

POSTNATAL CARE

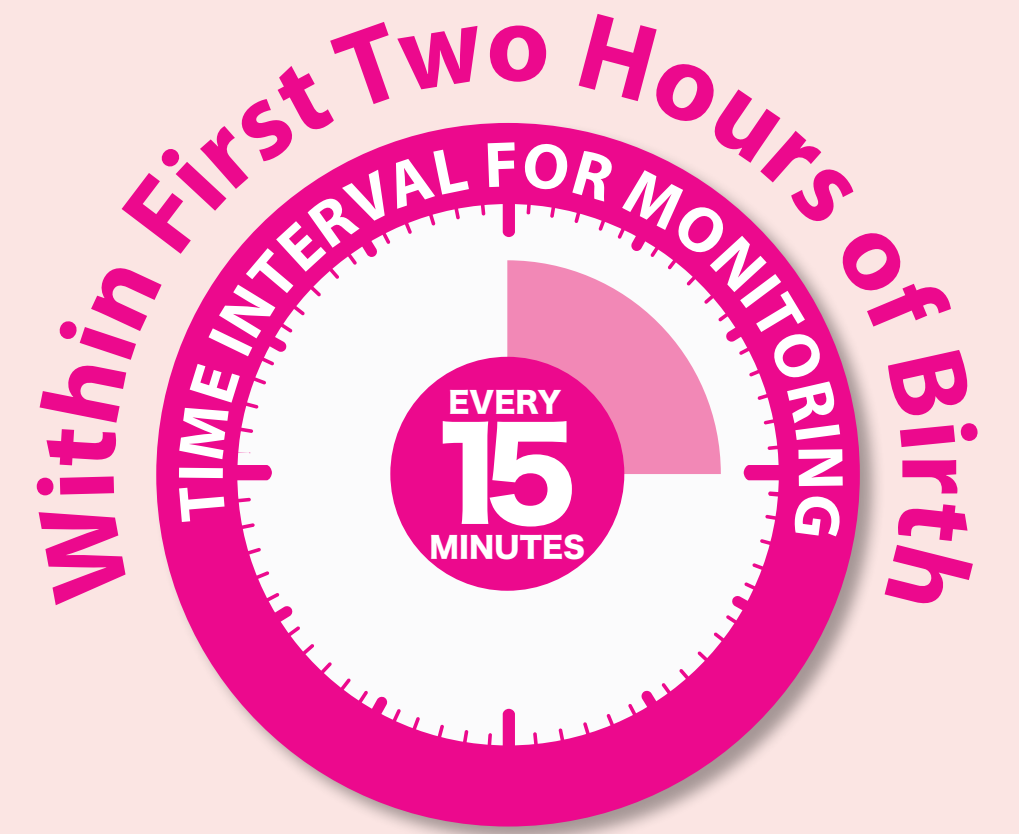
FIRST TWO HOURS OF BIRTH

MONITOR THE MOTHER



WHAT IS ASSESSED?

- General condition
- Blood pressure
- Pulse
- Vaginal bleeding
- Uterine tone

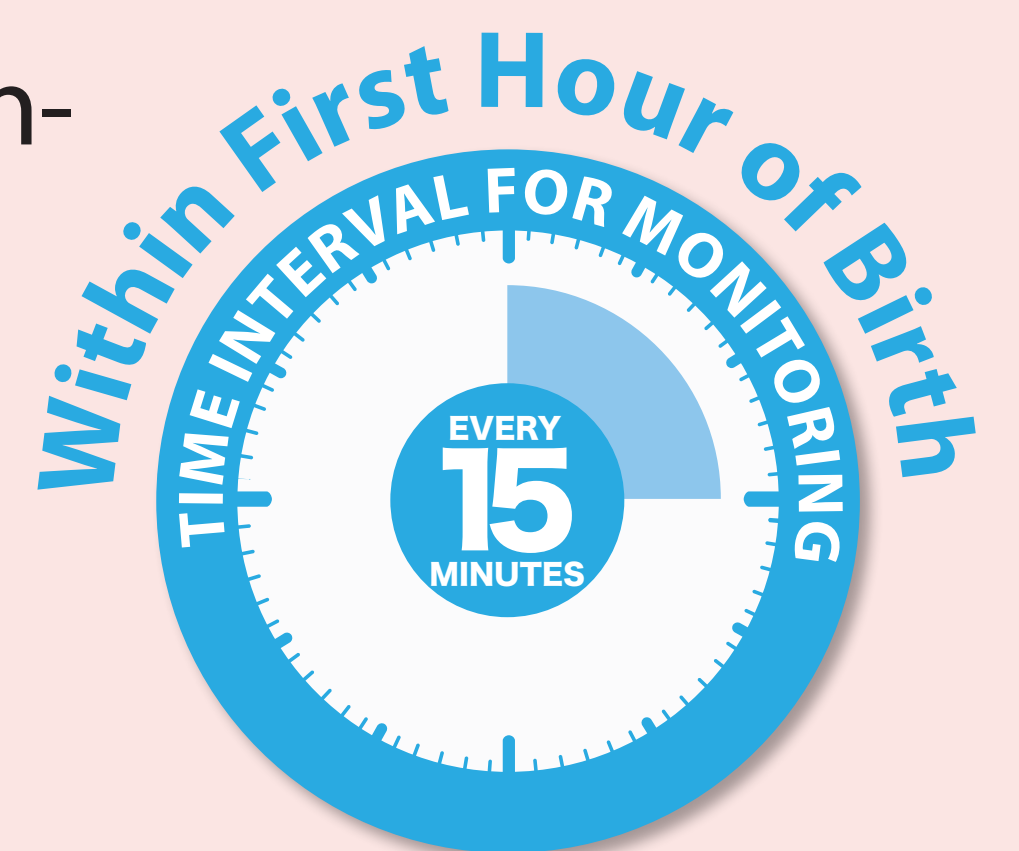


MONITOR THE NEWBORN



WHAT IS ASSESSED?

- **Breathing:** Check for signs of respiratory distress such as grunting sounds, chest in-drawing or fast breathing
- **Temperature:** If baby's feet are cold to touch, encourage skin-to-skin contact with the mother and cover the mother and baby with a blanket
- **Breastfeeding:** Initiation of breastfeeding



COUNSEL FOR MOTHER & NEWBORN

FIRST TWO HOURS AFTER DELIVERY

COUNSEL

- Drink fluids regularly
- Initiate breastfeeding within the first hour
- Correct position and attachment for breastfeeding
- Do not give any pre-lacteal feed to the baby

ALERT FOR DANGER SIGNS

- Increased vaginal bleeding
- Severe headache
- Visual disturbances
- Severe abdominal pain
- Difficult breathing
- Convulsions
- Difficulty in passing urine
- Fever or chills

Note: Birth companion must contact staff immediately in case of any danger sign

