**Kodusünnituse järgse koduvisiidi protokoll**

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| **Naise nimi,**  **isikukood** | | | **Aadress, telefon** | | **Ämmaemand,**  **nimi ja kood** | | **Perearsti nimi, perearstikeskus** |
| **e-post** | |
| **Esmane**  **visiit** | **korduv**  **visiit** | | **visiidi kuupäev** | **sünnitusjärgne**  **päev** | | **visiidi algus ja lõpp kl** | |
| **Naise anamnees** | |  | | | | | |
| **Raseduse kulg** | |  | | | | | |
| **Sünnituse kulg**  (sh. sünnitusviis,  sekkumised,  valutustamine jne.) | |  | | | | | |
| **Sünnitusjärgse perioodi ja imetamise kulg\***  (sh nahk-naha kontakti kestvus, mitmendal minutil esimene imetamine jne.) | |  | | | | | |
| **Lapse sj perioodi kulg, riskid, diagnoosid, ordinatsioonid** | |  | | | | | |
| **Vaktsineerimine** | | **TBC** | | | **B-hepatiit** | | | |
| **Skriining** | | **ainevahetushaigused** | | | **OAE** | | | |
| **Kaebused hetkel,**  **kasutatavad ravimid** | | **ema** | | | **laps** | | |
| **Keskkond, turvalisus** | |  | | | | | |
| **Juriidilised teemad** (sünni reg., toetused) | |  | | | | | |
| **Tulevikuplaanid**  (kool, töö) | |  | | | | | |
| **Soovitused** | |  | | | | | |
| **Järgmise visiidi plaan** | |  | | | | | |
| **Ambulatoorse konsultatsiooni/ hospitaliseerimise vajadus** | |  | | | | | |

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| **I OSA - NAISE FÜÜSILINE TAASTUMINE JA LÄBIVAATUS** | | | | | | | | | |
| **Üldseisund** | **Seisundi kirjeldus** | | | | | | | | **Kaebused, kommentaarid, abistamine, nõustamine** |
| Kehatemperatuur | RR | pulss | | | | HS | | |  |
| Tursed | näos | kätel | | | | jalgadel | | |
| Nahk, limaskestad | norm | kahvatu | | | | lööve | | |
| **Emakas** | | | | | | | | | |
| emakapõhi naba suhtes | naba kõrgusel | | ....... cm allpool naba | | | | | |  |
| emaka toonus | normotooniline | | hüpotooniline | | | | | |
| **Lohhiad** | | | | | | | | | |
| Värvus | *rubra* | *fusca* | | | | *alba* | | |  |
| Hulk | rohke | vähene | | | | puudub | | |
| Lõhn | norm | lehkav | | | | | | |
| Hüübed | esineb | ei esine | | | | | | |
| **Perineum** | | | | | | | | | |
| intaktne | paranemas | paranenud | | | | | | |  |
| episiotomia haav,  rebend | õmblused säilinud | osaliselt lahti | | | | | kõik lahti | |
| põletikutunnused | tursevaba | turses | | | | | | |
| punetus | eritis | verevalumid | | | | | | |
| **Eritamine** | | | | | | | | | |
| defekatsioon | Iga päev | | | 2-3 p järel | | | | harvem |  |
| hemorroidid | esineb | | | ei esine | | | | |
| urineerimine | vaba | | | valulik | | | | |
| inkontinents | esineb | | | ei esine | | | | |
| muu |  | | |  | | | | |
| **Valu** (esinemine, tugevus VAS) | | | | | **1 2 3 4 5 6 7 8 9 10** | | | | |
| peavalu | esineb | | | ei esine | | | | |  |
| emakavalu | esineb | | | ei esine | | | | |
| seljavalu | esineb | | | ei esine | | | | |
| perineumi valu | esineb | | | ei esine | | | | |
| muu | esineb | | | ei esine | | | | |
| **Puhkus/uni** | | | | | | | | | |
|  | | | | | | | | | |
| **Toitumine ja vedeliku tarbimine** | | | | | | | | | |
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| **Füüsiline aktiivsus** | | | | | | | | | |
