

Al-Al Bayt University
Princess Salma Faculty of Nursing
Adult Health nursing

Course Title :Maternal Health Nursing

Course Number :1001331

Credit Hours :3

Pre requisite :1001226

Placement :

Instructor: Dr.Shaban , ,

Course Description :

null

General objectives :

At the end of this course, the student will be able to:

1. Integrate knowledge from the biophysical sciences, humanities, growth, and development to the practices of maternity and neonatal nursing.
2. Integrate UNICEF Initiatives to the practices of maternity and neonatal nursing.
3. Demonstrate the ability to utilize the nursing process to assist women, newborns, and their families to promote and maintain health.
4. Define health care problems related to Jordanian current health practices with mothers, babies, and families.
5. Communicate to establish collaborative relationships with other health professionals, patients and families in the delivery of maternity and newborn health care.
6. Assume responsibility and accountability for personal actions in the delivery of maternity and neonatal nursing care.
7. Utilize research findings to support interventions or procedures performed.
8. Discuss moral and ethical implications relevant to the practices of maternity and neonatal nursing.

Course outline :

Introduction to Nursing of the Childbearing Family

At the end of this unit, the student will be able to:

1. Summarize evolving trends and issues in maternal-newborn nursing practice.
2. Describe common statistical tools related to maternal-newborn care and the ways these are used to evaluate and implement change in health care delivery.
3. Describe the anatomy and physiology of the male and female reproductive systems.
4. Describe and identify the processes of conception and fetal development.
5. Distinguish the differences between fetal and adult circulation.

Unit 1 content

1. Discussion of course outline and requirements.
2. Contemporary issues and trends in maternal health nursing.
3. Statistical basis of maternal health nursing in Jordan.
4. Reproductive health and health promotion/WHO guidelines.
5. Female reproductive system.
6. The menstrual cycle.
7. Conception, fertilization, implantation
8. Embryonic and fetal development
9. Fetal and Newborn circulation.

Normal Pregnancy (Prenatal period)

At the end of this unit, the student will be able to:

1. Describe the physiological and psychological changes that occur during pregnancy in the mother and

fetus.

2. Understand the physical impact of pregnancy upon the woman and her family.
3. Identify and describe presumptive, probable, and positive signs of pregnancy.
4. Describe and utilize information on nutritional requirements during pregnancy.
5. Relate the danger signs of pregnancy and alterations in wellness to their possible causes.
6. Teach comfort measures to the pregnant women in relation to: rest and activity, clothing, hygiene, and minor discomforts.
7. Describe tests and procedures utilized to assess fetal status, including indications, contraindications, client teaching and preparation, predictive values of each, risk factors, and nursing interventions.
8. Describe possible teratogenic effects of drug and alcohol on the fetus.

Unit 2 content

1. Changes in the reproductive system and breasts
2. Changes in the general body systems
3. Adaptation to pregnancy.
4. Maternal and fetal nutrition during pregnancy.
5. Physiological and psychological changes in the first; second, and third trimester of pregnancy.
6. Maternal and fetal assessment techniques

Normal Labor and Delivery

At the end of this unit, the student will be able to

1. Discuss the relationship of the fetus to the pelvis during the normal process of labor.
2. Explain the effect of the passageway, the passenger, the powers, and the psyche on the progress of labor.
3. Describe the mechanism of labor (also known as the cardinal movements)
4. Explain the difference between true and false labor.
5. Identify the premonitory signs of labor.
6. Identify behavioral and physical changes that occur in each phase or stage of labor
7. Discuss nursing interventions appropriate for each stage of labor and delivery.
8. Discuss the management of discomfort associated with labor and delivery.

Unit 3 content

1. Admission procedures
2. Physical examination
3. First stage of labor
 - a. latent phase
 - b. active phase
 - c. transition
4. Mechanism of birth, duration, nursing considerations
5. Third stage of labor
6. Nursing care

Postnatal care

At the end of this unit student will be able to:

1. Describe physiological and psychological changes during puerperium.
2. Implement the appropriate care and immediate nursing care for mother during postpartum period.
3. Prepare a health education program for mother and family after delivery.
4. Identify the warning signs that indicate complications in the period to minimize mortality and morbidity rate.
5. Identify complication that might occur during postpartum period.

