

_Chapter 4: Breast self-exam pp. 112-113

Chapter 9: Diminished stress and improving pregnancy outcomes pp. 249-278

CARE OF THE NEW FAMILY

Readings:

WARD:

Chapter 5: pp 132-143

Chapter 9: pp. 251-287

Chapter 11: Substance Abuse pp. 390-391

Chapter 16: Caring for the Woman Experiencing Complications During the Postpartal Period

*The understanding of key prenatal and labor and delivery concepts is necessary in order to facilitate postpartum family care.

1. Baseline Data

a. Definitions of terms

- i. Antepartum
- ii. Intrapartum
- iii. Postpartum
- iv. Gravida
- v. Parity
- vi. Gestation
- vii. Term

b. Anatomy and physiology (overview)

- i. Internal and external reproductive organs
 1. breasts and nipples
 2. uterus
 3. perineum
 4. rectum

2. Nursing Process

a. Assessment data

i. Client history/profile

1. Maslow hierarchy of needs
 - a. Risk assessment
 - b. Physical assessment
 - c. Pertinent prenatal lab tests and data
 - d. Determination of length of gestation
 - e. Labor data
 - f. Method of delivery
 - g. Analgesia/Anesthesia

b. Data Analysis: Common Nursing Diagnoses

Commented [i1]: Delete this line

Commented [i2]: Add these to readings

- i. Actual
- ii. Risk
- iii. Wellness
- c. Expected outcome statement for family
- d. Interventions with rationales
 - i. Evidence-based standards
- e. Evaluation

Commented [i3]: Move this to the right after readings list

CARE OF THE NEW FAMILY

CARING FOR THE POSTPARTAL WOMAN AND HER FAMILY

Readings:

WARD:

Chapter 12: Episiotomy Section pp. 455-456

Chapter 13: Nerve block analgesia and anesthesia pp. 490-499

Chapter 15: Postpartum Care pp. 553-575, 587-599

Refer to appropriate drug classifications relative to this area.

OUTLINE FOR INTRODUCTION TO CARE OF THE NEW FAMILY

1. Baseline Data
 - a. Current issues in maternal-newborn care
 - b. Statistics related to families/mortality and morbidity
 - c. Social and cultural issues
2. Nursing process
 - d. Assessment: data collection – needs assessment associated with the following:
 - i. Social, cultural and religious influence on the child
 - ii. Family structure
 - iii. Major trends in growth and development
 - iv. Communication with children
 - v. Overview of current perspectives in maternal-newborn nursing
 1. Nursing roles and standards of care
 2. Legal and ethical aspects
 3. Biomedical technology
3. Data Analysis:
 - e. Ineffective coping r/t role change
 - f. Altered family processes r/t birth of newborn
 - g. Altered role performance r/t change in role
4. Expected Outcomes
5. Nursing Interventions and Rationales

Evaluation

OUTLINE

1. Baseline Data
 - a. Physiology (review)
 - b. Psychosocial and Cultural Factors
 - c. Terminology

d. Risk Factors

2. Nursing Process

a. Assessment: Data Collection

- i. Diagnostic Tests
- ii. Laboratory Data
- iii. Needs assessment of a postpartum client
 - i. Physiological Needs
 - a. Oxygen
 - b. Fluids and electrolytes
 - c. Nutrition
 - d. Elimination
 - e. Activity and exercise
 - f. Comfort
 - g. Vaginal vs. Cesarean Delivery
 - ii. Safety and Security Needs
 - a. Discharge teaching – self-care, danger signs
 - b. Discharge teaching – parenting
 - iii. Love and Belonging needs
 - i. Parent-infant bonding
 - ii. Resumption of sexual activities/contraception
 - iii. Role integration
 - iv. Self –Esteem needs
 - i. Family Wellness
 - ii. Postpartum ‘blues’

b. Data Analysis: Common Nursing Diagnoses

- i. Self-care deficit r/t knowledge deficit secondary to normal psychological changes in postpartum period
- ii. Altered comfort r/t episiotomy, sore nipples, breast engorgement, hemorrhoids
- iii. Anxiety r/t changes in role function

c. Expected Outcomes

- d. Nursing Interventions/Rationales
- e. Evaluation

Week 2

CARE OF THE NEW FAMILY

PHYSIOLOGICAL TRANSITION AND NEEDS OF THE NORMAL NEWBORN

Readings:

WARD:

Chapter 12: Immediate care of the newborn pp. 463-466

Chapter 15: Newborn nutrition pp. 575-591

Chapter 17: Physiological Transition of the Newborn

Chapter 18: Caring for the Newborn

Chapter 20: Newborn/Infant growth and development pp. 770-773 Box 20-5

Refer to appropriate drug classifications relative to this area.

Outline

3. Baseline Data
 - a. Normal growth and development
 - i. Biologic
 - ii. Psychosocial
 - iii. Cognitive
 - b. Physiological response to birth
 - c. Psychosocial and cultural factors
 - d. Terminology
4. Nursing Process
 - e. Assessment: data collection
 - i. Diagnostic tests
 - ii. Laboratory data
 - f. Needs assessment of the normal newborn:
 - i. APGAR Score
 - ii. Gestational age assessment
 - iii. Physiological adaptations
 1. Vitamin K
 2. Eye Care
 3. Cord Care
 4. Physiologic jaundice
 - iv. Neurological status
 - v. Behavioral pattern
 - vi. Oxygenation
 - vii. Temperature control
 - viii. Sleep
 - ix. Nutrition
 - x. Prevention of infection
 - xi. Newborn screening (Metabolic Profile)
 - xii. Allergic response
 1. Diaper rash
 2. Cradle cap
 - xiii. Parent Education
 1. Handling
 2. Bathing
 3. Wrapping
 4. Dressing
 5. Feeding (breast and bottle)
 6. Elimination
 7. Circumcision
 8. Safety
 9. Vaccinations
 10. When to call pediatrician
 11. Cord care
 - xiv. Maternal-infant interaction and bonding
2. Data analysis: Common Nursing Diagnoses

