

PHILADELPHIA UNIVERSITY



Faculty: Nursing

Department: Maternity and Women Health Nursing



**Philadelphia University
Faculty of Nursing
1st Semester, 2009/2010**

Course Syllabus

Course Title: Maternity and Women Health Nursing (theory)	Course code: 920311
Course Level: 3 rd years	Course prerequisite(s) and/or corequisite(s): All courses of 1 st & 2 nd years
Lecture Time: 3 hrs/weeks	Credit hours: 3 hrs

Academic Staff Specifics

Name	Rank	Office No & Location	Office Hours	E-mail Address
Dr. Aida Abd El-Razek, DNSc, RN	Coordinators of course	15409	4 hours p/w	AAIrazek@Philadelphia.edu.jo
Dr. Aida Abd El-Razek, DNSc, RN	Associate Professor of Nursing, Maternal & child Health Nursing	15409	4 hours p/w	AAIrazek@Philadelphia.edu.jo

Course Description:



The focus of this course is on normal pregnancy, physiologic and psychological changes experienced, and care of the normal newborn. The nursing process is used in identifying and meeting the needs of the childbearing family to facilitate optimal functioning. This theory course provides opportunities for the student to acquire an adequate knowledge utilizing knowledge from the biophysical sciences, humanities, growth and development, problem solving abilities and the nursing process. The impact of psychosocial and cultural values and practices of the childbearing family are explored.

Unit objectives and content

Unit 1 objectives: Introduction and Foundation of Maternity Nursing

- Identify the various issues and trends that exist in the field of maternity nursing.
- Gain a statistical perspective about maternal and child health in Jordan.
- Understand the WHO guidelines regarding reproductive health.

Unit 1 content

- Discussion of course outline and requirements.
- Contemporary issues and trends in maternal health nursing.
- Statistical basis of maternal health nursing in Jordan.
- Reproductive health and health promotion/WHO guidelines.

Unit 2 objectives: Review of Reproductive Systems

- Identify the structures and functions of the female reproductive system.
- Summarize the different phases of the menstrual cycle.

Unit 2 content

- Female reproductive system.
- The menstrual cycle.

Unit 3 objectives: Conception and Prenatal Development

- Understand the basic principles of genetics, conception, fertilization, and implantation.
- Identify the major changes that occur as the fetus develops at different stages.

Unit 3 content

- Conception, fertilization, implantation
- Embryonic and fetal development

Unit 4 objectives: Physiologic and Psychological Adaptation to Pregnancy

- Recognize the major changes in the different systems during pregnancy.
- Identify factors affecting adaptation to pregnancy.



- Identify the physiological changes in the first, second, and third trimesters of pregnancy.
- Identify the psychological changes in the first, second, and third trimesters of pregnancy.
- Recognize the techniques used for maternal and fetal assessment during the first, second, and third trimesters of pregnancy.

Unit 4 content

- Changes in the reproductive system and breasts
- Changes in the general body systems
- Adaptation to pregnancy
- Diagnosis of pregnancy, EDC
- Physiological changes in the first, second, and third trimesters of pregnancy.
- Psychological changes in the first, second, and third trimesters of pregnancy.
- Maternal and fetal assessment during the first, second, and third trimesters of pregnancy.

Unit 5 objectives: Nutrition for Childbearing

- Understand the importance of maternal and fetal nutrition during pregnancy.
- Acquire the basic principle of nutritional assessment during pregnancy.

Unit 5 content

- Maternal and fetal nutrition during pregnancy, and after birth
- Weight gain during pregnancy
- Nutritional requirement during pregnancy
- Factors affecting nutrition
- Nutritional risk factors

Unit 6 objectives: The Pregnant Woman with Complications

- Describe and differentiate hemorrhagic conditions of early pregnancy including spontaneous abortions, ectopic pregnancy and hydatiform mole.
- Apply the nursing process to care of clients with conditions causing hemorrhage in early pregnancy.
- Explain and differentiate placenta disorders (placenta previa and abruptio placenta) that result in hemorrhage later in pregnancy, including etiology, clinical manifestations, collaborative care and nursing considerations.
- Apply the Nursing Process to care of clients with conditions causing hemorrhage in late pregnancy.



