Taking Care of Your Pregnant and Postpartum Body

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ONE OUT OF EVERY SEVEN FARMS IS NOW MANAGED BY A WOMAN.

WE'RE KIND OF A BIG DEAL.
About me...

- RN for 16 years
- Hospital Critical Care experience, Manager at Magnolia Birth Center in Greensboro, NC (now closed)
- Wife, Mother of 3 girls, and Farmer!
DISCLAIMER

➔ I am not your healthcare-provider.

➔ I am providing general information which may or may not apply to you.

➔ For specific recommendations, contact your healthcare provider.
A Note on Your Healthcare Provider:

- Chose someone you can trust, remember that you are the customer here.
- Midwives approach birth as a normal process within the healthcare continuum of a woman’s life.
- OBGYN’s are trained in high risk cases and surgery.
Prenatal Considerations

Pregnancy is the happiest reason ever for feeling like crap.

thewildwest3.com
Early Pregnancy

- Morning Sickness
- Fatigue
- Anxiety and Worry

**Tips**

- B vitamins are your friend!
- Beans will help absorb stomach acid and are a great source of protein.
- Small, frequent meals
- Avoid “Dr. Google”
Helpful Resources

- MommyMeds app: What is safe during pregnancy and lactation.
- Hypnobirthing scripts
- Relaxation / Yoga Nidra on YouTube: Ally Boothroyd
- Good Media: Ina May’s Guide to Childbirth
Recommended Activity Level for early pregnancy:

If you were doing it before, you can do it while you're pregnant.

Now's not the time to start marathon training if you aren't a runner.

Listen to your body.

Tip
Later in pregnancy, this changes as your body center of gravity is altered, making you more at risk to fall or have a lifting injury.

Photo credit: fivefootfarm.com/blog
Can I...

...Ride the tractor?
...Ride my horse?
...Clean the chicken coop?
...Clean the cat box?
Late Pregnancy

Safety: Heavy Equipment, Equines, Horned Livestock

- Tractors are the number one overall cause of injury or death on a farm.
- The majority of deaths among women farmers ages 15-59 are due to accidents with cattle.
- Horseback riding advisory: not recommended due to fall risk.

Tips

Livestock can always behave in unpredictable ways, always be aware and use caution.
Late Pregnancy

Swelling:
- hydrate adequately
- blood volume increases by nearly 50%
- Elevate and rest feet
- Pay attention to marked increase in swelling in hands or face.

Tips
- Carry water with you everywhere.
- Wear compressions socks to help with foot swelling.
Late Pregnancy

Blood Pressure:
- PIH / toxemia: pregnancy induced hypertension
- Know YOUR baseline
- Generally it falls gradually during 1st half of pregnancy and then increases until day of delivery.
- Can be diet related, but sometimes it just happens.

Tips
- Have access to at home bp cuff.
- Eat adequate protein.
- Listen to your body!
Late Pregnancy

Safety:

- Do heavy lifting properly, ask for help.
  - Bend at the knees, not the waist.
  - Don't lift and twist.
- Hormonal changes cause loose ligaments which increases chance for injury.

Tips
Always err on the side of caution!

Belly bands can help support.
Spinning Babies: 3 Sisters
(not corn, beans and squash this time)
Pelvic Floor Strength

➔ **Kegels**  Do these regularly!

➔ **Squats**
Pick up that tissue..

➔ **Physical Therapy**

Why?
- Decreased tears during childbirth, increased tissue flexibility
- Bladder Continence
Baby Movement

➔ "Quickening" should begin around 14 weeks.

➔ Movement Worries? Drink a glass of cold water, eat something sweet and lay down.

➔ Listen to your instincts.
Nutrition

“Hey! Where’s everybody going? I still have one or two empty stomachs.”
“Vitamin supplements are in routine use in prenatal care; they do not take the place of a sound, balanced diet of nutritious foods.”

The Pregnancy After 30 Wookbook, ed. Gail Brewer, 1978
Avoid undercooked, raw fish and meat.
Avoid processed meats and foods.
Consume additional 200 calories per day for pregnancy, 500 for lactation.
Protein: 60 grams / day
Foods rich in iron: spinach, peas, meat
Blood sugar and the placenta
Follow compost guidelines!

Tips
Look at Brewer’s Diet for pregnancy.
Small Frequent meals: carry snacks like almonds and raisins
Heartburn? Avoid eating late or too much.
Compost Guidelines

140 degrees F x5 days x2 cycles, 120 days from application to harvest, avoid applying to things like spinach and lettuce and root crops if unsure. Consider using only plants in compost.
Hydration

- Have your well water tested annually. Nitrate toxicity is the number one cause of blue baby syndrome.
- Carry a water bottle with you, small sips frequently. Keep your bladder emptied often.
- Add a pinch of salt to water to balance electrolytes.
- Red Raspberry Leaf tea for last tri and postpartum.

