**Heart & Hands Midwifery Intensives**

**BEGINNING/INTERMEDIATE MODULES**

**Module Nine: Postpartum Care and Suturing**

***DESCRIPTION***

This module covers care for the gestational parent and newborn postpartum, including the normal physiology of postpartum recovery, common complaints and complications. Diagnosis and treatment of vaginal/perineal tears is covered, as well as the physiology of milk production and ways to promote successful breastfeeding. Differentiating postpartum blues from postpartum depression is also addressed, with appropriate response.

***LEARNING OBJECTIVES***

***To know how to care for mothers/gestational parents and newborns postpartum:***

1. Give diagnosis and treatment for first, second, third and fourth degree vaginal lacerations
2. Cite methodology, indications, and contraindications for vaginal/perineal infiltration with repair
3. Describe how to repair a second-degree episiotomy/laceration
4. Describe appropriate post-care of vaginal/perineal repair (by both mother/gestational parent and midwife)
5. Describe crucial assessments of mother/gestational parent and baby at day-one, day-three, day-seven, and the six-week postpartum visit, including abnormal findings and appropriate response
6. Describe normal physiology of postpartum recovery
7. Explain the physiology of human milk production, and mechanics of successful breastfeeding
8. Give differential diagnosis and treatment of breast engorgement and mastitis
9. Cite common maternal complaints in the postpartum period, with remedies
10. Cite common problems/difficulties regarding the newborn, with remedies
11. List criteria for differentiating postpartum blues from postpartum depression, with appropriate response
12. Outline care at six-weeks check-up, including family planning

***LEARNING ACTIVITIES***

1. Review Heart & Hands, Chapter 5 (suturing sections)
2. Watch video on Perineal Repair (not my technique exactly, but close enough)
   1. <https://www.youtube.com/watch?v=i60lk2GDFlc>
3. Do worksheet, Vaginal/Perineal Repair
4. Read Heart & Hands, Chapter 6
5. Read Orgasmic Birth, Chapter 6
6. Read Dr. Jack Newman’s Guide to Breastfeeding (Newman, Pitman)
7. Read Myles Textbook for Midwives (all topics in learning objectives)
8. Using the format described in Module Six, prepare a chart titled, *Midwife’s’ Duties and Responsibilities in Postpartum Care*, organizing information according to day of assessment, i.e., day-one, day-three, day-seven, and six-week check-up
9. Compile a list of support organizations for new parents in your community, including those offering help in the event of neonatal death or disability

***OPTIONAL LEARNING ACTIVITIES***

1. Using foam rubber cube and suturing equipment, practice the repair of a second-degree laceration, with directions in Heart & Hands, Chapter 5.

***SUBMIT***

1. Worksheet, Vaginal/Perineal Repair
2. Chart, *Midwife’s Duties and Responsibilities in Postpartum Care*
3. List of community resources for new parents
4. Completed module post-test
5. Response paper (2 or 3 pages) on Orgasmic Birth
6. If applicable, suturing sample (for assessment)
7. Module Evaluation Sheet

***COMPLETION REQUIREMENTS***

In order to successfully complete this module, you must complete all learning activities and submit all items as listed above. Your work will be reviewed item by item and with the rubric below. A passing score is 7.5/10. You will have two opportunities to correct any errors/omissions in your work, at which point a final score will be assigned.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Level 1 (0 Points) not adequate | Level 2 (1 Points) developing adequacy | Level 3 (1.5 point) Meets basic expectations | Level 3 (2 points) exceeds expectations | Student Score |
| Completion of module prompts and elements | -Module not completed | -Major elements of module are missing | All aspects of module present, with some minor questions unanswered or missing | -All aspects of module elements present and answered completely |  |
| Demonstrates Comprehension of module content and concepts | - Lack of comprehension | - Responses are unclear and do not reflect basic comprehension of module concepts | - Responses are clear and reflect basic comprehension of module content and concepts | - Responses are clear, well written, and reflect in-depth comprehension of module content and concepts. Added subpoints and additional reflections demonstrate a deeper knowledge and curiosity. |  |
| Analysis | - Key terms not defined | -Inaccurate  definition of key items,  -Limited  connection made between learning resources and learning activities, | -Accurate definitions of key items  -Connections made between evidence, subtopics and clinical experience  -Incorporation of original ideas and incorporates some clinical experience  in responses where possible | - Accurate definitions of key items  -Strong connections made between evidence, subtopics and clinical experience |  |
| Critical Thinking and Integration | -Critical thinking not demonstrated,  -Integration of material from previous modules  not demonstrated | -Elements of Critical thinking are present,  -Some integration of materials from previous modules demonstrated | -Critical thinking demonstrated  -Integration of material from previous modules  demonstrated | -Outstanding critical thinking demonstrated  -Full integration of material from previous modules demonstrated. |  |
| Engagement with learning resources | -Evident study sources were not utilized | -Evident study sources were partially utilized | -Evident that study sources were fully utilized | -Evident that study sources were fully utilized and independent research was undertaken -Full incorporation of original ideas, personal analysis and incorporates relevant clinical experience in all areas possible |  |

**Module Nine: Postpartum Care and Suturing**

Post-Test

***Please respond to these items as concisely as possible:***

1. *Briefly* explain the physiology of human milk production, and cite keys to successful breastfeeding
2. Give differential diagnosis *and treatment* of breast engorgement and mastitis
3. Give differential diagnosis *and treatment* of postpartum blues and postpartum depression
4. Differentiate the symptoms, time of occurrence, and treatment of physiologic and pathological jaundice
5. Define thrombophlebitis, and its relationship to pulmonary embolism
6. Give causes, symptoms and treatment of neonatal infection (up to day five)

**Worksheet**

**VAGINAL/PERINEAL REPAIR**

1. Describe structures involved in, and appropriate response to first degree, second degree, third degree, and fourth degree tears of the labia, vagina and perineum

2. List indications and contraindications for vaginal/perineal infiltration

3. Give a basic description (step-by-step) of the repair of a second-degree episiotomy/laceration

4. Describe appropriate follow-up care of repair by both mother/gestational parent and midwife

5. Describe causes and appropriate response to:

A. Hematoma

B. Sepsis of vaginal/perineal repair

C. Break down or impaired healing of vaginal/perineal repair

**Module Nine: Postpartum Care and Suturing**

Module Evaluation Sheet

1. What did you like about this module?
2. Were there any surprises for you in this module?
3. Was there anything in his module that was particularly challenging for you?
4. Do you feel you met this module’s stated learning objectives?
5. Did the leaning activities enable you to meet the learning objectives?
6. Were the suggested learning resources (books and materials) adequate to meet the learning objectives? Did you utilize additional resources?
7. Any comments/suggestions for improving the module?