- Identify appropriate nursing intervention including communication to provide psychosocial support for clients experiencing hemorrhaging during pregnancy.
- Discuss the effect collaborative care, and nursing considerations of hyperemesis gravidarum.
- Describe the risk factors, pathophysiology, effects, collaborative care and nursing considerations for concurrent disorders during pregnancy, including diabetes, hypertension, cardiovascular disorders, anemia, and infections.
- Apply the Nursing Process to care of the pregnant woman with diabetes, hypertension, anemia, and infections.
- Explain the development, effects, basis of collaborative care and nursing considerations for disseminated intravascular coagulation during the prenatal period.
- Compare Rh and ABO incompatibility in terms of etiology fetal and neonatal complications.

Unit 6 content

- Hemorrhagic disorders
- Hyperemesis Gravidarum
- Pregnancy-induced hypertension (PIH)
- Diabetes
- Cardiovascular disorders
- Anemia
- Infections.

Unit 7 objectives: Labor and Birth

- Identify essential factors that affect the process of labor.
- Identify the different stages and phases of labor.
- Recognize systemic maternal adaptations during labor.
- Identify proposes, methods, and interpretations of fetal monitoring during labor.
- Understand the physiological and psychological response to labor pain, and how the nurse could manage labor pain.
- Apply the nursing process to laboring women including care during the obstetric procedures such as amniotomy, induction, and episiotomy.

Unit 7 content

- Essential factors in labor
 - Process of labor
 - Adaptation to labor
- First stage of labor
 - latent phase



- active phase
- transition
- Second stage of labor
 - mechanism of birth
 - duration
- Third stage of labor
 - placental delivery
 - maternal physical status
- Physical examination of the laboring woman
 - Uterine contraction.
 - Pelvic exam
 - Pain response
 - Fetal wellbeing
- Fetal monitoring and Electronic fetal monitoring
- Pain management for childbirth
 - Non pharmacological
 - Pharmacological
- Obstetrics Procedure.
 - Method of induction of labor.
 - Episiotomy

Unit 8 objectives: The Woman with an Intrapartum Complications

- Identify problems associated with dysfunctional labor.
- Apply the Nursing Process to care of clients with dysfunctional labor.
- Describe maternal and fetal risks associated with premature rupture of membrane and related collaborative care and nursing considerations.
- Identify factors that increase a woman's risk for preterm labor.
- Identify clinical manifestations of preterm labor
- Explain the Nurses role in educational approaches to preventing preterm births.
- Describe collaborative care for preterm labor including identification, and assessment, uterine activity monitoring methods for stopping labor and assessing accelerating fetal lung maturity.
- Apply the nursing process to care of the woman experiencing preterm labor.
- Describe causes, clinical manifestations collaborative care and nursing considerations for selected intrapartum emergencies

Unit 8 content

- Dysfunctional labor
- Premature rupture of membrane
- Preterm labor
- Intrapartum emergencies



Unit 9 objectives: Postpartum Adaptation

- Define the postpartum period
- Identify changes in different body systems during postpartum.
- Describe family dynamics during postpartum.
- Describe the parenting process.
- Describe the bonding and attachment process.
- Understand the importance and benefits of breastfeeding for both the mother and infant.
- Recognize the ten steps of the breastfeeding hospital initiative (BFHI).
- Apply the nursing process to promote and maintain the woman's health during the postpartum period.

