



**Philadelphia University**  
**Faculty of Nursing**  
**1<sup>st</sup> Semester, 2009/2010**

**Course Syllabus**

<b>Course Title:</b> Maternity and Women Health Nursing (Practicum)	<b>Course code:</b> 920316
<b>Course Level:</b> 3 <sup>rd</sup> year	<b>Course prerequisite(s) and/or corequisite(s):</b> All courses of 1 <sup>st</sup> & 2 <sup>nd</sup> years
<b>Lecture Time:</b> 4.5 hrs/weeks	<b>Credit hours:</b> 3 hrs/weeks

**Academic Staff Specifics**

<b>Name</b>	<b>Rank</b>	<b>Office Number and Location</b>	<b>Office Hours</b>	<b>E-mail Address</b>
<b>Dr. Aida Abd El-Razek, DNSc, RN</b>	Associate Professor of Nursing, Maternal & child Health Nursing	15409	4 hours p/w	<a href="mailto:AAAlrazek@Philadelphia.edu.jo">AAAlrazek@Philadelphia.edu.jo</a>
<b>Dr. Aida Abd El-Razek, DNSc, RN</b>	Coordinators of course	15409	4 hours p/w	<a href="mailto:AAAlrazek@Philadelphia.edu.jo">AAAlrazek@Philadelphia.edu.jo</a>

### **Course Description:**

The course is designed to help students to integrate knowledge from the accompanying maternal health theory course as well as provide nursing care of the woman during normal and abnormal aspects of the maternity cycle and apply the nursing process to assess, plan and implement the quality care for women during their reproductive utilizing cycle and problem solving techniques to manage physical, emotional, social and ethical problems in the areas of reproductive health, safe-motherhood. It also considers neonate assessment and gynecological conditions of women in different stages of their lives. The major emphasis of the clinical areas are pregnancy, labor, preperium, and gynecological problems

### **Course Objectives:**

**At the end of the clinical experience, the student should be able to:**

1. Apply interpersonal communication and ethics in caring for women with normal and abnormal pregnancy.
2. Meet the health needs of women and their infants during the childbearing experience.
3. Apply universal infection control measures while performing nursing activities.
4. Identify the health care problems in the Jordanian society related to maternal health nursing and the childbearing experience.
5. Recognize role of the nurse and other health care professionals in providing care for pregnant women and their neonates.
6. Implement teaching plans to mothers, family members and communities.
7. Utilize nursing process to assess, plan and implement the quality of care for women during reproductive cycle.
8. Identify high risk pregnancy, and implement quality of care to their newborn.

### **Attendance Policy:**

*Lecture attendance is mandatory. Student is allowed maximally 15% absentia of the total module hours.*

*More than this percentage, student with an excuse will be drawn from the module. Otherwise, student will be deprived from the module with zero mark assigned.*

## **Expected Workload**

*On average you should expect to spend at least (2) hours per week on this module.*

## **Text book(s):**

***Required text books and reading list:***

### **Text books**

McKinney, E.S. & James, S.R. & Murray, S.S. & Ashwill J.W. (2005) Maternal-Child Nursing. (2nd ed.) St. Louis: Elsevier, Saunders.

### **Additional Readings**

Arlene, B. , & Gloria, L. ( 2001 ). Maternity Nursing ( 8 th edition ). Philadelphia: W.B. Saunders

### **Appendix References:**

*Students will be expected to give the same attention to these references as given to the Module textbook(s)*

1. Neil,M.&Peter,J (2004): Textbook of Pediatric Nursing 6<sup>th</sup> edition
2. Marlow, Dorothea,R. (2001):Text Book of Pediatric Nursing

### **Website(s):**

<http://www.philadelphia.edu.jo/nursing/resources.html>

### **Teaching methods:**

- Actual case studies ( Lab & hospital )
- Audio visual materials (Video Film)
- Demonstration and re-demonstration straiten.
- Group discussion
- Role play.

