

MOD5-MW340- Postpartum Risk Screening

1. Immediately after the delivery of the placenta with 750cc of blood loss a woman begins to complain that she feels cold. Her color is pale and sweaty and her pulse is felt at 125bpm. Her uterus is well contracted and her blood loss appears to have ceased. What steps should the midwife take at this point?
 - a. Insure that all bleeding is under control, give oxygen, fluids, and elevate extremities, monitor vitals and consider EMS
 - b. Have mother take slow deep breaths and provide blankets while continuing to monitor vital signs.
 - c. Encourage the mother to breastfeed her baby while her vitals stabilize
 - d. Continue to monitor for signs of septic shock and attempt to repair any open lacerations as quickly as possible
2. Thirty minutes postpartum after a normal birth and delivery of the placenta without excessive blood loss a client begins to complain of excruciating pressure in her rectum. Her pulse is elevated and she is becoming frantic with the pain sensation. What condition should the midwife rule out to insure that this is not a serious complication?
 - a. A hematoma
 - b. After pains
 - c. A concealed fourth degree tear
 - d. An embolism
3. Three hours postpartum after a normal delivery of her fifth baby the midwife checks a client's fundus to find that it is 2 finger-breadths above the umbilicus, boggy and slightly to the right. What steps should the midwife take to manage any risks her client is facing?
 - a. Vigorously massage the fundus and consider doing a manual exploration of the uterus to ensure there are no retained fragments
 - b. Encourage the woman to empty her bladder and help the uterus to contract with fundal massage or the administration of an oxytocic
 - c. Ask the woman to lie in a supine position and elevate her legs about 12 inches while the midwife massages her fundus
 - d. Administer oxytocic drugs immediately and prepare for a catastrophic late hemorrhage
4. Twelve hours after the normal delivery of her second child a client calls the midwife to report that upon getting up to urinate, a clot the size of a lemon came out of her. She reports that she has been feeling normal and mostly resting and breastfeeding since the birth of her baby. How should the midwife counsel her client in this scenario?
 - a. The client should know that this type of bleeding is not normal after birth and the midwife should make an emergency home visit to rule-out risks of excessive blood loss
 - b. The client should be informed that this type of bleeding is inconclusive

after birth and she should see the midwife within 24 hours.

- c. The client should be informed that this type of blood loss is normal after birth and that clots often form from lochia pooling in the vagina
 - d. The client needs an ultrasound to rule out possible retained fragments and the midwife should meet her at the hospital as soon as possible
5. Three days postpartum a woman calls to report she feels achy and her temperature has been variable all day. She reports she feels very emotional and reports her breasts are sore. How can the midwife best counsel her on what she is experiencing?
- a. These are most likely early signs of a uterine infection and the midwife should visit to check for other positive signs
 - b. These are mostly likely symptoms from excessive blood loss that occurred during birth, she should continue to take supplements to increase her red blood cell production
 - c. These are most likely symptoms of the flu and she should be careful not to contaminate her newborn by abstaining from breastfeeding.
 - d. These are symptoms associated with the initiation of milk production and the midwife should visit to insure that the baby is feeding and the mother is not engorged.
6. On the third day postpartum a woman calls to report that she is constipated and has a decrease in appetite. She has not moved her bowels since the birth and is worried that there is something wrong. What recommendation should the midwife make to resolve this situation?
- a. Encourage her to drink lots of water, eat vegetables and fruit and gently massage her abdomen
 - b. Encourage her to take a vigorous walk and perform an saline enema
 - c. Encourage her to take herbal laxatives and eat breads and grains.
 - d. Encourage her to sit on the toilet for as long as it takes for her bowels to relax
7. Three days postpartum a client calls to report that her perineum is painful. She sustained a second-degree laceration and received sutures after her otherwise normal birth. She reports she is uncomfortable sitting down and feels like her tissues are somewhat swollen. She has not had a fever and she is otherwise feeling well. What is the most likely cause of her symptoms?
- a. She is in the primary stages of infection as a result of receiving sutures and should be treated accordingly
 - b. She is experiencing symptoms of a perineal hematoma and should receive an ultrasound to rule out blood loss
 - c. She is experiencing the normal discomforts of a healing perineum and should be encouraged to take sitz baths and apply an ice compress to the area that is swollen
 - d. She is experiencing normal discomforts of hemorrhoids and should be reassured that these sensations will pass soon

8. At a six-week postpartum visit a mother states that she has started spotting again. She states she had stopped bleeding completely two weeks ago and was surprised today when she found bright red blood in her underwear after a day of running errands and visiting with family. What is the most likely cause of her bleeding?
- Residual lochia exiting the cervix
 - The start of her normal menstrual cycle**
 - Lochia which is exiting her incompetent cervix
 - Abnormal blood loss that needs further tests to rule out complications
9. During a six-week postpartum visit a mother reports she is feeling fine. The midwife notices that the shades are drawn and that the mother appears disheveled. When the infant cries the mother gets annoyed and states she feels like she can't do anything to make the baby stop crying. The mother is vague in answering any questions about her own well-being or the well-being of her baby. What steps should the midwife take to ensure the well-being of mother and baby?
- Ensure the mother she is doing a great job parenting and what she is experiencing is normal after birth
 - Encourage the mother to get out more with her baby and attend a postpartum exercise class to help her recover from birth
 - Assess the mother using a postpartum depression scale and refer her for follow-up with a professional counselor or interventionist**
 - Assess the mother by asking her more questions about how she feels and let her know she can call if she needs anything
10. Two weeks after the birth of her second baby a client calls to report that she has a spot on her left breast that feels hot and hard. She states that she has been avoiding feeding her baby from this side because it is painful. What is the best course of action to resolve this discomfort?
- Warm compresses, gentle massage of the lump and frequent breastfeeding on the side that is painful**
 - Cold compresses, ibuprofen, gentle massage of the lump and avoiding feeding on the side that is painful
 - Immune boosters, probiotics and reduced intake of sugar and refined flours
 - Increased water intake, a hot shower and frequent feedings on both breasts