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| **II OSA - NAISE EMOTSIONAALNE STAATUS JA TOIMETULEK** | | | | | | | | | | | | |
| **Emotsionaalne staatus. Emadusmasenduse, sünnitusjärgne depressiooni, psühhoosi esinemine** | | | | | | | | | | | | |
| rahulik, positiivne | | üliaktiivne | | | | | | | apaatne | | | |
| nutuvalmidus | | hirmunud | | | | | | | ärev | | | |
| mure lapse pärast | | mure enda pärast | | | | | | | mure pereliikmete pärast | | | |
| üksindustunne | | enesekindluse puudumine | | | | | | | muu | | | |
| **Valmidus rääkida sünnituskogemusest, naise hinnang** | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| **Vajadused ja kohanemine** | | | | | | | | | | | | |
| **vajaduste väljendamine** |  | | | | | | | | | | | |
| **info otsimine** |  | | | | | | | | | | | |
| **info mõistmine ja kasutamine** |  | | | | | | | | | | | |
| **uue rolliga kohanemine** |  | | | | | | | | | | | |
| **elustiili kohandamine** |  | | | | | | | | | | | |
| **ressursside hindamine ja kasutamine** |  | | | | | | | | | | | |
| **muu** |  | | | | | | | | | | | |
| **Enesehooldusvajaduse mõistmine ja hindamine** | | | | | | | | | | | | |
|  | | | | | | | | | | | | |
| **Kontakt lapsega** | | | | | | | | | | | | |
| **positiivsus** |  | | | | | | | | | | | |
| **teadlikkus lapse vajadustest** |  | | | | | | | | | | | |
| **lapse vajadustele vastamine** |  | | | | | | | | | | | |
| **lapse nime kasutamine,**  **silma vaatamine,**  **spontaanne rääkimine lapsega,**  **puudutamine,**  **sülle võtmine,**  **turvaline hoidmine** |  | | | | | | | | | | | |
| **isa kaasatus hooldusse** |  | | | | | | | | | | | |
| **perekonna kaasamine kontakti** |  | | | | | | | | | | | |
| **Seksuaalsus** | | | | | | | | | | | | |
| **suguelu turvaline alustamine** |  | | | | | | | | | | | |
| **ohutunnused** |
| **teadlik piirangutest** |
| **Kontratseptsioon** | | | | | | | | | | | | |
| **kontratseptsiooni-**  **vahendi valik** |  | | | | | | | | | | | |
| **Tugisüsteemid** (vajadused ja toimetulek) | | | | | | | | | | | | |
| **kodutööd, lastehooldus,**  **emotsionaalne toetus partnerilt, perelt, sõpradelt, väline abi** |  | | | | | | | | | | | |
| **III OSA - RINNAD JA IMETAMINE** | | | | | | | | | | | | | |
| **Ootused, plaanid ja kaebused seoses imetamisega** | | | | | | | | | | | | | |
| **konsistents** | pehme 🞎v 🞎p | | | | | | | paisunähtudega 🞎v 🞎p | | | | | |
| **nibuväli** | terve 🞎v 🞎p | | | | | punetav 🞎v 🞎p | | | | turseline 🞎v 🞎p | | | |
| **nibu** | terve 🞎v 🞎p | | | | lame 🞎v 🞎p | | sissetõmbunud 🞎v 🞎p | | | | | lõhe 🞎v 🞎p | |
| **eritis nibust** | ternespiim 🞎v 🞎p | | | | piim 🞎v 🞎p | | mädane eritis 🞎v 🞎p | | | | veresegune eritis 🞎v 🞎p | | |
| **valu lokalisatsioon ja tekke aeg** | nibust 🞎v 🞎p | | | | tursest 🞎v 🞎p | | lümfisõlmedest  🞎v 🞎p | | | | ummistunud juhast🞎v 🞎p | | |
| enne | | | ajal | | | järel | | | | kestvus | | |
| **punetus** | ühtlane 🞎v 🞎p | | | | | väätidena 🞎v 🞎p | | | | laikudena 🞎v 🞎p | | | |
| **rindade lisastimulatsioon** | käsitsi | | pumbaga | | | | | algus | | sagedus | | | |
| **rinnahooldus** |  | | | | | | | | | | | | |
| **tähelepanekud** |  | | | | | | | | | | | | |