## **Intended Learning Outcomes**

At the end of this program the students will be able to

### **1- Knowledge and Understanding**

- a- Identify basic knowledge related to pregnancy period and process of labor
- b- Recognize healthy needs of women and their neonates
- c- List common health problems in Jordanian society , beliefs and taboos related to child bearing periods
- d- Determine high risk pregnancy to provide them with appropriate quality of care

## **2- Intellectual**

- a- Analyze different needs for pregnant women
- b- Evaluate role of the nurse in regards to ethical and moral issues during labor
- a- Interpret causes of the most important health problems during pregnancy and high risk women in Jordan

## **3-Practical**

- a- Implement health teaching plans for major topics related to pregnant women
- b- Carryout nursing care plans and intervention for mothers during pregnancy and labor
- c- Utilizing nursing process to assess, plan and implement quality of care during reproductive cycle
- d- Prepare mothers for breast feeding and periperium
- e- Provide immediate newborn care
- f- Assess mother with abnormal labor as well as fetal distress
- g- Apply different procedures and nursing care plans in relation to labor and gynecological problems

## **4- Transferable skills**

- a- Take into consideration ethical and moral issues related to pregnancy and labor
- b- Perform interpersonal communication skills with pregnant women
- c- Work in groups during lab and glass presentation
- d- Act as a role model in dealing with colleges, staff and women.

## **Clinical Procedure: At the end of the clinical experience the student will be able to:**

- Asses pregnant women
- Perform the four steps of Leopold's maneuver.
- Apply breast self examination.
- Assessment of the laboring woman (use partgram)
- Fetal Monitoring
- Prepared delivery room
- Oxytocin drip
- Provide immediate care of the newborn
- Uterine massage
- Review common related procedures including (Enema & catheterization, I.V Fluid, Blood sample, blood transfusion)

**Course Evaluation****Methods of evaluation:**

<b>Number</b>	<b>Evaluation Tools &amp; Date line</b>	<b>Percent %</b>
1 <sup>st</sup>	Participation & student's attitudes	10 %
2 <sup>nd</sup>	Lab Exam (Clinical & Oral) <b>15/12/2009</b>	10 %
3 <sup>th</sup>	Mother class <b>1/11 – 24/11/2009</b>	5 %
4 <sup>th</sup>	Mid term evaluation <b>20/12 – 22/12/2009</b>	15 %
5 <sup>th</sup>	N C P & immediate care of the new born <b>Date line 3/1/2010</b>	10 %
6 <sup>th</sup>	Case presentation & research presentation <b>Date line 1/11 – 24/11/2009</b>	10 %
8 <sup>th</sup>	<u>Final clinical exam (40 %) 17 – 1/2010</u> Clinical exam Oral exam Written exam	10 % 10 % 20 %
	<b>Total</b>	<b>100 %</b>

*a :See appendix A for daily evaluation criteria details*

*b :See appendix B for instructions of research presentation/Case presentation & mother class*

*c: See appendix E for nursing care plan, Newborn assesment*

*d: See appendix F for labor & delivery*

**Methods of evaluation & Evaluation Criteria Details:**

**Philadelphia University  
Faculty of Nursing  
Maternal Health Nursing (920316)  
Daily Evaluation Criteria**

**Student**

**Name:** \_\_\_\_\_

**ID.**

**Number:** \_\_\_\_\_

- Scale:**
- 1. Unsafe performance**
  - 2. Inadequate performance**
  - 3. Satisfactory performance**
  - 4. Highly satisfactory performance**
  - 5. Excellent performance**

<b>Criteria Item</b>	<b>Midterm</b>	<b>Final</b>
Arrives on time		
1. Maintains a professional appearance		
3. Maintains professional attitude/behavior		
4. Assessment effectively		
5. Planning		
6. Implementation		
7. Evaluation		
8. Completes assignments/work on time		
9. Performs clinical psychomotor skills safely and proficiently		
10. Documents nursing care given to clients appropriately		
11. Demonstrates leadership and Self-development abilities		

