



New Born Nursing after Childbirth

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INTRODUCTION

Clinical nursing educators are frequently faced with the task of introducing undergraduate nursing students to speciality care areas while also providing consistent, meaningful, and suitable experiences for their students. This article shows how simulation exercises were utilised to help nursing students in a prelicensure baccalaureate course in postpartum newborn nursing bridge the gap between theory and practise [1]. Similar to suggestions, these simulation activities allowed clinical teachers to deliver structured, hands-on experiences that promote learning in the clinical field.

These preclinical exercises provided students with realistic circumstances in which they could ask questions, practise skills, and apply concepts and meaning to their new information. Furthermore, similar to previous research, these simulations enhanced student confidence.

DESCRIPTION

The goal of this article is to provide clinical nursing teachers with a tool that can help students learn in a safe atmosphere while also making clinical time more relevant and efficient. When planning a clinical simulation experience, keep in mind the knowledge that students have learned in previous courses and concurrent theory courses [2]. The need of matching ID bands with mothers and newborns was underlined, as was the identification of the newborn. Students reported feeling more confident and equipped to provide evidence-based nursing care to moms and their newborns in the hospital after completing these exercises [3]. New mothers, as nurses are aware, go through significant physical, hormonal, and emotional changes. Although sadness, melancholy, tiredness, apprehension, and

worry are common during the postpartum period, when these symptoms persist or intensify, postpartum depression may be present. The developmental milestone of becoming a mother may increase depression signs and symptoms for new moms diagnosed with depressive disorder during or during pregnancy [4].

Postpartum depression has been linked to a disruption in the maternal-newborn bonding experience, which is the mother's first connection with her baby. Maternal-infant attachment can be disrupted if bonding is disrupted. Attachment is more complicated than bonding because it has an emotional component that takes time to resolve. Changed attachment can also have a negative impact on a child's growth and development. According to several studies, children with disturbed connection may develop emotional and cognitive problems later in life [5].

Postpartum depression has several symptoms:

- Uncontrollable mood swings
- Fear of being alone
- Feelings of hopelessness or overwhelm
- Fear of harming oneself, one's partner, or the baby
- Lack of energy or drive

CONCLUSION

Fatigue, sleep disturbances, loss of appetite, tremors, chest pain, and headache are all possible physical signs. These various symptoms might be upsetting for new parents who had hoped for the joys of motherhood but instead had to deal with distressing symptoms. Postpartum depression takes away

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the delights and joys of giving birth and caring for a newborn infant from the new mother. If postpartum depression is not detected and treated properly, it is conceivable that long-term developmental issues, such as language and behavioral challenges in school, will arise. The importance of early identification and therapy in reversing the detrimental effects of postpartum depression cannot be overstated. Screening for postpartum depression is critical and should be part of new mothers' routine treatment. Health advocates are working hard to make healthcare practitioners and new moms aware of the necessity. The mother is not the only one who suffers from postpartum depression. The diagnosis has ramifications for infant-mother connection and child development in the future. The patient in this case study was fortunate to be diagnosed and treated adequately early in the postpartum phase. Nurses should be aware of the importance of screening postpartum women for depression symptoms and assisting those who have positive screening test findings in receiving treatment.

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CONFLICTS OF INTERESTS

There is no conflict of interest to declare.

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