| **Rinnaga toitmine** | | | | | | | | | | | | | |
| **Sagedus** (kordade arv ööpäevas) |  | | | | | | | | | | | | |
| **toitmiskorra kestvus** |  | | | | | | | | | | | | |
| **imetamisasend** |  | | | | | | | | | | | | |
| **imemisvõte**  (imemise tugevus, neelamis-liigutused,  hääled imemisel jne) |  | | | | | | | | | | | | |
| **ema-lapse koostöö** |  | | | | | | | | | | | | |
| **toidu tagasiheide, oksendamine** |  | | | | | | | | | | | | |
| **kasutatakse rahustamiseks, uinutamiseks** |  | | | | | | | | | | | | |
| **Piimaseguga toitmine** | | | | | | | | | | | | | |
| **mitmendast elupäevast?** |  | | | | | | | | | | | | |
| **näidustus** | alustatud sünnitusmajas | | | | | | | alustatud kodus | | | | | |
| **sagedus** |  | | | | | | | | | | | | |
| **ajastus (enne/pärast imetamist)** |  | | | | | | | | | | | | |
| **kogus ühel toitmiskorral** |  | | | | | | | | | | | | |
| **toitmise viis (pudel, tops, lusikas, süstal)** |  | | | | | | | | | | | | |
| **muu** |  | | | | | | | | | | | | |

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| **IV OSA - VASTSÜNDINU LÄBIVAATUS** | | | | | | | | | | | | | | | | | | | | |
| **vanus päevades** | | | | | | | | | **sünnikaal** | | | | | | | | | | | |
| **kaaluiive** | | | **kaal hetkel** | | | | | | | | | | | | | | | | | |
| **Elulised näitajad** | | | | | | | | | | | | | | | | | | | | |
| **Seisundi kirjeldus, kommentaarid, abistamine, nõustamine** | | | | | | | | | | | | | | | | | | | | |
| hingamine regulaarne | | | abilihased kaasatud | | | | | | | | | hingeldus | | | | | | | apnoe | |
| oiglemine | | | tsüanoos | | | | | | | | | kahvatus | | | | | | | | |
| südamerütm regulaarne | | | tahhükardiline >160 | | | | | | | | | bradükardiline <100 | | | | | | | | |
| temperatuur | | |  | | | | | | | | | | | | | | | | | |
| **Üldseisund** | | | | | | | | | | | | | | | | | | | | |
| hea | | | rahuldav | | | | | | | | | raske | | | | | | | | |
| rahulik | | | rahutu | | | | | | | | | kergesti erutuv | | | | | | | | |
| aktiivne | | | loid | | | unine | | | | | | viril | | | | | | | | |
| **Nutt** | | | | | | | | | | | | | | | | | | | | |
| **iseloom** | | | jõuline | | | | | nõrk | | | | | | kiljuv | | | | | | oiglev |
| **sagedus** | | | puudub | | | | | harva | | | | | | tihti | | | | | | pidev |
| **Pea** | | | | | | | | | | | | | | | | | | | | |
| pea ümbermõõt | | |  | | | | | | | | | | | | | | | | | |
| lõgemed | | | avatud | | | | | | | lamedad | | | | | | | nutmisel pinges | | | |
| turse | | | hematoom | | | | | | | | | sünnimuhk | | | | | | | | |
| **Suu** | | | | | | | | | | | | | | | | | | | | |
| keelekida | | | limaskest puhas | | | | | | | | | soor | | | | | | | | |
| **Silmad** | | | | | | | | | | | | | | | | | | | | |
| puhtad 🞎V 🞎P | | | | | | | | | | | laugude turse 🞎V 🞎P | | | | | | | | | |
| vesine eritis 🞎V 🞎P | | | | | | | | | | | laugude punetus 🞎V 🞎P | | | | | | | | | |
| verevalumid 🞎V 🞎P | | | | | | | | | | | mädane eritis 🞎V 🞎P | | | | | | | | | |
| **Nina** | | | | | | | | | | | | | | | | | | | | |
| eritis | | | | | | | | | | | hingamistakistus | | | | | | | | | |
| **Nahk** | | | | | | | | | | | | | | | | | | | | |
