

## CARE PLANS FOR THE 42 DAYS

Unless home-birthing, your mothers will usually be discharged from the hospital by day 1 or 2 following the birth. Ideally you would be hired prior to the birth and your families would call you to let you know they are in labor. Upon labor beginning, you would start to organize your meal and care planning for your clients and be able to see them in the postpartum unit. In most hospitals today, you are able to bring in food. A well-balanced warm meal is so welcomed and needed. There are times however when you will be hired at any point during the first 42 days and understanding the week to week physiology along with the ayurvedic perspective will help you to create the most ideal care plan specific to your families. You may download the Ayurvedic Mamas™ Template from our course home page.

Once your contract is established, each visit you will address her state of health and wellbeing to begin your care. Always mindful of your scope of practice - that of an Ayurvedic Postpartum Doula providing support through and for the Ayurvedic Pillars of Nourishment, Yoga, Bodywork and Rest. Your role includes listening in order to create a daily plan, always with the goal in mind of how to help rebalance the Vata Dosha. Below, you will find how to assess your clients and how to direct your care for mother and baby through the Pillars of Care.

**The Goal of a Care Plan:** In writing your care plans we first identify the overarching areas through an Assessment of the physical, emotional, psychosocial, and spiritual realm. With that assessment, we can then address the family's specific needs through the Pillars of care.

Physical	<p>How is she feeling physically overall? Did she have a vaginal delivery or a C-Section</p> <p>Is she resting mainly in bed during first 2 weeks?</p> <p>Is her activity from week 3-6 supportive to her healing?</p> <p>What is her core condition? How is her back? Did she tell you about pre-existing issues that occurred in pregnancy that would help with your care?</p> <p>How is her pelvic floor? If she is near 6 weeks or beyond? Has she been assessed for pelvic floor strength? Is she doing kegels?</p> <p>How is her Lochia/Bleeding. How many pads is she soaking per hr?</p> <p>Perineal Care: Is she healing from a repaired laceration or episiotomy. Is she using her peri bottle?</p> <p>Does she have energy or Is she weak? Are her physical needs being met? Eating? Hydrating? Taking supplements?</p>
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	<p>If Breastfeeding: How are her breasts and nipples during breastfeeding? How do they feel after and what is she doing right now to care for her breasts?</p> <p>How are her bowel movements?</p>
Emotional	<p>How is she feeling overall? Does she have any baby blues? What do you see? Is she connecting and bonding with baby</p> <p>Social / Support: Does she have support in home? Who is caring for household chores? Who is caring for siblings? Pets? Who is preparing her meals? If she is in first 2 weeks does she have support? Does she have a daily rhythm to the day? A schedule that works?</p>
Psychosocial Needs	<p>Does she have support in home? Who is caring for household chores? Who is caring for siblings? Pets? Who is preparing her meals? If she is in first 2 weeks does she have support? Does she have a daily rhythm to the day? A schedule that works?</p>
Baby Needs	<p>Is baby latching on correctly? What Positions work best? Is baby eating every 2 hours during day and 3-4 at night in first 2 weeks? Is baby hydrated - saturating 6 diapers per day? Dirty diapers 0 on first 24 hrs, (1 ) day 1, (2) , day 2, (3) day 3 And then 3- 4 dirty diapers per day after day 4? Any diaper rash? Gas? Is mom burping or able to do gas-releasing poses with baby?</p>
Referrals / resources	<p>Does she need to call her OB/Midwife or pediatrician Does she need the number to La Leche League or a Lactation Specialist in her area? Does she need Placenta Encap? Does she need PT/Chiro or other Body work not under your scope of practice? Can you provide her with any educational material?</p>

Spiritual	What is her overall connection to herself/ her center and her soul?
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