**ORIENTATION GUIDELINES**  
**FOR 1<sup>st</sup> / 2 /weeks of**  
**MATERNITY AND GYNECOLOGICAL HEALTH NURSING**  
**(PRACTICUM)**

<b>7:30 - 9:30</b>	<b>Sunday</b> Introduction to course syllabus and evaluation criteria
9:30 -11	*Introduction to antenatal period and required preparation to antenatal care, LMP, EDD *Abdominal palpation (Leopold's maneuver, FHS, Fundal Height)
11:30-12:00	Break
12:00-12:30	- Redemonstration + Video of antenatal period Video of fetal development
<b>7:30 -10:30</b>	<b>Monday</b> Introduction to labor and delivery and required preparation for labor and delivery unit
10:30 - 11:00	Break
11 - 12:30	- Video of fetal monitoring - Video of labor delivery - Re-demonstration
<b>7:30 -10</b>	<b>Sunday</b> *Introduction to postpartum period and required preparation for postnatal unit *Postnatal assessment Counseling for family planning. *Guideline of UNICEF 10 steps of breastfeeding and breast care
10 - 10:30	<b>Break</b>
10:30 - 11:30	New born assessment
11:30 - 12:30	Re-demonstration
<b>9:00-10:00</b>	<b>Monday</b> Video of postnatal assessment
10:00-11:00 11:00-11:30	Video of newborn assessment. Break
12:00-12:30	Written Exam

**Maternity and Gynecological Health Nursing (Practicum)**  
**Evaluation Sheet for Case Presentation /Mother class**

**Student Name:** ..... **Group No:**  
 .....  
**Topic:**.....  
**Date of presentation:** .....

Items	Grade	Comments
<b><u>1. Topic Content</u></b>		
*General professional appearance	1	
*Introduction/ Objectives	1	
*Clarity of content	2	
*Relevant and applicable to nursing	1	
*Appropriate to level of audience	1	
*Organization of content	2	
*The competency and the knowledge background of the student to presentation topic	3	
<b><u>2. Presentation</u></b>		
*Clear Voice	1	
*Appropriate vocabulary/ terminology	1	
*Initiates discussion	1	
*Stresses on important points	1	
*Use of audiovisual aids	1	
*Controls the group	1	
*Time control	1	
*Summary	1	
* Reference	1	
<b>Remarks</b>	<b>20</b>	

**Prof.'s Signature:**  
**Instructor's Signature:**  
**Student's Signature**



***Policy Guide:***

- Each student should arrive on time for each clinical day.
- Students should be at the hospital in full uniform ready for work by 7:30 a.m. at the latest. Two lates are considered one absence.
- Students are only allowed two clinical day absences with acceptable excuses.
- Any student who exceeds his/her absences limit will be suspended from the clinical course and given a grade of 35%.
- Jewelry should be kept to a minimum
- Make-up for female student should be avoided as possible (to the minimum)
- Long hair should always be tied up.
- Uniforms should always be clean and tidy. Nametags are essential.
- Male students with beards should keep them clean and trimmed
- Female students should wear white or brown stockings and white shoes with their white uniforms.
- Male students should wear black shoes and **navy blue** pants only. Navy blue tie are required for the uniform. Uniform jackets should be **short** not long as lab coats.
- Each student is required to have the following supplies on each clinical day:
  - 1-a blue pen
  - 2-a red pen
  - 3- a measurement meter
  - 4- adequate paper for writing
- Students should always be on their best behavior.
- Students should always respect their clinical instructors.
- Students should always demonstrate professional behavior when

dealing with their clients, their peers, other health care professionals, and instructors.

