

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

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>Assess:</p> <ul style="list-style-type: none"> - Breasts and nipples - Breast comfort and function <p>Conditions that may affect milk supply:</p> <ul style="list-style-type: none"> Lack of breast enlargement during pregnancy Some breast traumas or malformations Breast augmentation or reduction surgery Some medical conditions Postpartum hemorrhage <p>Assess understanding of:</p> <ul style="list-style-type: none"> Adequate breast stimulation <p>Assess:</p> <ul style="list-style-type: none"> Breastfeeding confidence to produce adequate milk supply for baby Assess capacity to hand express
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 Suggested frequency for vaginal birth:</p> <ul style="list-style-type: none"> • q 15 min for 1 hour - at 2 hours • once per shift until discharge from hospital • then as required by nursing judgment and/or self report <p>Assess client's understanding of:</p> <ul style="list-style-type: none"> • Normal involution progression <p>Assess client's capacity to:</p> <ul style="list-style-type: none"> • Self check her involution progression • Identify variances that may require further medical assessment <p>Refer to:</p> <ul style="list-style-type: none"> • Lochia
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

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

Bowel

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

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

Lochia

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

Abdominal Incision

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

Emotional Status and Mental Health

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

Physician's Notes and Recommendations

Physician's Signature: _____ **Date:** ____ / ____ / ____