

POSTNATAL INSTRUCTIONS
FOR
CASES ATTENDED BY MIDWIVES

Midwife should remain with mother for four hours after delivery.

ORDERS FOR THE MOTHER

FOOD

Something warm to drink during labor and immediately after delivery. Soft foods on day of delivery - toast, milk, eggs, cereal, stewed fruits, soups, and ice cream. Full diet beginning on the second day. (See diet list - Food for the Nursing Mother)

REST

Lie quietly on back with knees together for several hours after birth of baby. Prop up on pillows the second day. Turn on stomach every day thereafter. Sit up in bed to eat meals after the fourth day; sit up in a chair the ninth day; and walk in the room on the tenth day.

BATHS

All over sponge bath once a day. Vulva pads changed when patient passes water or has a bowel movement. Wash vulva with boiled water and boiled rags when pads are changed.

ELIMINATION

The mother should pass her water soon after the baby is born. Call a doctor if she has not passed water within twelve hours after the baby is born. The mother's bowels should move by the second or third day. If they have not, give a dose of castor oil.

ORDERS FOR THE BABY

NURSING

Wash nipples of mother, using clean rags or cotton and boiled water. This should be done each time baby nurses. Until the milk comes, let the baby nurse one breast for five minutes only. Let it nurse the other breast at the next nursing period. After the milk comes, nurse the baby for fifteen minutes every four hours. Nothing but boiled water and the mother's milk should be given the baby without orders from a physician.

BATHING

At birth the baby is gently wiped off with warm oil and soft rags that have been boiled. This may be followed with a daily soap and water bath, depending on the condition of the baby. After the naval heals give a tub bath.

REST

Keep in a bed or basket by itself except when it is being nursed, bathed, or given water. Awaken at its regular nursing hours. Keep it warm and dry.

DEMONSTRATION OF PREPARATION FOR DELIVERY

1. What to do when you send for a physician.

Be sure that you give the correct name and address or directions of the patient that he is called to see and that he has enough information to know whether it is an emergency, obstetrical case, or general medical and if the patient cannot pay for his services what agency or person will stand good for the call.

2. What to get ready while you are waiting for the physician to come.

Clean pitcher or bucket filled with clean water.
Clean hand basin; soap in a clean soap dish, saucer or pan.
2 clean towels; 1 clean glass; 1 slop bucket.
Supply of newspapers; matches; teaspoon.
Suitable light, well trimmed wicks in clean lamp filled with oil that has fitted shade on it, or adequate gas or electric lighting.

3. What to have ready when you call a physician to come to an obstetrical case.

In addition to the supplies that you get ready for a physician for any case, you need to have the following extra supplies for the obstetrical case:

Good fire in the stove and a generous supply of wood on hand.

At least two containers with water boiling.

One with a cover so that it may be set aside to cool after it has boiled, 10 minutes.

Two basins or pans that fit each other as a pot and cover.

6 clean towels; 3 clean sheets.

1 complete set of baby clothes laid out.

1 clean gown for mother.

1 pound of clean cotton or clean rags.

3 paper bed pads; 2 paper delivery pads; 3 clean vulva pads.

Bed pan when possible or extra slop bucket or chamber.

Generous supply of newspapers.

Tub or 50 or 100 pound lard can for waste.

35 cent garbage pail or 50 pound lard can with lid for soaking soiled linen.

Baby bath or foot tub.

Hot water bottle or substitute to warm baby bed.

Baby bed prepared to receive.

If lamps are used be sure that wicks are trimmed, shade is clean and fitted on lamp and that lamp is filled with oil.

It is necessary to have at least two lamps when lamps are used.

4. The county health nurse may select a midwife case and with the consent of the patient take the midwife into the home and demonstrate the set up for a home delivery; use this home for a teaching center that day and have interested persons attend to see and discuss the set up for home delivery.

5. Midwife may select case and take the nurse into the home to demonstrate the set up for home delivery.

WEIGHT CONTROL

If you need to lose weight, lose sensibly and safely. Learn the facts about the danger of extra pounds from your family physician.