Unit 9 content

- Postpartum period.
 - changes in the reproductive system
 - changes in other body systems
- Postpartum assessment
 - Care in the immediate postpartum period
 - Discharge planning
- Parenting, bonding and attachment
 - Family dynamics during postpartum
 - Parenting process, bonding , and attachment
- Breastfeeding
 - Importance
 - Benefits
 - Steps of the breastfeeding hospital initiative

Unit 10 objectives: The Woman with Postpartum Complications

- Differentiate causes of postpartum hemorrhage including predisposing factors, causes, clinical manifestations and collaborative care and nursing considerations.
- Apply the Nursing Process to postpartum woman at risk for or experiencing excessive bleeding.
- Explain clinical manifestations and management of hypovolemic shock.
- Discuss sub-involution of the uterus including causes, collaborative management, and nursing considerations.
- Describe superficial venous thrombosis, deep vein thrombosis, and pulmonary embolism including, causes, prevention, clinical manifestations, diagnosis, collaborative care and nursing consideration.
- Apply the Nursing Process to care of the postpartum woman with deep vein thrombosis.

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- Describe selected puerperal infections including predisposing factors, causes, clinical manifestations, diagnosis collaborative care, and nursing considerations.
- Distinguish between two major affective disorders that may occur in the postpartum.
- Explain the role of the nurse in management of postpartum mood disorders.

Unit 10 content

- Postpartum hemorrhage
- Hypovolemic shock
- Sub-involution of the uterus
- Venous thrombosis,
- Deep vein thrombosis,
- Pulmonary embolism including
- Puerperal infections
- Mood disorders

Unit 11 objectives: The Normal Newborn

- Describe immediate assessment of the newborn.
- Apply the nursing process to newborns.

Unit 11 content

- Normal newborn
 - Assessment of newborn Apgar score
 - Normal variation of the newborn
 - Newborn feeding
 - Care of newborn

Unit 12 objectives: The High Risk Newborn

- Identify risk factors that may lead to complications of gestational age and development in the newborn.
- Describe special problems of the preterm infant and complications that may occur.
- Apply the nursing process to care of the preterm infant.
- Compare the problems of the post term infant to those of the preterm infant.
- Compare the causes, problems, nursing considerations of the large for gestational age infant with those of small for gestational age infant.
- Describe the steps in newborn resuscitation.
- Correlate signs and symptoms of problems during the newborn period with potential causes.
- Explain common respiratory problems in the newborn.
- Explain causes, significance and management of pathologic jaundice.
- Apply the nursing process to a plan of care for a high-risk neonate and family: preterm infant SGA, LGA, and pathologic jaundice.
- Discuss how bonding may be inhibited when neonates need extended care.

Unit 12 content

- Preterm infant
- Small for gestational age



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- Respiratory distress syndrome
- Large for gestational age
- Pathologic jaundice

Unit 13 objectives: Management of Fertility and Infertility

- Differentiate methods of fertility control or description, advantages, and disadvantages.
- Use the nursing process in planning care for clients seeking contraception.
- Describe the nursing role in teaching & counseling about reproduction & fertility control.
- Contrast primary with secondary infertility.
- Identify at least four factors that reduce male or female fertility.
- Use knowledge of the menstrual cycle, anatomy, and laboratory tests to explain rationales for testing.
- Describe procedures and treatment for infertility.
- Explain factors that may cause repeated pregnancy losses.
- Discuss how infertility can affect a couple and others in the family.
- Select appropriate nursing diagnoses for case examples of couples with infertility problems.
- Plan nursing interventions for selected nursing diagnoses: Ineffective coping individual or Family knowledge deficit: causes, testing, and treatment.

Unit 13 content

- Methods of contraception
- Consideration when choosing a contraceptive method and nurse's role.
- Infertility: causes, diagnosis, treatments, and response
- Role of the nurse in infertility care.