Tip
In some counties they will come test your water for free.
Avoiding Exposure: Oxytocin and Prostaglandins ("Lute") = bad news

Chemicals: fertilizers, pesticides, fungicides, herbicides - even "natural" and organic applications may be harmful.
Zoological Pathogens
More than 300,000 people living in the United States are infected with *Trypanosoma cruzi*, the parasite that causes Chagas disease, and more than 300 infected babies are born every year.

There are at least 1,000 hospitalizations for symptomatic cysticercosis per year in the United States.

At least 14 percent of the U.S. population has been exposed to *Toxocara*, the parasite that causes toxocariasis, and each year at least 70 people—most of them children—are blinded by resulting eye disease.

More than 60 million people in the United States are chronically infected with *Toxoplasma gondii*, the parasite that causes toxoplasmosis; new infections in pregnant women can lead to birth defects and infections in those with compromised immune systems can be fatal.

Trichomoniasis can cause pregnancy problems and increase the risk of other sexually transmitted infections including HIV. The *Trichomonas* parasite is extremely common, affecting 3.7 million people in the United States, although it is easily treatable.
**SPECIAL CONSIDERATIONS DURING PREGNANCY**

- Pregnant women have compromised immune and respiratory symptoms
  - Increased vigilance in hand washing, PPE use, avoidance of animal body fluids & excrement
- Diseases that cause abortions in animals may have the same effect in humans
  - Avoid handling tissue from aborted animal fetuses
- Know risks related to toxoplasmosis, listeria, influenza, Q fever, and pharmaceuticals

**REPORTABLE DISEASES:**

Both the World Health Organization and the Center for Disease Control provide data on notifiable zoonotic diseases that must be reported. Reporting and management of these events are initiated at the state level and procedures vary from state to state. For more information visit [www.cdc.gov/nndss](http://www.cdc.gov/nndss)
### BACTERIAL ZOONOSIS

<table>
<thead>
<tr>
<th>Disease</th>
<th>Host / Carrier</th>
<th>Characteristics &amp; Primary Transmission</th>
<th>Incubation</th>
<th>Human Symptoms</th>
<th>Precautions / Care &amp; Treatment</th>
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<tbody>
<tr>
<td>BRUCELLOSIS</td>
<td>cattle, sheep, goats</td>
<td>contact with animal tissue, blood, fluids, milk, inhalation</td>
<td>1-15 weeks</td>
<td>fever, malaise, flu-like symptoms, possible heart, bone, or organ damage</td>
<td>rest fluids, PPE, antibiotics</td>
</tr>
<tr>
<td>LEPTOSPIROSIS</td>
<td>cattle, swine, sheep, goats</td>
<td>contact with urine of infected animals</td>
<td>7-12 days</td>
<td>fever, malaise, flu-like symptoms, jaundice</td>
<td>rest fluids, PPE, antibiotics</td>
</tr>
<tr>
<td>Erysipellos</td>
<td>swine, chickens, turkeys</td>
<td>usually caused by group A Streptococcus</td>
<td>3-14 days</td>
<td>fever, chills, headache, joint pain, skin lesions</td>
<td>rest fluids, PPE, antibiotics, treat cuts and abrasions immediately</td>
</tr>
<tr>
<td>CAMPAULOBACER</td>
<td>cattle, sheep, swine</td>
<td>undercooked meat, raw milk, contaminated water</td>
<td>2-4 days</td>
<td>abdominal pain, diarrhea, fever</td>
<td>rest fluids, PPE, antibiotics, food prep precautions, precautions</td>
</tr>
<tr>
<td>Lyme Disease</td>
<td>diseased deer, rodents</td>
<td>infected tick bites</td>
<td>3 days - several weeks</td>
<td>&quot;bulls-eye&quot; rash, redness around bite, fatigue, joint pain, swelling</td>
<td>PPE, anti-inflammatory antibiotics, food prep precautions, precautions</td>
</tr>
<tr>
<td>E. coli</td>
<td>all livestock</td>
<td>direct or indirect contact with animal waste</td>
<td>1-10 days</td>
<td>diarrhea, cramps, vomiting</td>
<td>fluids, electrolytes, blood transfusions, rest in humid environment</td>
</tr>
<tr>
<td>TETANUS</td>
<td>horses, sheep</td>
<td>exposure to contaminated soil or agent such as rusty nail</td>
<td>3-21 days (average 10 days)</td>
<td>muscle spasms, skeletal contractures, spasms, respiratory distress</td>
<td>antibiotics, immediate care, antibiotics, PPE</td>
</tr>
<tr>
<td>ANTHRAX</td>
<td>cattle, sheep, swine, goats, dogs</td>
<td>animal carcasses, infected sponges, water</td>
<td>1-12 days</td>
<td>skin lesions, breathing, redness, respiratory distress in severe cases</td>
<td>antibiotics, food prep precautions, antibiotics, PPE</td>
</tr>
<tr>
<td>TULAREMIA</td>
<td>sheep, rabbits, hares, stags</td>
<td>sheep, ticks, infected water, infected inhalation</td>
<td>1-10 days</td>
<td>fever, chills, drench, lymph node swelling, inhalation</td>
<td>fluids, rest, food prep, precautions, antibiotics</td>
</tr>
<tr>
<td>Q FEVER</td>
<td>cattle, goats, sheep</td>
<td>inhalation of contaminated dust (dried plague, birth fluids)</td>
<td>3-30 days</td>
<td>high fever, chills, sweating, prostration, 50%-50% develops pneumonia</td>
<td>fluids, rest, antibiotics, pain meds</td>
</tr>
<tr>
<td>SALMONELLA</td>
<td>avian, mammals, poultry</td>
<td>infected soil, water, contaminaed food, undercooked food</td>
<td>12-72 hours</td>
<td>fever, diarrhea, cramps, vomiting</td>
<td>rest fluids, antibiotics, PPE</td>
</tr>
<tr>
<td>POTTASCO (DIOECIST FEVER) (ORNITHOSIS)</td>
<td>wild birds, poultry</td>
<td>infected tissue, animal feed, inhalation of secretions</td>
<td>5-19 days</td>
<td>fever, headache, dry cough, premonitory-like symptoms</td>
<td>rest fluids, PPE, antibiotics</td>
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### FUNGAL ZOONOSIS

