

Fall in postnatal mother due to vasovagal attack especially post-delivery 6 hours, definition of fall, evidences fall in postnatal mothers.

Table of Contents

Definition	2
Critical thinking	2
Reflection.....	2
Scenario	2
Feeling	3
Evaluation	4
Analysis.....	5
Conclusion	6
Action plan.....	6
References	8

Definition

Vasovagal syncope is typically mild mental illness which can result in hallucination and fainting of the individual. Every so often the individual has need for no treatment but an episode of the attack can result in the person being injured due to the fainting caused by the episode as well as disorders regarding heart.

Postpartum is period after the birth of a child

Critical thinking

The objective analysis and evaluation of an issue in order to form a judgement is referred to as critical thinking.

Reflection

Gibbs' Reflective Cycle was developed by Graham Gibbs in 1988 to give structure to learning from experiences. It is the feelings and thoughts about the experience. It helps in evaluation of the experience, both good and bad. Also it provides analysis to make sense of the situation.

Scenario

After giving birth to a baby the mother had a nasty fall in the toilet and pertained injuries which are considered severe in nature. The mother sustained mandible fracture which is also referred to as the fracture sustained in the jaw. The mandibular bone of the jaw had a break occurring in two places. This incident resulted in the woman not being able to open the mouth to its full extent. Further investigation revealed that the teeth of the woman is not feeling properly in place and also there can be seen bleeding inside the gums of the teeth. The woman was also found to have a wound at the lobe of the right ear (Frieder *et al.* 2019). The under part of the ear seems to be swollen under the ENT check-up and the doctor has given tests to be subjected to the women following proper treatment of the ear lobe. Undermining the treatment can also lead the injuries inside the ear to spread infection and can eventually lead to temporary or permanent loss of hearing and sensitivity in the ear.

The jaw line was also having internal bleeding and can lead to haemorrhage if the jaw is not sutured immediately. The suturing and the surgery were done under local anaesthesia. The fall was considered to be nasty.

Postpartum women are often delicate with their surroundings as rigorous force and shock to the stitches can cause them to burst open which can lead to blood loss followed by unconsciousness and even deaths in some cases. A postpartum woman needs to be properly taken care of by their family members along with the child. The mother must be provided substantial amount of time for the stitches to heal up. It is also required that the woman is subjected to support during her visit to bathrooms as the effect of the anaesthesia used during or after the surgery can cause her to have headaches and sleepiness. This can lead to the woman having an accident which can be serious. The woman must also be provided proper foods rich in vitamins and minerals after the child birth to remove the weakness of the body efficiently. The weakness in the woman can be due to the huge amount of pressure exerted to the internal organs of the body of the woman during child birth including the heart and the lungs among others. The weakness can also be due to improper blood loss during c-section method of child birth. The anaesthesia used upon the woman during the childbirth can also cause weakness in the body.

Feeling

Women experience a significant drop in the levels of oestrogen in their body right after childbirth this can lead to the woman feeling weakness and exertion among others. The body of the woman at this stage is considered to be quite delicate and needs to be properly taken care of. The period of postpartum starts right after the birth of the child and usually lasts for about a period of six to eight weeks(Niwa, 2018). The period also involves the woman having many changes in her body both emotionally as well as physically. The woman also has to learn how to deal with the progress by going through all the changes as well as the required adjustments which has to be made after becoming a mother. The period right after the child birth also involves the learning of the parent as to how to care for their new born as well as the mother and also how to properly function as a unit of the family. In order for the mother to rebuild her strength, the mother needs to have plenty of rest as well as take care of the nutrition properly. The mother also needs to be provided help by the members of the family during the leading few weeks.

In the given scenario the mother was probably weak due to the exertion experienced by her during the child birth. Upon further examination the main cause was found to be the attack happened due to the triggering of the defence mechanism due to vasovagal attack. The examination also revealed that the woman was not feeling hungry and therefore had not taken

in any food after the childbirth. The following psychiatric evaluation determined the added pressure of being a mother and the emotionally daunting task of taking care of a new born. The woman was seemingly depressed over the added responsibility. This kind of feeling is normal and often termed as 'baby blues'. After the accident and getting the proper treatment the woman was revealed to have pain in the lower abdomen and in the jaws of the mouth due to the injury which was sustained by her. It is required that she receives constant love and supports from her other half to deal with this kind of situations.

Evaluation

The experience that the woman had after she fell in the toilet was really bad. The fracture she had on the jawline made her unable to move her mouth which is required to even eat food and drink water. The accident left a broken jaw line which required to be sutured by the medical professional. The suture will leave permanent marks of scar which can be only removed with the help of cosmetic surgery. The accident also left her in the state of fear and also caused her emotional distress. Due to the serious fracture occurred; she can also feel pain in the nerve endings of the jaw line(Tamargo*et.al.*2019). The pain in the nerves can cause serious distress physically as well as emotionally. The woman can experience shooting pain in the jaw which will feel like electric shocks. The accident can also lead to permanent damage to teeth and had to be replaced. The impact of the fall on the earlobes can lead to partial loss of hearing and make her experience the need to wear ear aids and this can impact adversely on the sentiment of the woman in addition to the pain.