Unit 14 objectives: Women's Health Care

- Discuss changes in current women's health care.
- Identify the role of the nurse in health maintenance
- Describe examination and various screening procedures that are recommended for women's health maintenance.
- Describe common menstrual cycle disorders and nursing considerations
- Describe the physical and psychological changes associated with menopause
- Compare risks & benefits of hormone replacement therapy for the menopausal woman
- Describe common disorders associated with pelvic relaxation including cause prevention management and nursing care.
- Identify risk factors & explain screening methods for selected cancers in women
- Describe the incidence pathophysiology management and nursing of malignant tumors of the breast and reproductive tract.
- Describe care of the woman with an infectious disorder of the reproductive tract

Unit 14 content

- Women's health initiative

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- Breast disorders
- Menstrual disorders
- Menopause
- Cancer
- Infectious disorders

Attendance Policy:

Lecture attendance is mandatory. Student is allowed maximally 15% absentia of the total module hours.

More than this percentage, student with an excuse will be drawn from the module. Otherwise, student will be deprived from the module with zero mark assigned.

Expected Workload

On average you should expect to spend at least (2) hours per week on this module.

Text book(s):

McKinney, E.S. & James, S.R. & Murray, S.S. & Ashwill J.W. (2005) Maternal-Child Nursing. (2nd ed.) St. Louis: Elsevier, Saunders.

References:

Students will be expected to give the same attention to these references as given to the Module textbook(s)

1. Neil,M.&Peter,J (2007): Textbook of Pediatric Nursing 6th edition
2. Marlow, Doroth,R. (2007):Text Book of Maternal-Child Nursing

Website(s):

<http://www.philadelphia.edu.jo/nursing/resources.html>

Teaching Methods

- Lecture
- Group discussion
- Audiovisual materials
- Group presentation.

Intended Learning Outcomes (ILOs) Competencies:

After completion of this course the student will be able to:

A. Knowledge and Understanding

1. Define key terms related to maternal & child health nursing
2. Identify the various issues and trends that exist in the field of maternity nursing.
3. Describe the nurse's role in maternal/newborn care, including professional competencies and standards of care.
4. Identify community resources available to support the health and well being of the childbearing family in the early newborn period.



5. Define health care problems related to Jordanian current health practices with mothers, babies and families.
6. Construct a concept map to organize, synthesize, and summarize concepts of antenatal, natal and postpartum and their relationship to women's health.
7. Construct the basic principles of genetics, conception, fertilization, and implantation.
8. Identify the major changes that occur as the fetus develops at different stages.

B. Intellectual Skills

1. Integrate knowledge from the biophysical sciences, humanities, growth, and development to the practices of maternity and neonatal nursing.
2. Evaluate nursing care giving during pregnancy, labor and birth, as well as the postpartum period, including common complications that may arise.
3. Describe the processes of lactation and the ways to support breastfeeding during post partum period and support for breastfeeding during the postpartum period.
4. Distinguish between two major affective disorders that may occur in the postpartum.
5. Describe the characteristics of the normal newborn.
6. Analyze the assessment and care of the newborn during the postpartum period, including common complications that may occur.
7. Compare the causes, problems, nursing considerations of the large for gestational age infant with those of small for gestational age infant.
8. Correlate signs and symptoms of problems during the newborn period with potential causes.
9. Discuss ways to assess and promote health in the childbearing women.
10. Analyze the nurse's role in maternal/newborn care, including professional competencies and standards of care.
11. Describe the risk factors, pathophysiology, effects, collaborative care and nursing considerations for concurrent disorders during pregnancy, including diabetes, hypertension, cardiovascular disorders, anemia, and infections.

C. Practical skills

1. Compare risks & benefits of hormone replacement therapy for the menopausal woman
2. Apply immediate newborn care within the frame of nursing process.
3. Perform nursing care plan for pre term and preterm infant.
4. Carry out nursing intervention for case examples of couples with infertility problems.
6. Plan nursing interventions for selected nursing diagnoses: Ineffective coping individual or family knowledge deficit: causes, testing, and treatment.
7. Explain the role of the nurse in management of postpartum mood disorders.
8. Describe the steps in newborn resuscitation.
9. Assess immediate respiratory problems in the newborn after delivery.
10. Provide immediate management for neonatal pathologic jaundice.

