



Postnatal Care

Debra Bick, Christine MacArthur, Heather Winter

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This practical handbook presents evidence-based guidelines for the identification and management of postnatal health needs. It reviews the evidence on the physical and psychological postpartum health problems experienced by women, and the primary management of these, and facilitates individualised care. The ten guidelines were developed by experts in postpartum health as part of a large randomised controlled trial and were peer reviewed by nationally acknowledged experts in each subject area. The guidelines were designed for use by midwives and incorporate criteria for referral, but will also be useful for other health professionals and for women. Leaflets presenting a summary of recommended management are held in a pocket inside the back cover, for ease of regular use.

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