Postpartum Assessment
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“BUBBLE – Last 2 Have 2”
or “BUBBLE-HE”

- Breasts
- Uterus
- Bladder
- Bowels
- Lochia / Legs
- Episiotomy / Emotion
- Breasts
- Uterus
- Bladder
- Bowels
- Lochia
- Episiotomy
- Homan's Sign
- Emotional Status

What’s First?
- Empty bladder
- Positioning
  - Assess q 15 min x 4; then q 30 min x2; then q 4 hrs first 24 hrs (if stable) then q8hrs
    - BP should be WNL for patient
    - Pulse - 50-90 beats/min;
    - Temp – 98 to100.4° F (36.6- 38° C) OK 1st 24 hrs
    - Resp 16-24/min
  - “Teach as you go”

Breasts
- Assess
  - Bra
  - Inspection
  - Palpation
  - Nipples
  - Discomfort
- Teach
  - SBE
  - Engorgement relief
  - Milk production & breastfeeding questions

Uterus - Fundus
- Support uterus with one hand under; Palpate with other hand
- Assess
  - Relation to umbilicus
  - Midline or displaced
  - Firmness
- Teach
  - Process of involution
  - Fundal massage
Postpartum Hemorrhage Treatment: Fundal Massage

Uterus - Fundus
- Firm
  - Boggy = hemorrhage risk
- Midline
  - Displaced = ? full bladder, need to assess further
- C-section
  - *Be gentle!*
  - Check incision

Bowel
- Assess
  - Pattern
  - Discomfort
- Concerns
- Teach
  - Prevention of constipation

Bladder
- Assess
  - Distension
  - Uterus boggy or displace
  - Palpate bladder
  - Voiding pattern
- Teach
  - Ambulation
  - Fluids
  - UTI S/S

Lochia
- Assess
  - Character
  - Amount
  - Color
  - Odor
  - Presence of clots
- Teach
  - Expected changes
  - Onset of menses
  - Resumption of sexual activity

Legs
- Assess
  - Homan’s sign (not so much anymore!)
  - Edema
  - Redness, warmth, tenderness
- Teach
  - Prevention of DVT
  - S/S of DVT
Episiotomy/ Perineum
■ Assess
  ■ “REEDA”
    ■ Redness
    ■ Ecchymosis
    ■ Erythema
    ■ Drainage/ Odor
    ■ Suture approximation
  ■ Presence of Hemorrhoids
  ■ Effectiveness of comfort measures
■ Teach
  ■ General info re: episiotomy
  ■ Care of site
  ■ S/S to report

Emotions
■ Assess
  ■ Attitude
  ■ Feelings of competence
  ■ Support systems
  ■ Fatigue level
  ■ Ability to accomplish tasks
■ Teach
  ■ Effects of hormonal changes
  ■ Importance of rest
  ■ Available resources

Assessment of Early Attachment
■ Engrossment/ Eye contact
■ Nurturing behavior
■ Consistency
■ Sensitivity
■ Enjoyment
■ Cultural factors