- Students should communicate effectively with health team members, peers and instructors
- Each student should complete a SOAPIE paper every clinical day.
- All major procedures should be done under the supervision of a clinical instructor.
- Students who lack experience and skill in performing procedures should review them in the nursing lab at JUST until they become safe and efficient.

**Attendance Policy:**

Absence from lectures and/or tutorials shall not exceed 15%. Students who exceed the 15% limit without a medical or emergency excuse acceptable to and approved by the teacher & coordinators of the relevant college/faculty shall not be allowed to take the final examination and shall receive a mark of zero for the course. If the excuse is approved by the Dean, the student shall be considered to have withdrawn from the course.

**Documentation and Academic Honesty**

Submit your home work covered with a sheet containing your name, number, course title and number, and type and number of the home work (e.g. Nursing care plane, assignment, and mother class).

Any completed homework must be handed in to my office (15409). After the deadline “zero” will be awarded. You must keep a duplicate copy of your work because it may be needed while the original is being marked.

You should hand in with your assignments:

- 1- A printed listing of your test programs (if any).
- 2- A brief report to explain your findings.
- 3- Your solution of questions.

**Philadelphia University**  
**Faculty of Nursing**  
**Maternity & Gynecological Health Nursing**  
**Nursing Care Plan**

**(1 point)**

Student

name \_\_\_\_\_

ID \_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_

Name of  
client \_\_\_\_\_

Age \_\_\_\_\_

\_\_\_\_\_

Marital Status   S   M   W   D (circle one)

Religion \_\_\_\_\_

\_\_\_\_\_

Unit \_\_\_\_\_

\_\_\_\_\_

Bed  
number \_\_\_\_\_

Medical  
Diagnosis \_\_\_\_\_

Reasons for  
admission \_\_\_\_\_

Client's own  
words \_\_\_\_\_

Diet \_\_\_\_\_

Appetite \_\_\_\_\_

Activity \_\_\_\_\_

Allergy \_\_\_\_\_

Food \_\_\_\_\_

Drugs \_\_\_\_\_

Vital Signs baseline: T \_\_\_\_\_ P \_\_\_\_\_

R \_\_\_\_\_ BP \_\_\_\_\_

**Fetal/Infant current general condition** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Complete the parts that apply to your case:**

**Antenatal Part**

**History Since LMP (1 point)**

Check all positive findings that apply to your client's case:

- Headache
- Nausea/Vomiting
- Abdominal pain
- Urinary complaints
- Vaginal Discharge
- Edema (specify area)
- Febrile episodes
- Rubella exposure
- Other viral exposure
- Radiation exposure
- Use of contraceptive

Type \_\_\_\_\_

Date of last use of contraceptives \_\_\_\_\_

**Psychosocial Assessment (1 point)**

Growth and Development appropriate for age:

Residence/Environment: Pollution (air, water), lack of food, lack of transportation

Occupation:

Economic status:

Role in the family:

Present emotional and mental status:

Pregnancy planned and accepted or not:

Activities of Daily Living:

Sleep  
pattern \_\_\_\_\_  
Diet \_\_\_\_\_

Elimination  
pattern \_\_\_\_\_  
Substance abuse (smoking, drugs, etc.) \_\_\_\_\_  
\_\_\_\_\_

**Menstrual History (1 point)**

Age of onset \_\_\_\_\_ Cycle  
days \_\_\_\_\_  
Length of  
cycle \_\_\_\_\_ Amount \_\_\_\_\_  
Menstrual disorders \_\_\_\_\_  
Last menstrual period  
(LMP) \_\_\_\_\_  
Expected Date of Delivery  
(EDD) \_\_\_\_\_

**Pregnancy History (1 point)**

**G T P A L**

Order of birth	Month/Year	Sex of Baby	Weight At birth	Weeks gest.	Hours of delivery	Type of delivery	Complication to mother or infant
1.							
2.							
3.							
4.							

5.							
6.							
7.							
8.							
9.							
10.							
11.							