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<tr>
<td>Ring worm</td>
<td>wild farms, animals, pets</td>
<td>contact with feed or feces</td>
<td>10-14 days</td>
<td>raised patches on skin, may have sores, may be ring shaped, hair loss</td>
<td>PPE, rest fluids, PPE, antibiotics, antifungal protective clothing, may require treatment for secondary bacterial infection</td>
</tr>
<tr>
<td>Histoplasmosis</td>
<td>bats, birds</td>
<td>inhalation of fungal spores from droppings</td>
<td>3-17 days</td>
<td>fever, chills, fatigue, muscle aches, headache, chest pain</td>
<td>PPE, rest fluids, PPE, antibiotics, precautions</td>
</tr>
<tr>
<td>Aspergillosis (APROXIMA PARASITE)</td>
<td>dogs</td>
<td>ingesting contaminated food, water</td>
<td>2-8 weeks for acute phase, 2-8 weeks for chronic phase</td>
<td>abdominal discomfort, fever, flu-like symptoms with muscle pain</td>
<td>PPE, antiparasitic drugs for tape worm, antibiotics for trichomonsis, may require antifungals</td>
</tr>
<tr>
<td>Viral ZOONOSIS</td>
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<tr>
<td>Rabies</td>
<td>mammals, bats, animals, pets</td>
<td>animal bites, contact with infected tissue</td>
<td>2-21 days (usually 3-12) may be up to 3 months</td>
<td>headache, malaise, fever, difficulty swallowing, seizures</td>
<td>PPE, immune globulin, vaccine</td>
</tr>
<tr>
<td>Hanta Virus</td>
<td>infected rodents</td>
<td>inhalation of rodent feces or urine</td>
<td>7-39 days</td>
<td>fever, malaise, vomiting, pulmonary edema</td>
<td>PPE, antiparasitic drugs for tape worm, antibiotics for trichomonsis, may require antifungals</td>
</tr>
<tr>
<td>Encephalitis</td>
<td>various animals, mosquitoes, rodents</td>
<td>bites, scratches</td>
<td>4-14 days</td>
<td>headache, flu-like symptoms, rest, agitation</td>
<td>PPE, anti-inflammatories, antihistamines, corticosteroids, antibiotics, rest</td>
</tr>
<tr>
<td>Hepatitis E</td>
<td>hepatitis E</td>
<td>consumption of locally contaminated drinking water, consumption of undercooked/undercooked pork or deer meat</td>
<td>3-6 weeks</td>
<td>fever, anorexia, vomiting, abdominal pain, jaundice</td>
<td>PPE, antifungal medications, support for hepatitis, patients, antiviral medications, rest, pain management</td>
</tr>
<tr>
<td>Newcastle Encephalitis</td>
<td>poultry</td>
<td>contact with secretions of infected birds</td>
<td>2-15 days</td>
<td>conjunctivitis, flu-like symptoms</td>
<td>PPE, eye drops, avoid sunlight</td>
</tr>
<tr>
<td>Poliovirus</td>
<td>dairy cows, cattle</td>
<td>direct animal contact - teats or milk</td>
<td>5-14 days</td>
<td>reddened skin, trouble swallowing, swelling around affected area</td>
<td>PPE, keep area dry, medical anti-viral medications</td>
</tr>
<tr>
<td>Animal Influenza</td>
<td>Avian (bird)</td>
<td>direct or indirect exposure to infected birds or contaminated environments</td>
<td>Asian</td>
<td>fever, cough, sore throat, headache, pain in back pain, diaherre</td>
<td>PPE, rest fluids, antibiotics, antiviral drugs in some instances</td>
</tr>
</tbody>
</table>

