul>
<p><b>0 – 2 hours Period of Stability (POS)</b></p>	
<p><b>&gt;2 – 24 hours</b></p>	
<p><b>Days 2-3 (&gt;24-72 hours)</b></p>	
<p><b>Day 3 &amp; beyond (72 hours-7 days &amp; beyond)</b></p>	

**Physician's Notes and Recommendations**

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_