

POSTNATAL CARE

POST TWO HOURS OF BIRTH TILL DISCHARGE

MONITOR THE MOTHER



What is Assessed?

- General condition including pallor
- Pulse, BP and temperature
- Vaginal bleeding
- Uterine tenderness and tone
- Lochia colour and odour
- Condition of perineum – check for swelling or haematoma if perineal tear was repaired
- Calf tenderness
- Condition of the breasts
- Any other complaint (vomiting, fever, headache, blurred vision, excessive abdominal/perineal pain)



MONITOR THE NEWBORN



What is Assessed?

- Breathing
- Temperature
- Breastfeeding
 - Check baby's positioning and attachment
 - Ask whether baby is taking feeds every 2-3 hours
 - Enquire about any difficulty in breastfeeding



COUNSEL FOR MOTHER AND NEWBORN



Counsel

- Continue exclusive breastfeeding on demand
- Do not apply anything on the cord stump
- Hygiene and handwashing
- Drink fluids regularly
- Eat regular meals

Alert for Danger Signs

Newborn

- Breastfeeding poorly
- Has fever or is cold to touch
- Difficult breathing and/or fast breathing
- Lethargic baby with reduced movement
- Convulsions
- Blood in stools/Diarrhea
- Yellow palms and soles
- Umbilical redness extending to skin or draining pus

Mother

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

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