

Postpartum Counseling Checklist: Assessment and Screening

Physical exam

- Weight
- Height
- Body mass index (BMI; compare with pre-pregnancy)
- Lab work
- Pelvic exam (perineal healing/vaginal discharge/pelvic support)
- Breast exam
- Abdominal exam (diastasis recti)

Diet, nutrition, and exercise

- Eating patterns, nutrition review
- Use of calcium supplement
- Continuing use/non-use of prenatal vitamin and iron supplements
- Cultural conditions surrounding diet
- Status of breastfeeding
- Weight loss concerns and expectations
- Alcohol consumption
- Substance abuse
- Constipation
- Exercise level (current, pre-pregnancy)
- Exercises for pelvic and abdominal muscles
- Readiness to return to work

Postpartum Mental Health

- Postpartum Depression Screening Scale (PDSS)
- Edinburgh Postnatal Depression Scale (EPDS)
- Postpartum Depression Predictors Inventory (PDPI)
- Sleeping pattern; level of fatigue
- Resources and support
- Relationship with spouse/partner
- Sibling adjustment

Sexuality and contraception

- Sexual relations
- Incontinence
- Contraceptive options