

Three

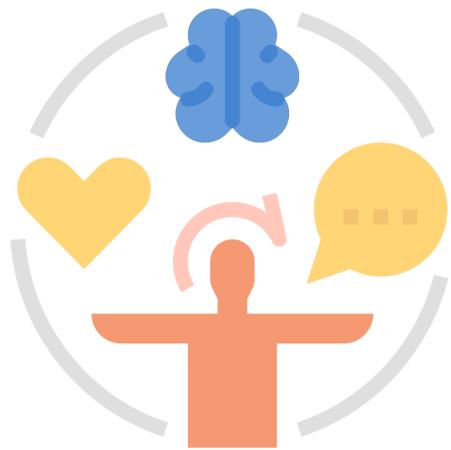
Postpartum Education Points to Support and Build Capacity for Discharge

1

Life in Hospital

Share with birthparents/parents that their length of stay will vary and is dependent on their newborns' response to extrauterine life.

- Feelings of isolation should be explored, and anticipatory guidance should be provided
- Support birthparents to develop a plan to mitigate the potential feelings of isolation given the potentially prolonged hospital stay (i.e. community support, visitors, etc.)



Medication Changes

2

Medication changes are likely in the postpartum period; however, they may not necessarily occur in the hospital. Birthparents will continue to receive the prescribed pregnancy dose, and it will be adjusted as they transition into the postpartum period.

- Changes in medication dosages must be completed collaboratively with the most responsible practitioner and the patient
- Discussion on which community pharmacist is used for dosages is imperative to support a smooth transition home.

3

Postpartum Sedation

Educate pregnant persons on the signs of sedation to monitor along with what to do should they experience signs of sedation.



Signs of Excess OAT Sedation	What to do?
<ul style="list-style-type: none"> • Feeling extra fatigued, weak • Cold or clammy skin • Dozing off 	Encourage patients with these symptoms to contact their healthcare providers - there is likely a change in medication needed.
<ul style="list-style-type: none"> • Difficulty staying alert or awake • Not responsive • Difficulty breathing • Pain in their chest 	Encourage any patients experiencing these symptoms to call 911 or seek immediate medical treatment at their nearest emergency department.