



POSTNATAL CARE PRO FORMA

Demographic data :

Full Name :

Age :

Religion :

Dominance :

Ward :

Date of admission :

Date of delivery:

Date of assessment :

Address :

Phone number :

Chief complaints :

Complaint	Site	Duration	Progression

History of present delivery :

Natal history:

- 1st trimester-
- 2nd trimester
- 3rd trimester

Vaccinations history:

USG history:

Past history :

- Past Medical -
- Past Surgical -
- Drug History -

Pain history :

- Site :
- Onset :
- Duration :
- Type :
- Character :
- Aggravating Factors :
- Relieving Factors :
- Intensity by NPRS or VAS :
 - On Activity:
 - At Rest:

Family history :

Marital status-

Gynaecological history:

- Age of Menarche-
- Frequency of menses-
- Duration of each cycle-
- Dysmenorrhea -

Obstetric history-

- Gravida-
- Parity-

- Live-
- Aborted-

History of contraception-

Allergy history :

History of Immunization :

Socioeconomic history :

- **Modified Kuppuswami Scale :**

Environmental history :

- Work -
- Home -

Personal history :

- Appetite-
- Sleep-
- Narcotic addiction-
- Alcohol addiction-
- Bowel-
- Bladder -

Physical Examination :

General Examination :

Objective	Subjective
Blood pressure : Temperature : Pulse rate : Respiratory rate :	Built : Nutrition : Pallor : Icterus : Clubbing : Cyanosis : Lymphadenopathy : Thyroid swelling : Oedema : Rheumatic nodules : Petechial haemorrhage : Osler nodes :

Local examination :

- **Wound examination-**
 - Site-
 - Length-
 - Colour-
 - Temperature-
- **Suture examination-**

- Site-
- Length-
- Temperature-
- **Tenderness-**
 - Site-
 - Grade-

- **Oedema/swelling-**
 - Site-
 - Pitting/Non Pitting -
 - Grade

Systemic examination :

- **On Observation :**
 - Attitude -
 - Decubitus -
 - Posture examination - (in all 3 planes)
 - Facies -
 - Skin changes -
 - Striae gravidarum-
 - Linea nigra-

- **Thorax :**
 - Type of Chest -
 - Breast -
 - Presence of any dilated vessels and pulsations -
 - Position of trachea -
 - Apex Beat -
 - Lungs
 - Observation
 - Palpation
 - Percussion

- Auscultation
 - Heart
 - Observation
 - Palpation
 - Percussion
 - Auscultation
- **Abdomen :**
 - Abdominal Wall
 - Position of umbilicus -
 - Presence of scars -
 - Dilated vessels -
 - Abdominal reflexes -
 - Visible Peristalsis or Pulsations -
- **On examination:**
 - Generalised palpation, percussion and auscultation -
 - Static abdominals-
 - Static back-
 - Diastasis Recti:
 - 2cms above umbilicus-
 - Umbilical level-
 - 2cms below umbilicus-
- Pelvic floor muscle strength:

Objective	Subjective
Perineometer - Biofeedback -	Mid-stream Urine Stop Test - Contraction- aware/not aware Hold time- Repetitions- Fast repetitions - Reflex to cough- Co-contract with TA-

Manual grading of the strength of a PFM contraction - (PERFECT method)

P= power -

E= endurance -

R= repetitions -

F= fast / frequency of contractions in a second -

ECT= every contraction timed-

• Upper and Lower Limbs :

- General Examination
 - Power -
 - Tone -
 - Reflexes -
 - Sensations -
- Axilla and lymph Nodes -
- Joints -
- Varicose Vein -
- Oedema -

• Operative Notes :

- Type of anaesthesia and anaesthetics used -
- Name of the anaesthetist -
- Name of surgeons -
- Position of the patient on the operative table -
- Type of incision made -
- Type of operation -
- Type of closure -
- Drainage -

• Neonatal examination :

- Gender-
- Weight -
- APGAR score-
- Umbilical cord examination-

- Stool examination-
- Neonatal reflex examination-
- Pulse-
- Respiratory rate-

● **Functional Outcome Measure :**

- **Barthel Index -**

Investigations:

Provisional diagnosis:

International classification of Functioning, Disability and Health :

Impairments :

Body Structure	Clinical Reason	Body Function	Clinical Reason

Activity limitations :

Basic	Instrumental

Participation restrictions :

Personal	Social	Economic

Contextual factors :

Buffers	Barriers

Goals :

Sessional :

Short Term :

Long Term :