Review of Systems  
(4 points)

**General** **condition:**

Ht. \_\_\_\_\_ Wt \_\_\_\_\_

**Skin:**

color \_\_\_\_\_ moisture \_\_\_\_\_ turgor \_\_\_\_\_

— pruritis \_\_\_\_\_ scars \_\_\_\_\_

**Head & neck:** trauma \_\_\_\_\_ headache \_\_\_\_\_ vertigo \_\_\_\_\_

Goiter \_\_\_\_\_ stiffness \_\_\_\_\_  
lymph-node  
enlargement \_\_\_\_\_

**Eyes:**

vision \_\_\_\_\_ trauma \_\_\_\_\_

Cataract \_\_\_\_\_ Glucoma \_\_\_\_\_ itching \_\_\_\_\_

**Ears:** hearing \_\_\_\_\_ discharge \_\_\_\_\_ infection \_\_\_\_\_

tinnitus \_\_\_\_\_ pain \_\_\_\_\_ hearing \_\_\_\_\_

aids \_\_\_\_\_

**Nose:** sinuses \_\_\_\_\_ trauma \_\_\_\_\_ colds \_\_\_\_\_

epistaxis \_\_\_\_\_ allergies \_\_\_\_\_ pain \_\_\_\_\_

—  
**Mouth/Throat:** **dry lips/oral mucosa** \_\_\_\_\_ **lesions** \_\_\_\_\_  
sore throat \_\_\_\_\_ dental caries \_\_\_\_\_

**Breasts:** masses \_\_\_\_\_ nipple discharge \_\_\_\_\_

pain \_\_\_\_\_ BSE \_\_\_\_\_ breastfeeding \_\_\_\_\_

**Respiratory:** dyspnea at rest \_\_\_\_\_ with exertion \_\_\_\_\_

orthopnea \_\_\_\_\_ wheezing \_\_\_\_\_  
sputum \_\_\_\_\_ cough \_\_\_\_\_ X-ray \_\_\_\_\_

**Cardiovascular:** chest pain \_\_\_\_\_ palpitations \_\_\_\_\_  
edema \_\_\_\_\_ varicose veins \_\_\_\_\_  
ECG \_\_\_\_\_ cardiac medications \_\_\_\_\_

**G.I.:** N/V \_\_\_\_\_ constipation \_\_\_\_\_ diarrhea \_\_\_\_\_  
dysphagia \_\_\_\_\_ flatulence \_\_\_\_\_ heart burn \_\_\_\_\_  
hemorrhoids \_\_\_\_\_ abdominal pain \_\_\_\_\_  
weight loss \_\_\_\_\_ weight gain \_\_\_\_\_

**Abdomen:** Stria gravidarum \_\_\_\_\_ linea nigra \_\_\_\_\_  
fundal ht. Cm \_\_\_\_\_ fetal position \_\_\_\_\_  
fetal heart sounds \_\_\_\_\_ fetal movement \_\_\_\_\_

**Urinary:** color changes \_\_\_\_\_ oliguria \_\_\_\_\_ polyuria \_\_\_\_\_  
hematuria \_\_\_\_\_ incontinence \_\_\_\_\_ nocturia \_\_\_\_\_  
dysuria \_\_\_\_\_ discharge \_\_\_\_\_ flank pain \_\_\_\_\_

**Reproductive:** genital sores \_\_\_\_\_ discharge \_\_\_\_\_  
itching \_\_\_\_\_ masses \_\_\_\_\_ tumors \_\_\_\_\_  
ovarian cyst \_\_\_\_\_ scars/adhesions \_\_\_\_\_  
IUD \_\_\_\_\_ use \_\_\_\_\_ Tubal Ligation \_\_\_\_\_  
infections \_\_\_\_\_ abnormal bleeding \_\_\_\_\_  
episiotomy \_\_\_\_\_ surgeries \_\_\_\_\_