Physicians recommend that you lose no more than two pounds a week. It is dangerous to lose too much weight in a short period of time. Starvation has no place in a sound reducing diet. Use common sense and do not be fooled by so-called reducing diets advertised in magazines and newspapers.

Begin every day with a good breakfast. Three meals a day is a good rule to follow. Include these foods in your meals every day:

MILK - One pint or more skim milk or buttermilk.

EGGS - One or two, poached or boiled.

LEAN MEAT, POULTRY, LIVER, FISH, COTTAGE CHEESE - One or two servings.

VEGETABLES - Four servings, including green leafy and yellow.

FRUITS - Two or three servings, including orange, grapefruit or tomato.

BREAD - Three slices, or two slices and 1/2 cup whole grain cereal.

BUTTER OR MARGARINE - Three teaspoons.

Simple DESSERTS, such as gelatins, fruits, sponge cakes.

For salads, use vinegar or lemon juice and seasonings for dressings. Remove all visible fat from meats. Avoid fried or greasy foods, soft drinks, jellies, preserves, candy, rich pastry, cakes or fillings, and other rich foods. No sugar in coffee, tea, or fruits, cereals or other foods. Drink plenty of water between meals.

No food is fattening but some are higher in calories than others. Eat small servings of these.

If you really want to lose weight, eat less. To lose weight is not easy. The decision is up to you. It took time to store up excess fat and it will take time to take it off.

Your friends will be happier if you do not discuss your diet.

State Department of Public Health
Bureau of Maternal and Child Health
Division of Nutrition

A General Daily Guide During Normal Pregnancy

- Milk..... One quart.
- Meat, lean..... One or two liberal servings. Liver once a week is desirable.
- Eggs..... At least one.
- Fruit..... Two or more servings, including oranges, grapefruit, tomatoes, or raw cabbage.
- Vegetables..... Two or more servings. One serving (1/2 to 2/3 cup) should be dark green leafy or yellow. One medium potato cooked in skin.
- Bread and Cereals..... Whole grain or enriched, 4 servings (a serving - 1 slice bread or 1/2 cup cereal)
- Butter or Margarine..... 3 teaspoonfuls.
- Vitamin D..... In form prescribed by physician to supply 400 I. U.
- Additional foods..... Either more of these or others of your own choice adjusted to your individual needs and in relation to desired weight gain. Avoid fried foods, fats, sweet desserts and soft drinks.

A suggested menu to show how the necessary foods can be supplied in your daily meals.

| <u>Breakfast</u> | <u>Dinner</u> | <u>Supper</u> |
|------------------------------|------------------------|-----------------------|
| Orange juice - 4 oz. | Hamburger, lean 4 oz. | Sandwich - cold |
| Oatmeal - 1/2 cup | Potato, baked | meat or cheese |
| One egg | Peas - 1/2 cup | Salad - vegetable |
| One slice bread & | Carrots - 1/2 cup | or fruit |
| One tsp. butter | Butter - 1 teaspoonful | Bread |
| Milk - 8 oz. (pt. on cereal) | Custard | Butter - 1teaspoonful |
| Coffee if desired | Milk - 8 oz. | Milk - 8 oz. |

Milk or fruit between meals if desired.

PRENATAL INSTRUCTIONS
FOR
CASES ATTENDED BY A MIDWIFE

I. Every woman should consult a physician or visit the nearest maternity clinic for an examination as soon as she thinks herself pregnant or when two periods have been missed.

II. SPECIAL INSTRUCTIONS:

Report at once to your physician or clinic if any of the following Danger Signals appear:

Headache; dizziness; spots before the eyes; blindness; swelling of the feet, ankles, or face; frequent or painful urination; bleeding or abdominal pain. Weight is very important, and any rapid weight gain is to be looked upon with suspicion.