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11. Apply the nursing process to a plan of care for a high-risk neonate and family: preterm infant SGA, LGA, and pathologic jaundice.
12. Plotting physical growth on related growth chart to evaluate normal and abnormal growth

D. Professional Skills

2. Respect women rights for privacy during examination and labor .
3. Take into consideration cultural, believes of women regards to pregnancy and labor.

E. Transferable Skills

1. Present cooperatively with peer different subjects related to high risk pregnancy & women's health.
2. Solving case studies problems related to pregnancy, labor, and periperium
3. Using advanced technology and internet during presentation of different child bearing period
4. Work effectively with others considering the authority of team leader.
5. Use computers for research & written case study.

Course Evaluation

<u>Allocation of Marks</u>	
Assessment Instruments	Mark
First examination	20
Second examination	20
Final Exam (written unseen exam)	50
Reports, Quizzes, Home works,est.	10
Total	100%

** Make-up exams will be offered for valid reasons only with consent of the Dean. Make-up exams may be different from regular exams in content and format.*

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Course Academic Calendar

Week	Content	Instruct
(1)	Orientation	
	Concepts of Reproductive Health Reproductive system, menstrual cycle	
(2)	Conception and fetal development	
	Conception and fetal development	
(3)	Physiological changes of pregnancy	
	Physiological changes of pregnancy	
(4)	Maternal and fetal nutrition	
	First trimester of pregnancy	
	Second trimester of pregnancy	
	Third trimester of pregnancy	
(5)	Hemorrhagic disorders during pregnancy	
(6)	Hypertensive disorders during pregnancy	
	Endocrine and metabolic disorders during pregnancy	
(7) First Exam	First Hour Exam 22/11/2009	
	Maternal infections during pregnancy	
	Cardiovascular disorders	
(8)	Labor and delivery	
(9)	Postnatal physiology	
(10)	Parenting, bonding, and attachment	
(11) Second Exam	Nursing care during normal postpartum	
	First Hour Exam 20/12/2009	
(12)	Nursing care during normal postpartum	
(13)	Psychosocial and emotional complications	
	Postnatal infections	
(14)	Infertility	
	Reproductive health promotion and screening	
(15) Final Examination	Uterine displacement.	
	Cancer related to women	
	Final Examination 24/1/2010	

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Attendance Policy:

Absence from lectures and/or tutorials shall not exceed 15%. Students who exceed the 15% limit without a medical or emergency excuse acceptable to and approved by the teacher & coordinators of courses of the relevant college/faculty shall not be allowed to take the final examination and shall receive a mark of zero for the course. If the excuse is approved by the Dean, the student shall be considered to have withdrawn from the course.

Documentation and Academic Honesty

Submit your home work covered with a sheet containing your name, number, course title and number, and type and number of the home work (e.g. tutorial, assignment).

Any completed homework must be handed in to my office (room 15409). After the deadline “zero” will be awarded. You must keep a duplicate copy of your work because it may be needed while the original is being marked.

You should hand in with your assignments:

- 1- A printed listing of your test programs (if any).
- 2- A brief report to explain your findings.
- 3- Your solution of questions.

• Protection by Copyright

1. Coursework, laboratory exercises, reports, and essays submitted for assessment must be your own work, unless in the case of group projects a joint effort is expected and is indicated as such.
2. Use of quotations or data from the work of others is entirely acceptable, and is often very valuable provided that the source of the quotation or data is given. Failure to provide a source or put quotation marks around material that is taken from elsewhere gives the appearance that the comments are ostensibly your own. When quoting word-for-word from the work of another person quotation marks or indenting (setting the quotation in from the margin) must be used and the source of the quoted material must be acknowledged.
3. Sources of quotations used should be listed in full in a bibliography at the end of your piece of work.