

## Postnatal Ward 1st Placement

### Aim

The aim of this placement is to familiarise midwifery students to the postnatal care of women and their babies from admission to the ward until discharge.

Students are expected to reach **Exposure/Participation** level in relevant **Performance criteria** in order to achieve aspects or completion of their **Midwifery Competencies**. BSc students should achieve clinical skills relevant to the area. All students should gain experience of postnatal examinations of woman and baby for the **Clinical Practice Experience** book (EU/ABA requirements)

**All care provided is under the direct supervision of a registered midwife**

### Learning Outcomes

By the end of the placement the 1st year BSc Midwifery student will:

- Participate in the admission of mother and baby to postnatal ward
- Participate in the routine postnatal care for the mother
- Participate in the assessment and care of the newborn baby
- Participate in the postnatal care to the mother following an instrumental birth
- Participate in the postnatal care to the mother following a caesarean section
- Participate in the discharge of the mother and baby

**Facilitation of opportunities to observe and participate in the care of the postnatal woman experiencing:**

- Postnatal complications
- Mothers with special needs
  - Teenagers, unsupported mothers, immigrants, travellers
- Medical and pregnancy conditions which complicate the puerperium

This list is not exhaustive and will reflect unit activity during the placement.

**Prior to the placement the midwifery student must have knowledge and understanding of:**

Routine postnatal care for women and their babies  
Postnatal care for women following instrumental birth, including caesarean section  
Postnatal complications

Care of the newborn baby

## Postnatal Ward

### Aim

The aim of this placement is to familiarise midwifery students to the postnatal care of women and their babies from admission to the ward until discharge. This period of time enables the mother and baby to recover from childbirth and for the mother to make the transition to motherhood

### Competencies linked to this placement

Students are expected to reach **Participation/ Identification /Internalisation** level in relevant **Performance criteria** in order to achieve aspects or completion of their **Midwifery Competencies**. BSc students should achieve clinical skills relevant to the area. All students should gain experience of postnatal examinations of woman and baby for the **Clinical Practice Experience** book (EU/ABA requirements)

4<sup>th</sup> Year BSc students and 2<sup>nd</sup> Year Higher Diploma in Midwifery students should actively contribute to midwifery practice as a member of the multidisciplinary team in order to provide care to postnatal women while under the supervision of a registered midwife.

**All care provided is under the direct supervision of a registered midwife**

### Learning Outcomes

By the end of the placement the midwifery student will:

- Participate and understand the principles of postnatal care for mother and baby
- Understand the normal physiology of the puerperium and have the ability to provide safe, physical, psychological and emotional support to the woman and her baby
- Give individualised care throughout the postnatal period taking into account the woman's wishes and those of her partner/family
- Admit the mother and baby to the postnatal ward
  - Welcome and provide information about layout and postnatal care available on ward
  - Assessment of psychological, emotional, social, physical wellbeing of mother and detect deviations from normal
  - Provide information on bladder care
  - Complete relevant documentation
  - Assess wellbeing and security of newborn
- Provide routine postnatal care for the mother
  - Assessment of psychological, emotional, social, physical wellbeing and detect deviations from normal
  - Promotion of health and wellbeing for mother and baby
  - Support mother in the care of her baby
- Perform assessment of the postnatal women, to include the following:
  - General and abdominal examination
  - Pelvic floor, bladder care, perineal care

- Complete relevant documentation
  - Discussion of findings with woman
- Provide information to mother on changes in puerperium
  - Breast changes
  - Uterine involution and vaginal loss
  - Bladder and perineal care, postnatal exercises, prevention of incontinence, physiotherapy services on ward
  - Psychological and emotional changes and adjustment to motherhood
  - Planning and preparation for discharge
- Provide appropriate information and support to mother on the care of newborn
  - Signs of wellness and changes in baby's condition
  - Bathing, changing, cord care
  - Infant feeding - breast and bottle feeding
  - Newborn immunisation including BCG vaccination
- Assess and care for newborn baby
  - Signs of wellness and changes in baby's condition
  - Examination of newborn
  - Routine screening - metabolic screening, dislocated hips, routine examination by paediatrician
  - Perform capillary blood sampling – metabolic screening, blood sugar, serum bilirubin
  - Care and management of neonatal complications – hypoglycaemia, jaundice, birth trauma, feeding difficulties, signs of infection
  - Baby security
- Recognise infants at risk and participate in transfer of babies to and from NNU
  - Provide support to the mother when a baby is admitted to NNU
  - Advice on breastfeeding and expressing BM
  - Psychological and emotional care including parent infant attachment
- Provide postnatal care to the mother following an instrumental birth
  - Appropriate pain relief
  - Bladder and perineal care, hygiene, pelvic floor exercises, prevention of constipation
  - Assistance of care with baby
- Provide postnatal care to the mother following an epidural anaesthetic
  - Mobilisation
  - Bladder and catheter care, perineal care, hygiene, pelvic floor exercises, prevention of constipation
  - Assistance of care with baby
- Provide postnatal care to the mother following a caesarean section
  - Observations, wound care, pain relief

- Diet and fluids – including care and management of IV fluid therapy
  - Bladder and catheter care
  - Assistance with mobilisation and personal hygiene
  - Assistance of care with baby
  - Thromboembolism prevention
  - Psychological and emotional care
- Undertake the discharge of the mother and baby and provide all relevant advice and information
  - Postnatal adjustment to motherhood
  - Ongoing physiological changes in puerperium
  - Pelvic floor and bladder care
  - Family planning
  - Care of baby following discharge, advice on feeding and supports available
  - Care of self - PHN and GP follow on care
  - Metabolic screening if early discharge
- Provide information to women about the range of support services available following hospital discharge
  - Public Health Nursing
  - Breastfeeding clinics
  - Immunisation
  - Car safety and SIDS guidelines
  - Family planning
  - Physiotherapy services
  - Social work services
  - Smoking cessation
  - Violence against women
  - Teenage pregnancy
  - Referral to specialist services
  - GP services
  - Screening for breast and cervical cancer
- Recognise an emergency situation in the postnatal period and take appropriate action in accordance with unit practice guidelines
  - PPH, DVT, eclampsia
  - Neonatal collapse
  - Collapsed woman

**Facilitation of opportunities to observe and participate in the care of the postnatal woman experiencing:**

- Postnatal complications
- Postpartum haemorrhage, puerperal sepsis, Urinary tract infection, wound infection (C/S or perineal), thromboembolic disorders, anaemia
- Individuals or groups with specific needs or requiring additional care
  - Teenagers, unsupported mothers, immigrants, travellers, obese women, domestic violence, substance abuse

- Medical conditions which complicate pregnancy and puerperium
  - Diabetes, epilepsy, asthma, renal, cardiac, haematological, mental health, Sexually transmitted infections, PET/hypertension
- Conditions which complicate pregnancy and puerperium
  - PET, premature birth, gestational diabetes, multiple births
- Babies requiring additional care on postnatal ward
  - Post instrumental birth, preterm, small for dates, birth injury, jaundice, poor feeding, Down's syndrome, cleft lip or palate, talipes

This list is not exhaustive and will reflect unit activity during the placement.

**Prior to the placement the midwifery student must have knowledge and understanding of:**

Routine postnatal care for women and their babies

Postnatal care for women following instrumental birth, including caesarean section

Postnatal complications

Care of the newborn baby