

# ST. STEPHENS COLLEGE OF NURSING

B.SC (Hons) Nursing 3<sup>rd</sup> year

## Unit plan

NAME OF THE TEACHER: AKANSHA GAUTAM

TOTALHOURS: 140 HOURS

UNIT VII: MANAGEMENT OF NORMAL PUERPERIUM

TOTAL HOURS OF UNIT:10 HOURS

TIME	LEARNING OBJECTIVES	CONTENT	TEACHING LEARNING ACTIVITY	METHODS OF EVALUATION
2HOURS	<p>Explain briefly about puerperium i.e</p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Duration</li> <li>• Objectives of postpartum care</li> </ul>	<p>Introduction to the puerperium</p> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Duration</li> <li>• Objectives of postpartum care</li> </ul>	Lecture cum discussion and power point presentation	Explain duration and objectives of puerperium
2HOURS	<p>Explain briefly about anatomical and general physiological changes in puerperium</p>	<p>Anatomical changes in puerperium</p> <ul style="list-style-type: none"> <li>• Uterus</li> <li>• Cervix</li> <li>• Vagina</li> <li>• Breast</li> </ul> <p>Physiology of lactation</p> <p>Care and preparation of breast</p> <p>General physiological changes in puerperium</p> <ul style="list-style-type: none"> <li>• Vital signs</li> <li>• Renal system</li> <li>• Gastrointestinal changes</li> <li>• Weight loss</li> <li>• Fluid loss</li> <li>• Abdominal wall</li> <li>• Hematologic changes</li> <li>• Menstruation and ovulation</li> </ul>	Lecture cum discussion and power point presentation	Explain anatomical and physiological changes in puerperium
2HOURS	<p>Explain the management of early puerperium</p>	<p>Management of early puerperium</p> <ul style="list-style-type: none"> <li>• Immediate attention</li> <li>• Rest and ambulation</li> <li>• Diet</li> <li>• Perineal care</li> <li>• Care of bladder</li> <li>• Care of bowel</li> <li>• Sleep</li> <li>• Care of breast</li> </ul>	Lecture cum discussion and over head projectors	What is the management of early puerperium

		<ul style="list-style-type: none"> <li>• Uterus and involution</li> <li>• Rooming-in and bedding-in</li> <li>• Immunization</li> <li>• Monitoring and charting of postpartum events</li> <li>• Postpartum exercises</li> </ul>		
1 HOUR	Demonstrate postnatal examination and explain the objectives of postnatal examination	<b>Postnatal examination BUBBLE-HE</b> <ul style="list-style-type: none"> <li>• Breast</li> <li>• Uterus</li> <li>• Bladder</li> <li>• Bowel</li> <li>• Lochia</li> <li>• Episiotomy</li> <li>• Homan's sign</li> <li>• Emotional status</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture cum discussion</li> <li>• Demonstration method</li> <li>• Power point presentation</li> </ul>	Demonstrate the PNC examination
1 HOUR	Explain the nursing process during puerperium and minor ailments and It's management	<b>Nursing process during puerperium</b> <b>Minor ailments in puerperium</b>	Lecture cum discussion and power point presentation	What are the minor ailments in puerperium
2 HOURS	Explain briefly about family planning and its methods	<b>Family planning</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Modern concept of family planning</li> <li>• Small family norm</li> <li>• Objectives of family planning program In India</li> <li>• Role of midwife in family planning</li> <li>• Methods of contraception               <ol style="list-style-type: none"> <li>1. Temporary methods</li> <li>2. Permanent methods</li> </ol> </li> <li>• Postconceptional method of birth control (termination of pregnancy)</li> </ul>	Lecture cum discussion , power point presentation and over head projectors	Explain the methods of family planning