III. GENERAL INSTRUCTIONS:

Prepare the necessary supplies for delivery. Put them in a clean place where no one will handle them before you are ready to use them at delivery. Plan for someone to stay in the home after delivery and be responsible for your care and the care of your baby.

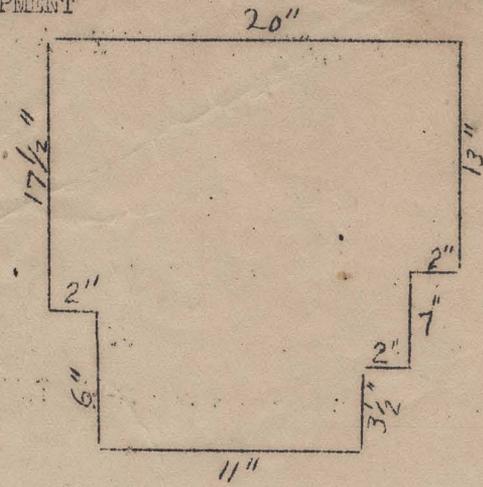
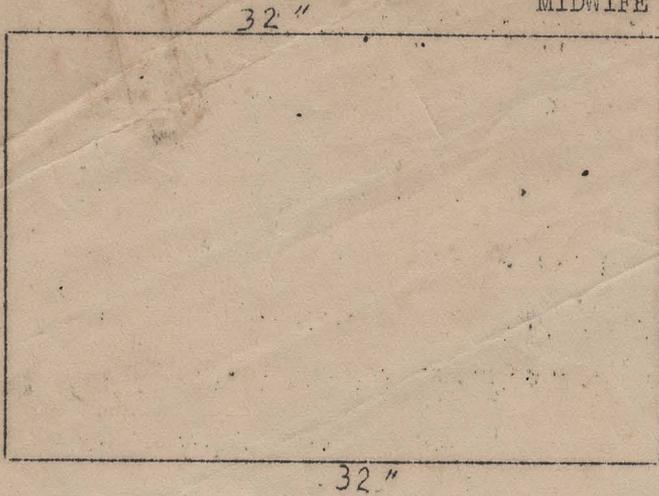
Call the midwife you have engaged to deliver you as soon as you are in labor.

Any one of the following symptoms is a sign that you are in labor:

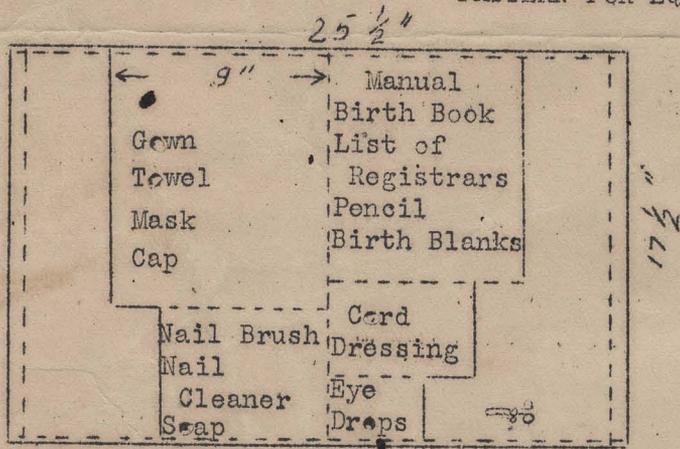
Painful contractions which begin in the lower part of the back and work around to the abdomen, or show of mucus stained with blood, or rupture of bag of waters.

Remember a MIDWIFE is allowed to deliver only well women at full term pregnancies who are having normal labor.

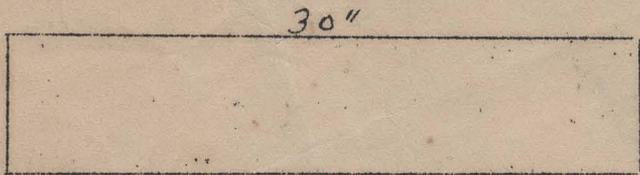
Call the DOCTOR and not the midwife if your baby comes before you are nine months pregnant or if you have any of the DANGER SIGNALS at the onset of labor.