[Link]
Take home message:

● Separate barn shoes and clothes.
● Wear gloves.
● Wash hands often, dry with paper towels.
● Avoid birth fluids from complications.
● Wear a mask.
● Cook your food.
● Follow compost guidelines.
● Cook your meat well.
● Raw dairy not recommended.
Birth Advice

● Don’t judge how someone else did it.
● You’ll birth more like your sister than your mother.
● Due dates....lol!
● The first is hard, the second easier, the third one is a crapshoot.
● Own your birth story.
● Hire a doula.
● Have a birth plan AND a postpartum plan.
After baby (Postpartum)

- Arnica Oil, Comfrey salve, Red Raspberry Leaf Tea
- Self-care, significant others, siblings
- Adequate Sleep, Food, Hydration
- Pelvic PT
- Recovery time frames: how you had your baby matters

Tips
Sleep when baby sleeps. Don't expect perfection. Use your village. Recognize sibling regression.
Am I Healed Yet?!

What your OB provider looks for...

Vaginal bleeding?
Incision/stitches healed?
Breast problems?
Mood disorders?
Uterus, bowel, & bladder function?

What your Pelvic Floor PT looks for...

Pelvic muscle range of motion/strength/stability/pain
Scar Tissue and its mobility
Urine and bowel leaking/Knack
Prolapse/Diastasis Recti
Pelvic pain/pain with sex

@Postpartum_PUSH
@bumppelvichealth
Sleep Deprivation Contributes to:

- Anxiety and Depression
- Impaired Cognition
- Decreased immune system function
On Relationships: Recognize this is a life change for both you and your partner. Have grace for each other during this time of transition.
Getting Stuff Done

Be flexible in your expectations as you adjust to a new routine.

➔ Invest in a baby cam
Check your baby on your phone, use it later in the barn for expecting livestock!

➔ Get a good wrap / carrier
Try different ones to see what you like best: bjorn, ergo, moby, ring sling, a bed sheet will even do!

➔ Use a pack ‘n play, stroller or baby swing

➔ Work in Time Blocks
Have to-do lists and check things off as time presents itself.

➔ Delegate
Use your village, if tasks can be distributed to others, then hand them over.

➔ Get Outside
Sunlight can help offset missed sleep, increase levels of alertness, and recalibrate circadian rhythm.
Babywearing Tips:

- Do not wear baby when operating heavy equipment or cooking.
- Be mindful of temp regulation: babies can't sweat or shiver, therefore cannot regulate body temperature as well as you and me.
- Use hats and shade - no sunscreen until 6 months old.
Breastfeeding:

- Requires an additional 500 calories per day.
- Reduces risk for breast cancer.
- Decreases PPD.

Tips

Breastfeeding is a learned behavior for both mom and baby.

Utilize Lactation Consultants.
Get adequate calories and hydration for milk supply.

Supplements to help with milk production:

- Fenugreek
- Oats
- Dark Beer
- Fennel
- Alfalfa
- Sleep / feeding schedules
- Pumping and storing breastmilk
- Bottle training: around 3-4 weeks
Postpartum Depression

Increased risk with number of children, history of PPD or anxiety, birth complications, employment.

1 in 7 women experience PPD, however it is grossly under reported due to stigma.

Depression is the most common complication of childbearing.
PPD lasts longer than baby blues, and interferes with your ability to care for your baby and complete daily tasks.
Final Advice:

- Don’t Listen to Everyone’s Advice.

- Find your own path, there are many different ways; yours will be unique to you.

- Give yourself grace, honor your body.
Sources:
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3. The Top 5 Dangers on a Farm (farminjuryresource.com)
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6. 135458.pdf (ucanr.edu)
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9. ZoonoticDiseases(page2wlogo).indd (memberclicks.net)