

Postnatal Care



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Course Overview

An overview of care during the postnatal period will be given with an emphasis on the emotional components of family health and wellbeing. The course explores the contextual changes in postnatal care over the last decade and the 'culture of birth' in the institutions where the majority of women birth in Australia. The importance of perinatal mental health and social and emotional wellbeing will be highlighted.

Completing this course will refresh your knowledge in:

- Changes in postnatal care over the past decade;
- The needs of women in the postnatal period;
- The content of postnatal care for the woman and her baby;
- The importance of assessing each woman's emotional health, coping strategies and physical wellbeing at each postnatal contact;
- Available resources to assist midwives in giving women evidence based, consistent information and support with breastfeeding;
- The needs of women with complex care requirements in the postnatal period;
- Promoting quality and safety in maternity care

This course is designed for registered midwives who want to refresh their knowledge about working in partnership with women during pregnancy, labour, birth.

CPD:

This course has been recognised by the ACM for 6 CPD hours, which is equivalent to the course duration.

Course Access:

All users are provided with 12 months access from the date of their enrolment.

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Module 1: Changes in postnatal practice

- explain how birth moved from home to hospital;
- identify past postnatal practices;
- summarise current trends in postnatal care; and
- outline the diverse needs of women after the birth of their baby.

Module 2: Caring for the Woman

- describe maternal postnatal care in the initial hours after birth; and
- describe common and life-threatening health concerns for postnatal women.

Module 3: Promoting Postnatal Health and Wellbeing

- discuss postnatal contraception; and
- assess postnatal mood and perinatal mental health and wellbeing.

Module 4: Supporting Breastfeeding and Complex Needs

- explain the importance of breastfeeding support and guidance; and
- identify some examples of complex postnatal care.

Module 5: Transition to Extrauterine Life

- describe neonatal postnatal care in the initial hours after birth; and
- demonstrate an understanding of the neonate's transition to extrauterine life.

Module 6: Ongoing Postnatal Care of the Newborn

- summarise ongoing postnatal care of the neonate, including:
- the Neonatal Screening Test;
- the Newborn Hearing Test;
- jaundice;
- safe infant sleeping; and
- responding to infant health issues.