- a. Ineffective airway clearance r/t mucus obstruction
- b. Ineffective thermoregulation r/t hypothermia secondary to inadequate subcutaneous tissue
- c. Risk for alteration in tissue perfusion r/t decreased body temperature
- d. Ineffective feeding pattern r/t poor sucking reflex
- e. Ineffective family coping r/t birth of potentially ill newborn

Week 3

CARE OF THE NEW FAMILY
NEEDS OF THE NEWBORN AT RISK

Readings:

WARD:

Chapter 10: pp. 306-307 (folic acid/cleft lip/palate)

Chapter 18: pp. 680, 681 (cleft lip/palate)

Chapter 19: Caring for the Newborn at Risk

Chapter 23: pp. 878-881 Tracheoesophageal fistula through Family teaching guidelines

Chapter 25: HIV in the Neonate: pp. 974-979

Chapter 26: Congenital Heart Disease pp. 1022-1029

Chapter 35: Evidence-Based Practice pp. 1411; Table 35-1 p. 1419; figures 35-2a & b p. 1419; Nursing

Insight: Nursing role during intubation figure 35-3, p. 1420

Refer to appropriate drug classifications relative to this area.

OUTLINE

1. Baseline Data
 - a. Physiology (review)
 - b. Psychosocial and Cultural Factors
 - c. Terminology
 - d. Risk Factors

2. Nursing Process
 - a. Assessment: Data Collection
 - i. Diagnostic tests
 - ii. Laboratory Data
 - iii. Needs assessment of the high-risk newborn
 1. Abnormal gestational age or size
 2. Nutrition
 3. Infant of a diabetic mother
 4. Respiratory distress syndrome, retinopathy of prematurity (ROP)
 5. Cold stress
 6. Hypoglycemia
 7. Hypocalcemia
 8. Jaundice/kernicterus/hemolytic dysfunction/RH sensitivity
 9. Sudden Infant Death Syndrome
 10. Neonatal Infections
 - a. Sepsis

- b. TORCH infections
 - 11. Necrotizing enterocolitis
 - 12. Bronchopulmonary dysplasia
 - 13. Tracheoesophageal fistula
 - 14. Cleft lip/palate
 - 15. Newborn resuscitation
 - 16. Cardiac defects (more in week 12)
 - 17. HIV in infants
 - 18. Chemical dependence
- b. Data Analysis: Common Nursing Diagnoses
 - i. Impaired gas exchange r/t respiratory distress secondary to surfactant deficiency
 - ii. Risk for alteration in nutrition, less than body requirements r/t limited intake
 - iii. High risk for injury to CNS involvement r/t electrolyte imbalance
- c. Expected Outcomes
- d. Nursing Interventions and Rationales
- e. Evaluation

Week 4

THE PRENATAL JOURNEY

REPRODUCTIVE AND HUMAN SEXUALITY, PHYSIOLOGICAL & PSYCHOSOCIAL CHANGES
DURING PREGNANCY, THE PRENATAL ASSESSMENT & PROMOTING A HEALTHY
PREGNANCY

Readings:

WARD:

Chapter 5: Reproduction

Chapter 7: Conception and Development

Chapter 8: Changes during pregnancy

Chapter 9: The Adolescent pp. 278-287

Chapter 10: Promoting a health pregnancy pp. 293-323

Chapter 11: Caring for the Woman Experiencing Complications During Pregnancy

Chapter 14: Oligohydramnios and Hydramnios p. 526

Website: <http://www.aidsinfo.nih.gov>

Refer to appropriate drug classifications relative to this area.

OUTLINE

1. Baseline Data
 - a. Physiology
 - b. Psychosocial and Cultural Factors
 - c. Terminology
2. Nursing Process
 - a. Assessment: Data Collection
 - i. Needs assessment of the Antepartum client
 - ii. Common discomforts of pregnancy
 - iii. Self-care needs during pregnancy

1. Breast care
 2. Clothing
 3. Bathing
 4. Travel
 5. Exercise
 6. Sexual activity
 7. Exposure to teratogenic substances
3. Needs assessment of the client with Antepartum complications:
- a. Common causes of bleeding during pregnancy
 - i. First trimester
 1. Abortion
 2. Ectopic pregnancy
 - b. Second trimester
 - i. Hydatidiform mole
 - ii. Incompetent cervix
 - c. Third trimester
 - i. Placenta previa
 - ii. Abruptio of placenta
 - d. Diabetes mellitus
 - e. Hyperemesis gravidarum
 - f. Chronic hypertension
 - g. Pre-eclampsia and eclampsia/DIC
 - h. HELLP Syndrome
 - i. Hydramnios
 - j. Screening and diagnostic tests for fetal well being
 - k. Rh alloimmunization
 - l. HIV
 - m. Chemical dependence
4. Data analysis: Common Nursing Diagnoses
- a. Alteration in comfort r/t growing uterus
 - b. Knowledge deficit r/t use of medications during pregnancy
 - c. Noncompliance r/t lack of understanding of importance of prenatal care
 - d. Self-concept, disturbance in body image r/t pregnancy
 - e. Altered tissue perfusion: peripheral r/t impaired venous circulation to extremities, imbalance between oxygen supply and demand to fetus, secondary to decreased cardiac output
 - f. Knowledge deficit r/t limited exposure to information: insulin dosage and administration
 - g. Risk for ineffective coping r/t unknown outcome of pregnancy
5. Expected Outcomes
6. Nursing Interventions and Rationales
7. Evaluation