Objectives

Upon completion of this course, the learner will be able to:

- Define the time frame for the postpartum period.
- Describe the postpartum assessment components for the mnemonic BUBBLE.
- Describe additional postpartum assessments and their impact on the woman’s recovery.
- Discuss each stage of the Psychosocial Adaptation to Parenthood model that the postpartum woman experiences.
- Discuss the importance of maternal-newborn bonding.
- Describe the importance of discharge instructions for the postpartum woman.
- Discuss four potential postpartum complications and the appropriate nursing interventions for each.
- Discuss postpartum “blues,” postpartum depression, and postpartum psychosis.

Time to Complete

Approximately seven hours.

Length of Course

Part 1
One hundred five slides with twenty review questions.
Part 2
Ninety-three slides with twenty-one review questions.

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**Length of Post-Test**

Forty post-test questions.