

Nursing Care Plan for Maternal Newborn Care

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data: - Mother reports postpartum pain and fatigue.</p> <p>Objective Data: - Vital signs stable but mother appears tired; signs of mild infection in the perineal area.</p>	<p>Acute Pain related to postpartum recovery as evidenced by reported pain and physical findings.</p>	<p>Short-Term: - Within 1 hour, the mother's pain will decrease from 8/10 to 4/10.</p> <p>Long-Term: - Within 48 hours, the mother will report manageable pain levels and improved energy.</p>	<p>Plan for pain management using prescribed analgesics and comfort measures (e.g., warm compresses).</p>	<p>Administer pain medications; apply warm compress; reassess pain every 30 minutes.</p>	<p>Reducing pain improves comfort and allows for better recovery and bonding with the newborn.</p>	<p>Pain score decreases; mother reports improved comfort and energy.</p>
<p>Subjective Data: - Mother reports difficulty breastfeeding and a feeling of frustration.</p> <p>Objective Data: - Newborn weight gain is slow;</p>	<p>Ineffective Breastfeeding related to maternal discomfort and difficulty with latch as evidenced by slow weight gain and reported challenges.</p>	<p>Short-Term: - Within 24 hours, the mother will demonstrate proper breastfeeding techniques with guidance.</p> <p>Long-Term: - Within one week, the</p>	<p>Develop a breastfeeding support plan; coordinate with a lactation consultant; educate on proper latch and positioning.</p>	<p>Provide hands-on breastfeeding guidance; schedule a session with a lactation consultant; offer written instructions.</p>	<p>Improving breastfeeding technique supports adequate nutrition for the newborn and reduces maternal stress.</p>	<p>Improved latch observed; newborn weight gain increases; mother reports increased confidence in breastfeeding.</p>

breastfeeding latch is poor.		newborn will show steady weight gain and effective feeding.				
Subjective Data: - Family expresses concern about the newborn's feeding and the mother's stress. Objective Data: - Mother appears anxious; family asks many questions about care.	Deficient Knowledge regarding newborn care and maternal self-care as evidenced by family uncertainty and anxiety.	Short-Term: - Within 24 hours, the mother and family will verbalize key aspects of newborn care and self-care. Long-Term: - Within one week, the family will adhere to the recommended care plan and follow up regularly.	Plan an education session on newborn care, maternal self-care, and signs to watch for.	Conduct one-on-one teaching sessions; provide visual aids and simple handouts; encourage questions and active discussion.	Education empowers the family to manage care at home and reduces anxiety.	Family demonstrates understanding; patient and family follow care recommendations; feedback indicates reduced anxiety.