**Musculoskeletal:** muscle cramps \_\_\_\_\_ gait change \_\_\_\_\_  
limited mobility \_\_\_\_\_ joint pain \_\_\_\_\_  
redness \_\_\_\_\_ stiffness \_\_\_\_\_ swelling \_\_\_\_\_

**Nervous:** CNS trauma \_\_\_\_\_ seizures \_\_\_\_\_  
speech problems \_\_\_\_\_ parasthesia \_\_\_\_\_  
loss of balance \_\_\_\_\_ alertness \_\_\_\_\_

**Endocrine:** weakness \_\_\_\_\_ nervousness \_\_\_\_\_  
heat/cold intolerance \_\_\_\_\_  
glucose intolerance \_\_\_\_\_  
infertility problems \_\_\_\_\_

Labor and Delivery Part

(5 points)

**Maternal Data**

**EDD** \_\_\_\_\_  
\_\_\_\_\_

**Date and Time of admission to hospital** \_\_\_\_\_

**Membranes:**

spontaneous \_\_\_\_\_  artificial \_\_\_\_\_

Onset of labor \_\_\_\_\_

Time of complete cervical dilation and effacement \_\_\_\_\_

**Station** \_\_\_\_\_  
\_\_\_\_\_

**Delivery anesthesia:**

none  epidural  
 local  pudendal  
 general  paracervical

Delivery medications \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Uterine activity:**

none  
 regular contractions q \_\_\_\_\_ min/sec duration \_\_\_\_\_ intensity \_\_\_\_\_  
 irregular contractions

**Induction:**

not done  
 Artificial rupture of membranes (ARM)  
 Oxytocin  
 Prostaglandin

**Augmentation:**

not done  
 ARM  
 Oxytocin

**Fetal Monitoring:**

External  
 Internal

**Breathing/relaxing techniques done:**

Yes  
 No



Effective coping with contractions:

Yes

No

Method of delivery:

spontaneous vaginal delivery

forceps-assisted vaginal delivery

vacuum-assisted vaginal delivery

Cesarean section

low cervical: transverse

low cervical: vertical

classical

cesarean hysterectomy

Placenta:

spontaneous

manual separation

Blood loss:

less than 500 cc

between 500-1000 cc

more than 1000 cc

Episiotomy:

none

median

mediolateral

Other \_\_\_\_\_

Lacerations:

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ degree

perineal

vaginal

uterine rupture

other \_\_\_\_\_

Surgical procedures

none

Tubal ligation

Hysterectomy

others \_\_\_\_\_

Labor complications:

none

preterm labor

- postterm labor
- PROM
- lacerations
- postpartum hemorrhage
- retained pieces of placenta
- precipitous labor (less than 3 hours)
- prolonged labor (more than 20 hours)
- meconium staining/fetal distress
- cord prolapse
- cephalopelvic disproportion
- fetal/newborn demise

Other \_\_\_\_\_  
\_\_\_\_\_

**Fetal Data**

Fetal lie \_\_\_\_\_  
 Fetal presentation \_\_\_\_\_  
 Fetal position \_\_\_\_\_  
 Fetal attitude \_\_\_\_\_

Gender

Male  
 Female

Weight \_\_\_\_\_  
 Length \_\_\_\_\_  
 Head circumference \_\_\_\_\_  
 Chest circumference \_\_\_\_\_

Apgar score

\_\_\_\_\_ 1 minute  
 \_\_\_\_\_ 5 minutes

Spontaneous respiration

Yes  
 No

Resuscitation

oxygen  
 intubation  
 cardiac massage  
 others \_\_\_\_\_

Newborn exam

no observed anomalies  
 gross congenital anomalies

\_\_\_ meconium staining

\_\_\_ trauma

\_\_\_ urinated

\_\_\_ passed meconium

Other \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Newborn care

\_\_\_ none

\_\_\_ ID bracelet/footprint

\_\_\_ suction/oxygen

\_\_\_ bathing

\_\_\_ clothing

\_\_\_ administration of vitamin K

\_\_\_ administration of AgNo<sub>3</sub> or other eye ointment

\_\_\_ cord care

\_\_\_ newborn assessment

Newborn

medications \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Postpartum Part

