# ACTIVE LEARNING TEMPLATE: Growth and Development

STUDENT NAME Stacy Cook

DEVELOPMENTAL STAGE Pregnancy and Lactation (Adulthood)

REVIEW MODULE CHAPTER

#### 7

#### EXPECTED GROWTH AND DEVELOPMENT

#### Physical Development

Before birth breasts contain yellow fluid, colostrum

Breasts become fuller & heavier when regular milk "comes in" 3-4 days after birth

Engrogement may occur, with edema & venous distention.

Uterine involution.

#### Cognitive Development

Patient Teaching:

- Self-care and danger signs.
- Sexual activity and contraception.
- Prescribed medications
- Check-ups

#### Psychosocial Development

Must be emotionally stable before going home.

Reflect on birth experience.

Create self-image as a parent.

#### Age-Appropriate Activities

Teach exercises for recovery.

Promote rest.

Kegel exercises.

Interact with newborn.

#### Health Promotion

It is recommended that 600 mcg/day of folic acid be taken during pregnancy.

Start PKU diet at least 3 months prior to pregnancy, and continue throughout pregnancy.

#### Immunizations

Rubella vaccination: If woman is not immune, titer 1:8 or less, vaccination is recommended

Varicella vaccination one dose before D/C with second at PP visit.

TDaP recommended for everyone who will be around an infant

Rh isoimmunization: RhD immunoglobulin given within 72 hrs for Rh (-) women who deliver a Rh (+) infant.

#### Health Screening

Breasts/Nipples

Uterus (fundus)

Bladder

Bowel sounds and movement.

Appearance and amount of lochia.

Trauma (lacerations)

#### Nutrition

Maternal nutritional demands are increased for the development of the placenta, enlargement of the uterus, and preparations of the breasts for lactation.

Daily increase of 340 calories recommended during the 2nd trimester.

Nutritional requirements of clients who are pregnant ir lactating invitoes more than increased caloric intake.

#### Injury Prevention

Low levels of folate prior to conception increases the likelihood of neural tube defects.

No safe recommendation for alcohol use during pregnancy.

Caffeine can affect the movement and heart rate of the fetus.

# **The Growth And Development Of Mothers**

Nergesh Tejani, M.D.

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