



PROFESSIONAL HEALTH
CONSULTING SERVICES, INC.

POSTPARTUM CARE

This class is a well-rounded class that will cover maternal and newborn changes that occur in the immediate postpartum period. It will include a systematic approach to maternal and newborn assessments. Normal and abnormal findings will be discussed. Information about the relationships between infant cues and infant states, understanding infant cues, and cluster cues will also be provided. Common breastfeeding problems will be addressed and applied to the Baby Friendly Hospital Initiative. It will include teaching points for educating or counseling parents who are using bottles and/or formula including feeding cues for the formula fed infant, support to the mothers with babies in special care and strategies that protect breastfeeding as a public health goal.

OBJECTIVES:

Postpartum Care:

- Describe physiological changes that occur during the postpartum period as a woman's body returns to its pre-pregnant state.
- Discuss psychological adjustments that occur during the postpartum period
- Explain the components of a systematic postpartum assessment
- Discuss normal and abnormal findings in the postpartum assessment

Newborn Care:

- Identify factors of physiological adjustment to extrauterine life.
- Explain the components of a systematic newborn assessment
- Discuss normal and abnormal findings in the newborn assessment.

Newborn Behaviors:

- List 6 infant states
- Describe the two types of infant cues
- Recognize how responding to cues early can reduce crying
- List options for calming a quiet baby
- Explain reasons for persistent crying



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POSTPARTUM CARE (continued)

Breastfeeding:

- Describe solutions to common breastfeeding challenges
- Identify teaching points to include when educating or counseling parents who are using bottles and/or formula
- Describe strategies that protect breastfeeding as a public health goal
- Discuss contraindications to breastfeeding as well as commonly encountered areas of concern for breastfeeding mothers and their babies

Continuing Education Credit:

Those who attend and participate will receive 7 continuing education units that will be provided by the hosting hospital or by Professional Health Consulting Services, Inc.