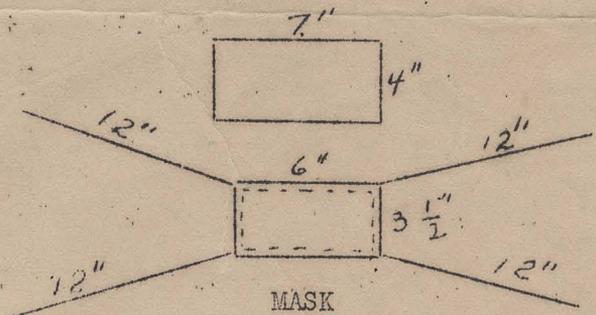
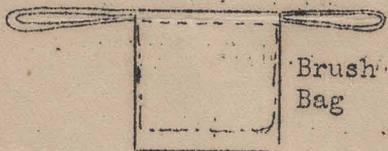
PATTERN FOR EQUIPMENT BAG



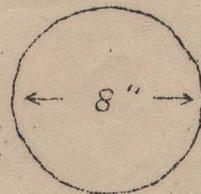
EQUIPMENT BAG



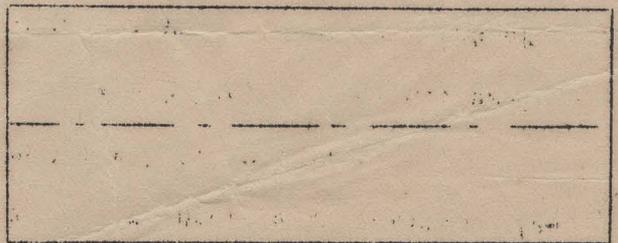
PATTERN FOR BRUSH BAG



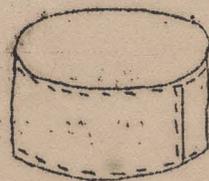
MASK



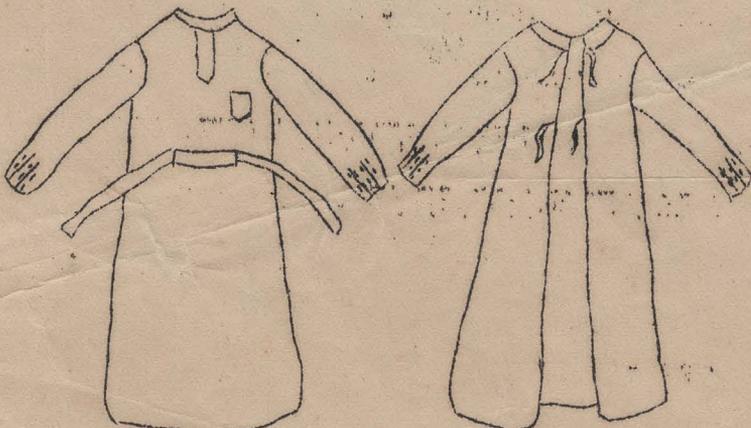
CROWN OF CAP



Cap Pattern



CAP



GOWN (Drawn to small scale)

CARE OF MIDWIFE EQUIPMENT

After use, all equipment is considered soiled. The equipment bag, brush bag, nail cleaner, cap, mask, gown, and towel, are to be washed and boiled for 15 minutes.

Wash the brush and nail cleaner, then put them in the bag, draw the tape tight, put bag into a boiler of water and let boil 15 minutes. Take out and hang bag still drawn up with nail brush and nail cleaner in it so that they will dry in the bag. It should be left so until taken out for use at next delivery.

The scissors should be washed thoroughly, then dried. All material is to be ironed except the brush bag.

The pencil, birth book, eye drops, list of registrars and scissors, can be transferred to the clean bag and packed along with the clean equipment in the clean equipment bag.

Every midwife should have a clean equipment bag, packed with clean, complete equipment at all times.