**Assessment of Mother** (10 points)

**Face:** pale \_\_\_\_\_

chloasma \_\_\_\_\_ edema \_\_\_\_\_

**Breasts:** symmetrical \_\_\_\_\_ soft \_\_\_\_\_ normal

fullness \_\_\_\_\_

engorged \_\_\_\_\_ hotness \_\_\_\_\_ pain \_\_\_\_\_

Nipples:

erect \_\_\_\_\_ inverted \_\_\_\_\_ flat \_\_\_\_\_

intact \_\_\_\_\_ cracked \_\_\_\_\_ bleeding \_\_\_\_\_

soreness \_\_\_\_\_ redness \_\_\_\_\_ pain \_\_\_\_\_

colostrum \_\_\_\_\_ milk \_\_\_\_\_ other \_\_\_\_\_

**Abdomen:** stria gravidarum \_\_\_\_\_ linea  
nigra \_\_\_\_\_  
scars \_\_\_\_\_  
soft \_\_\_\_\_ lax \_\_\_\_\_  
cesarean  
incision \_\_\_\_\_ pain \_\_\_\_\_  
other \_\_\_\_\_  
**Uterus:** contracted \_\_\_\_\_ boggy \_\_\_\_\_ fundal  
ht \_\_\_\_\_  
central \_\_\_\_\_ displaced \_\_\_\_\_  
afterpains \_\_\_\_\_ involution \_\_\_\_\_  
normal \_\_\_\_\_ vaginal  
delivery \_\_\_\_\_ C/S \_\_\_\_\_  
forceps \_\_\_\_\_ delivery \_\_\_\_\_ vacuum  
delivery \_\_\_\_\_  
**Perineum:**  
intact \_\_\_\_\_ edematous \_\_\_\_\_ pain \_\_\_\_\_  
episiotomy \_\_\_\_\_  
lacerations \_\_\_\_\_  
**Lochia:**  
rubra \_\_\_\_\_ serosa \_\_\_\_\_ alba \_\_\_\_\_  
scant \_\_\_\_\_ light \_\_\_\_\_ moderate \_\_\_\_\_ heavy \_\_\_\_\_  
number of pads  
changed \_\_\_\_\_  
clots \_\_\_\_\_ odor \_\_\_\_\_ pain \_\_\_\_\_  
**Legs:** edema \_\_\_\_\_ pitting  
edema \_\_\_\_\_ pain \_\_\_\_\_  
redness \_\_\_\_\_ hotness \_\_\_\_\_  
asymmetry \_\_\_\_\_  
symmetrical  
legs \_\_\_\_\_

### Activities of Daily Living

Diet

Food \_\_\_\_\_  
\_\_\_\_\_

Fluids \_\_\_\_\_

Elimination

Bladder \_\_\_\_\_

Bowel \_\_\_\_\_

Activity \_\_\_\_\_

Sleep \_\_\_\_\_

Breastfeeding \_\_\_\_\_

Bonding/Attachment with newborn \_\_\_\_\_

Newborn care \_\_\_\_\_

Support System

\_\_\_\_ husband

\_\_\_\_ family members

\_\_\_\_ friends

\_\_\_\_ nurse/doctor

\_\_\_\_ none

\*\* Assessment of newborn: **complete the newborn assessment form.**  
(5 points)

Lab test (2 points)	Results	Normal value	Interpretation of results

--	--	--	--

Medication (2 points)	Classification	Route	Dosage	Frequency	Side effects	Nursing implications

Intake			Output		
Time	IV fluids	Oral	Time	IV fluids	Oral

--	--	--	--	--	--

Fluid balance:

Fluid intake problems:

Fluid output problems: