



Cesarean Section Care Map Record of Postpartum Patient Learning

(To be completed in conjunction with
Patient Teaching Booklets)

Key: WRHA = Caring for Yourself and Baby After Giving Birth (2012)
BBC = Baby's Best Chance 4th Revision, 6th Edition

If follow-up required document on the Postpartum Referral Form

	Booklet WRHA Page #	Booklet BBC Page #	Review Date	Nurse's Initials	*See IPN
0 - 1 Hour Postpartum (suggested time frame only)					
Infant Care: Eye ointment & Vitamin K risks & benefits	Nurse	Nurse			
0 - 4 Hours Postpartum (suggested time frame only)					
Mom Self Care: Pericare/ Ice packs	15	83-84			
Involution/After pains	15	83-84			
Normal vaginal flow	15	83-84			
Infant Care: Skin to skin /Feeding initiation	22	Handout			
Mucousy baby/ Choking	Nurse	Nurse			
Infant safety	Nurse	128/ Nurse			
5 - 12 Hours Postpartum (suggested time frame only)					
Mom Self Care: Pain control/Medications	16	83, 103			
Sitz bath/Episiotomy care	16	83			
Breast care/Breast changes	18, 31	104			
13 - 24 Hours Postpartum (suggested time frame only)					
Mom Self Care: Diet/Rest/Exercise	37-40	36, 47, 103			
Cesarean Section Incision care	19-20	78-79			
Activity/TEDS stockings	19-20	78-79			
Breastfeeding: Latch/Position	25-27	99-100			
Refer to Manitoba Health Handout – “Breastfeeding... Your Baby’s First Food”	Frequency/Duration	23	101		
	Signs of adequate intake at breast	27	102		
	Hand expression	28-29	106-107		
	Milk expression/Collection/Storage	30	106-107		
	Production/Breast engorgement	31	104		
	Vitamin D administration	35	109		
Formula Feeding: Frequency/Amounts	Nurse	Nurse			
Signs of adequate intake	Refer to Manitoba Health handout “Infant Formula with Iron”				
Preparation/Storage					
Non-propping					
Infant Care: Infant feeding cues	23	98.108			
Burping	35	103			
Bath/Cord care/Swaddling	52-55, 59	115-116			
Normal stools/voids	28	102.118			
Safe Sleep/Tummy Time	57-60	111,122			
Second night	25	Handout			
Smoke free setting	58	13-14			
Circumcision	56	126			
25 - 48 Hours Postpartum (suggested time frame only)					
Mom Self Care: Emotional care: PP blues/depression	44	85-86			
Resuming intercourse/Family planning methods	46-48	92-96			
Menstrual period	18	83			
Prior to discharge					
• Follow up appointment for mother and baby with health care provider	3	Nurse			
• Aware of when to call for help	7,9	84,102			
• Aware of where to call for help	67	Handout			
• Safe Travel/Aware of need for car seat	56	131			
• Jaundice and risk for hyperbilirubinemia	51	116			

* = Integrated Progress Notes