| **värvus** | | roosa | | | kahvatu | | | | | | | tsüanootiline | | | | | | | | ikterus |
| **elastsus** | | normaalne | | | | | | | | | | vähenenud | | | | | | | | |
| **turgor** | | normaalne | | | | | | | | | | langenud | | | | | | | | |
| **lööve** | | higilööve | | | toksiline erüteem | | | | | | | püodermia | | | | | | | | |
| **verevalum**(lokalisatsioon) | |  | | | | | | | | | | | | | | | | | | |
| **haudumus**(lokalisatsioon) | | voltide punetus | | | | | leemendus | | | | | | | | | veritsus | | | | |
| **Kõht** | | | | | | | | | | | | | | | | | | | | |
| pehme | | | pinges | | | | | | | | | | puhitunud | | | | | | | |
| **Naba** | | | | | | | | | | | | | | | | | | | | |
| irdumas | | | irdunud | | | | | | | | | paranenud | | | | | | | | |
| kuiv | | | leemendav | | | | | | | | punetus | | | | | | | lõhn | | |
| **Urineerimine** | | | | | | | | | | | | | | | | | | | | |
| sagedus | | | värvus | | | | | | | | | lõhn | | | | | | | | |
| dehüdratatsiooni tunnused | | | | | genitaalid | | | | | | | | | | | | | | | |
| **Roojamine** | | | | | | | | | | | | | | | | | | | | |
| sagedus | | | värvus | | | | | | | | | konsistents | | | | | | | | |
| lõhn | koolikad | | | gaaside väljutamine | | | | | | | | | | | abistamise vajadus | | | | | |
| **Neuroloogiline leid** | | | | | | | | | | | | | | | | | | | | |
| jäsemete toonus | | | õlavöötme toonus | | | | | | | | | treemor | | | | | | | | |
| eakohased refleksid | | | rkamisreaktsioon (raskesti äratatav, ärkab erutunult) | | | | | | | | | | | | | | | | | |
| liigutuste sümmeetria | | | pea hoidmine | | | | | | | | | | | silmavaade | | | | | | |
| **Vastsündinu hooldus** | | | **mõistmine (jah/ei)** | | | | | | | | | | **oskused (jah/ei)** | | | | | | | |
| füüsiline kontakt | | |  | | | | | | | | |  | | | | | | | | |
| emotsionaalne kontakt | | |  | | | | | | | | |  | | | | | | | | |
| turvalisus | | |  | | | | | | | | |  | | | | | | | | |
| naha ja näo hooldus | | |  | | | | | | | | |  | | | | | | | | |
| küünte hooldus | | |  | | | | | | | | |  | | | | | | | | |
| naba hooldus | | |  | | | | | | | | |  | | | | | | | | |
| mähkmepiirkonna hooldus | | |  | | | | | | | | |  | | | | | | | | |
| toitmine | | |  | | | | | | | | |  | | | | | | | | |
| eritamine | | |  | | | | | | | | |  | | | | | | | | |
| vannitamine | | |  | | | | | | | | |  | | | | | | | | |
| riietus, riietamine | | |  | | | | | | | | |  | | | | | | | | |
| magamisasendid ja uni | | |  | | | | | | | | |  | | | | | | | | |
| magamisaseme ohutus | | |  | | | | | | | | |  | | | | | | | | |
| sensoorne stimulatsioon | | |  | | | | | | | | |  | | | | | | | | |
| õueskäimine ja karastamine | | |  | | | | | | | | |  | | | | | | | | |
| haiguste tunnused | | |  | | | | | | | | |  | | | | | | | | |
| pere kaasatus hooldusse | | |  | | | | | | | | |  | | | | | | | | |
| hooldusvahendite kasutamine | | |  | | | | | | | | | | | | | | | | | |
| hooldusvead | | |  | | | | | | | | | | | | | | | | | |
| **Ravimite manustamine** | | | | | | | | | | | | | | | | | | | | |
| D-vitamiin (firma) | | | annus | | | | | | | | | sagedus | | | | | | | | |
| Gaasiravimid | | |  | | | | | | | | |  | | | | | | | | |
| Muu | | |  | | | | | | | | | | | | | | | | | |