

Subject Matter/Content: Postpartum and Lactation

Recommended Week in Orientation: 3

Modality	Topics	Evaluation
POEP Module VI	Postpartum Physiology by System Postpartum nursing care Postpartum mood and anxiety disorders Breastfeeding (focused on normal) Discharge Process Postpartum Complications (Hemorrhage, Infections, UTIs, Thromboembolic disorders) Pelvic Floor Disorders	POEP Pre-test POEP Post-test

Educator(s) Needed:

- 1 OB Content Expert
- Enhancement: 1 Lactation Expert to facilitate the lactation portion of class

Materials Needed:

- AV equipment to show digital video
- Lactation supplies:
 - Stanford hand expression video
 - Show & tell -- breast and baby models; nipple shield, shells, hydrogel, lanolin, spoon, colostrum collection equipment, bottles & nipples
 - Enhancement: Lactating breast model
- Notecards
- Poster size sticky paper
- Markers
- Breastfeeding Overview → **Confirm speaker 1 week prior**

Implementation:

Time	Learning Activity	Facilitator Actions	Learner Objectives/Outcomes
30 mins	Ice Breaker & Questions	<ul style="list-style-type: none"> • Icebreaker activity at the facilitator’s pleasure • Check-In with learners <ul style="list-style-type: none"> ○ Answer questions from prep work ○ Discuss learners what they will be applying to nursing practice from prep work 	<ul style="list-style-type: none"> • Demonstrate understanding of content reviewed prior to class • Distinguish areas of study that require further clarification
10 mins	Patient Experience Reflection: Breastfeeding	<ul style="list-style-type: none"> • Pass out notecards • Ask learners to write down an experience that they have had with a patient/couplet thus far related to breastfeeding (2 minutes) • Follow up with allowing learners to voice their experiences, what they have learned and what they are struggling with 	<ul style="list-style-type: none"> • Compare experiences with breastfeeding patients • Recognize commonalities among patient and RN experiences • Identify gaps in knowledge
1 hour 15 mins	Breast feeding Overview <i>Discussion, Show & Tell, demonstration</i>	<ul style="list-style-type: none"> • Discussion points: positioning, skin to skin, latch and latch assessment, trouble-shooting common breastfeeding issues, how to answer common questions from parents <ul style="list-style-type: none"> ○ Make learners aware of institution specific protocols ○ Introduction to Baby Friendly Designation and what it means (if appropriate) • Show & Tell: Bring props for the learners to handle that they will utilize commonly with couplets (i.e. lanolin, hydrogel, syringes for colostrum collection, etc.). Focus on normal breastfeeding as much as possible. <ul style="list-style-type: none"> ○ Pass out all the materials to each person. Open with “what do you want to talk about 1st?” Open discussion based on what they wanted to talk about. “Any patient situations that have been challenging?” Answer by asking “who’s holding the [insert prop here]?” • Show Stanford hand expression (HE) video: http://newborns.stanford.edu/Breastfeeding/HandExpression.html <ul style="list-style-type: none"> ○ Facilitate discussion after video – thoughts/ feelings about HE <ul style="list-style-type: none"> ▪ Discuss “how would we feed HE colostrum to babies in our institution?” ○ Utilize breast model to demonstrate HE ○ Have learners return demonstrate HE <ul style="list-style-type: none"> ▪ Work with learners to help refine technique • Discuss when bottle and nipple are the most appropriate choice <ul style="list-style-type: none"> ○ Demonstrate paced bottle feeding utilizing a baby doll, bottle & nipple 	<ul style="list-style-type: none"> • Identify institutional resources for breastfeeding • Interpret how general lactation/breastfeeding knowledge applies within their institution • Demonstrate proper hand expression technique • Evaluate available lactation tools; identify pros, cons, and indications for use • Formulate plan for use of lactation tools within patient population

1 hr	Postpartum Group Activity	<ul style="list-style-type: none"> • Groups of 5 or less • For large mixed groups, we recommend to separate learners into these groups: PP Residents, PP Fellows, Labor Residents, Labor Fellows (AP & LDRP divide equally amongst PP and L&D Groups) <ul style="list-style-type: none"> ○ L&D patient is in 2 hr recovery ○ PP patient is anytime in their PP recovery • Ask groups to create a couplet including, names & SBAR for the patients – create a picture that conveys the pt’s info (20 mins) • Learners present their couplet to the large group • Following the presentation the large group should ask questions as if they were taking over care of the couplet. Ask them “is there anything else you want/need to know to take over care?” • Then the class facilitator leads a discussion asking the learners to prioritize care for the couplet (mom, baby, what order, and why) 	<ul style="list-style-type: none"> • Create a postpartum couplet based on knowledge of postpartum experience • Develop and deliver a comprehensive ISBAR report • Evaluate the ISBAR report given by others and identify gaps • Collaborate with other learners to formulate a plan of care
30 mins	Questions & Evaluations	<ul style="list-style-type: none"> • Take time at the end of the class to answer any lingering questions and explain any after-class work • Encourage the learners to complete their class evaluations 	

Evaluation:

- Pre/Post Test from class prep modules
- Return demonstration of proper hand expression technique
- Demonstrate critical thinking through composing a postpartum couplet, ISBAR and formulating a plan of care based on the patient assessments
- Demonstrate appropriate communication and patient teaching strategies

Post-Class Assignment:

Period of Purple Crying

- If your institution/campus is not yet registered with the site, please register with yourself as the administrator. Then, follow either step A or B.
- If your institution is already registered and you are the administrator, follow either step A or B

- If your institution is already registered but you are not the administrator, please email marta.devolt@providence.org for assistance. Then follow steps A or B:
 - A. You can register your learners and “invite” them to the site
 - B. You can send them the following instructions to have them register themselves:
 1. Go to the website: <http://training.dontshake.org/courses>
 2. Register for the training by clicking on this icon:



3. Select your institution as your organization and complete the registration
4. Complete all module parts including the quiz at the end

Supplemental Activities (Optional):

Case Study: PP Diabetes

** May be done individually, with cohort, or with preceptor outside of class