The accident can lead to disfigurement of jaw or excessive loss of blood could have led to her being in the state of comatose. This accident can further lead up to the loss of support for the newborn if something serious were to happen to the mother. The child who is in the requirement of constant nourishment and proper feeding of the mother's milk can be affected adversely if the fall had impacted the mammary glands of the woman. The brain is majorly responsible for all the functions of the body(Lawson*et.al.*2019). If the accident was to be serious or the mother had sustained injuries on the cranial nerves, the body would have gone into paralytic shock which can be a tragic experience for the family of the woman. Any impact on the brain often leads to dysfunction of the operations of the organs and can result in the person being comatose for significant time. The impact on the brain could have also lead to partial or complete amnesia. These are the tragic experiences which the mother would have suffered if the injuries related to the fall were significant.

Analysis

The woman had experienced vasovagal attack due to the fainting of the body which can happen when the body reacts overly to specific triggers including extreme distress pertaining to the emotions or the depressions of child birth and also the sight of blood can trigger the attack mechanism. This is also referred as neurocardiogenic syncope in medical terms. This neurocardiogenic syncope or vasovagal syncope can trigger the defence mechanism of the body which can cause the heart rate as well as the pressure of the blood in the arteries and the veins to lower substantially. Although vasovagal syncope is typically mild and every so often have need for no treatment but an episode of the attack can result in the person being injured due to the fainting caused by the episode as well as disorders regarding heart (Augustin, 2018). The symptoms of vasovagal syncope includes paleness in the skin, feeling of light-headedness, having tunnel vision, feeling of nausea, feeling sweaty and also blurred vision among others. During an episode of vasovagal syncope people may notice the person having the attack, performing movement that are jerky in nature as well as having slow or weak pulse and also the person's pupils being dilated.

The vasovagal syncope could have been accompanied by the drop in the levels of oestrogen in the women right after the child birth. The drop in the level of oestrogen can also cause the similar symptoms, if not all, similar to the syncope. It is common for a postpartum woman to experience the drop in the oestrogen levels which can cause light-headedness as well as feeling of fainting. The lowering of the oestrogen levels can also lead to depression after the child birth which is often known as 'baby blues' and is considered normal (Salehi *et al.* 2019). Women with postpartum depression are often provided with anti-depressants and similar medications which can also result in the feeling of sleepiness and can result in the woman falling in the toilet without any support or help.

The fall can lead to the pain in the lower abdomen of the woman due to the exertion on the stitches as well as can lead to other side effects like internal bleeding and haemorrhaging. The woman could have not been getting proper nutrition which led to the fainting and eventually falling in the toilet. It was required to provide her with additional support from her better half in doing the usual chores due to the time period of the child birth surgery is only 6 hours. In this short amount of time the effect of anaesthesia could have also played a role in the accident and was revealed so in further examination.

Conclusion

It was learned that the mother sustained mandible fracture which is also referred to as the fracture sustained in the jaw. The mandibular bone of the jaw had a break occurring in two places. The woman was also found to have a wound at the lobe of the right ear. The under part of the ear seems to be swollen under the ENT check-up and the doctor has given tests to be subjected to the women following proper treatment of the ear lobe. It can also be concluded from the examinations that the mother had experienced vasovagal attack due to the fainting of the body which can happen when the body reacts overly to specific triggers including extreme distress pertaining to the emotions or the depressions of child birth and also the sight of blood can trigger the attack mechanism. Vasovagal syncope is typically mild and every so often has need for no treatment but an episode of the attack can result in the person being injured due to the fainting caused by the episode as well as disorders regarding heart. The report additionally concludes that since the time between the surgery and the accident was only six hours therefore, anaesthesia which the woman was subjected to during the surgery could have also played a vital role along with the syncope, in the fainting of the mother resulting in the accident.

Action plan

In order to deal with these types of situations it is required to be prepared for the prevention of worst incidents by preparing a plan of action. It is also required to make appropriate changes wherever possible. The plan of action to deal with similar situations in the near future includes:

1. It is necessary for the husband to be involved in the proper caring of the mother and supporting her through all her daily activities including accompanying her to the bathroom and in-taking food among others.
2. It is required for the mother to do nothing for the next three weeks or so other than feeding the baby. It will help in the healing of the stitches as well as recuperating from postpartum.
3. The mother should take part in proper psychiatric evaluation by a professional to deal with the postpartum depression symptoms also known as 'baby blues'.
4. In the medical facilities it is required by the practitioners and the nurses to properly check the condition of the mother in regular intervals to prevent such kinds of accidents.

5. The mother should avail the help of the nurses in using the amenities such as toilet and bathrooms.

References

- Augustin, G., 2018. Intestinal obstruction. In *Acute Abdomen During Pregnancy* (pp. 269-343). Springer, Cham.
- Frieder, A., Fersh, M., Hainline, R. and Deligiannidis, K.M., 2019. Pharmacotherapy of postpartum depression: current approaches and novel drug development. *CNS drugs*, 33(3), pp.265-282.
- Lawson, A., Parmar, R. and Sloan, E.P., 2019. Sleep disorders. In *Perinatal Psychopharmacology* (pp. 341-376).Springer, Cham.
- Niwa, K., 2018. Adult Congenital Heart Disease with Pregnancy.*Korean circulation journal*, 48(4), pp.251-276.
- Salehi, B., Zakaria, Z.A., Gyawali, R., Ibrahim, S.A., Rajkovic, J., Shinwari, Z.K., Khan, T., Sharifi-Rad, J., Ozleyen, A., Turkdonmez, E. and Valussi, M., 2019. Piper Species: A Comprehensive Review on Their Phytochemistry, Biological Activities and Applications. *Molecules*, 24(7), p.1364.
- Tamargo, J., Caballero, R. and Delpón, E., 2019. Pharmacotherapy for hypertension in pregnant patients: special considerations. *Expert opinion on pharmacotherapy*, 20(8), pp.963-982.