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UNIVERSITY

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FACULTY OF NURSING

Prepared by-
Mrs Sudharani
Academic Head
Rama University
Faculty of Nursing
Kanpur

psychological changes during Postpartum

Phases of the Maternal Role:

- Emotional changes in the mother during the postpartum period (restorative process) as described by Reva Rubin pass through three phases. They are:
 - ❖ Taking-in phase.
 - ❖ Taking-hold phase.
 - ❖ Letting-go phase.



Breast milk is the best source of nutrition for the first six months of life



Taking-in Phase (Turning in):

- **It takes 2-3 days, during which time the mother's first concern is with her own needs (sleep and food). The woman reacts passively, mostly dependent on others to meet her needs. She initiates little activity on her own. She is quite talkative during this phase about every detail of her labor and delivery experience.**



Taking-Hold Phase (Taking Responsibility as a Mother):

- **It starts the 3rd day postpartum. The emphasis is placed on the present. She becomes impatient and is driven to organize herself and her life. She progresses from the passive individual to the one who is in command of the situation. This phase lasts about 10 days. Once the mother has taken control of her physical being and accepted her role as a mother, she is able to extend her energies to her mate and other children.**



Letting-go Phase:

- **As her mothering functions become more established the mother enters the letting-go phase. This generally occurs when the mother returns home. In this phase there are two separations that the mother must accomplish. One is to realize and accept physical separation from the infant.**

The other is to relinquish her former role as a childless person and accept the enormous implications and responsibilities of her new situation. She must adjust her life to the relative dependency and helplessness of her child.



Bonding:

- **also known as attachment: process by which parents form emotional relationship with infant over time; influenced by many factors: family, stability of home environment, nurturing she received as child. Certain characteristics important: level of trust, level of self esteem, reactions to present pregnancy; interest in child rearing.**



Postpartum Blues (Depression)

Definition

- **Rubin defined postpartum depression as the gap between the ideal and reality: the new mother's self-expectation may exceed her capabilities, resulting in cyclic feelings of depression.**
- **During Postpartum, and for no apparent reason that the mother can think of, she may experience a let-down feeling accompanied by irritability and tears. Occasionally her appetite and sleep patterns are disturbed. These are the usual manifestations of the postpartum or "infant" blues .**

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- **This depression is usually temporary and may occur in the hospital. It is thought to be related, in part, to hormonal changes, and in part, to the ego adjustment that accompanies role transition. Discomfort, fatigue and exhaustion certainly contribute to this condition. Crying often relieves the tension, but if the parents are not knowledgeable about the condition the mother may feel rather guilty for being depressed.**
 - **Understanding and anticipatory guidance will help the parent be aware that these feelings are a normal accompaniment to this role transition.**



Predisposing Factors

- **The first pregnancy.**
- **A pregnancy in late child bearing years.**
- **Ambivalence toward the woman's own mother.**
- **Social isolation.**
- **Long or hard labor.**
- **Anxiety regarding finances.**
- **Marital disharmony.**
- **Crisis in the extended family**



The Emotional Needs of the Woman during Postpartum

- **Recognition of the effort made during labor: approval of behavior during labor as well as in the immediate postpartum period.**
- **Support and encouragement in her care for the infant.**
- **Attention from family members particularly from the husband: this is very significant as most of the attention in the immediate postpartum period is directed suddenly toward the newborn.**

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- **Someone to listen and help them solve their dependency-independency conflict.**
 - **Physical needs of comfort, nourishment and hygiene should be properly fulfilled.**

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- A good method to remember how to check the postpartum changes is the use of the acronym **BUBBLERS**:
 - **B**: Breast.
 - **U**: Uterus.
 - **B**: Bladder.
 - **B**: Bowel.
 - **L**: Lochia.
 - **E**: Episiotomy.
 - **R**: Emotional response.
 - **S**: Homans' sign.

**Any
Questions...???**



THANK YOU