Unit 4 content

1. changes in the reproductive system
2. changes in other body systems
3. nursing care
4. Parenting process, bonding , and attachment
5. Breastfeeding
6. General systems assessment in postpartum period and nursing care.

Normal Newborn

At the end of this unit student will be able to:

1. Describe physiological changes which take place in the newborn during the transition from intrauterine to extr-uterine life.
2. Determine the gestational age and neurological maturity of various newborn infants.
3. Identify normal reflexes present in the newborn.
4. Review the physiology of lactation - breast development, stages of lactation, and maternal breastfeeding reflexes.

Unit 5 content

1. Describe assessment of the newborn.
2. Apply the nursing process to newborns.
3. Normal newborn
 - a. assessment of newborn, Apgar score
 - b. nursing care of newborn

Complications of the Childbearing Cycle:

At the end of this unit, the student will be able to:

1. Identify high risk mothers in order to minimize mortality and morbidity rates
2. Describe the major health disorders associated with pregnancy.
 - a. hypertensive states and maternal infections
 - b. hemorrhagic disorders
 - c. endocrine, cardiovascular, medical and surgical conditions
 - d. psychosocial conditions complicating pregnancy
1. Implement the intervention pyramid used by the international collaboration of WHO and UNICEF.
4. Identify complications which can occur during the intrapartal period and appropriate nursing interventions for each.
5. Identify nursing interventions for a mother experiencing premature labor and for a mother having a cesarean birth.
6. Describe common post-partal complications and appropriate nursing interventions for each.
7. Teach women methods of prevention STDs during pregnancy, such as HIV, syphilis and gonorrhea.

Unit 6 content

1. Hemorrhagic disorders
 - Abortion
 - a. spontaneous
 - b. complete
 - c. incomplete
 - d. inevitable
 - e. missed
 - Placenta previa; Abruptio placenta, and nursing care
2. Pregnancy-induced hypertension (PIH).
3. Gestational diabetes
4. Hyperemesis Gravidarum
 5. hyperthyroidism and hypothyroidism

- 6. Sexually transmitted diseases
 - 6.1 bacterial infections
 - 6.2 viral infections
 - 6.3 fungal infections
- 7. TORCH infections; Urinary tract infections, and nursing care
- 8. Cardiovascular disorders.
- 9. Postpartum hemorrhage; Postpartum/Puerperal infections; Mastitis, and Thrombophlebitis.
- 10. postpartum blue, depression, and psychosis

Fertility Management:

At the end of this unit, the student will be able to:

- 1. List common causes of impaired fertility and their treatments.
- 2. Discuss ethical problems related to assisted reproductive technology.
- 3. Compare and contrast the contraceptive methods available in the United States and discuss the mechanism of action, side effects, adverse reactions, pros and cons and effectiveness of each method.

Unit 7 content

- 1. Methods of contraception
- 2. Female infertility.
- 3. Male infertility.
- 4. Diagnostic procedures

Gynecology

At the end of this unit, the student will be able to:

- 1. Identify issues in womans health which occur during various stages of maternity cycle.
- 2. Provide proper management for the women having gynecological disorders.

Unit 8 content

- Womans abuse and voilance
- Carcinoma of female reproductive system.

Evaluation methodology :

| | |
|------------------------------|----|
| First Exam..... | 20 |
| Second Exam..... | 20 |
| Participation & Quizzes..... | 10 |
| Final Exam..... | 50 |

References :

- *Pilliteri, A. (2007). Maternal and child health nursing: Care of the childbearing and childrearing family 5rd edition, Philadelphia: Lippincott.,
- *Reeder, S. and Martin, L. Koniak, D. (1997) Maternity Nursing: Family, Newborn and Womans Health Care 18th ed, J.B. Lippincott company,
- *Bobak, I & Jensen, M. (1993). Maternity and Gynecologic care: The nurse and the family 5th ed., St. Louis: Mosby.,
- *Burroughs, A. and Leifer, G.(2001) Maternity Nursing: An Introductory Text, eighth edition, W.B. Saunders,
- *Olds, S.(2000) Maternal-Newborn Nursing: A Family centered approach 6th edition, Addison-Wesley publishing company,

Course Schedule :

| Topic | Hours |
|-------|-------|
|-------|-------|

- 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..... | 3 |
| - Female reproductive system. | |
| -The menstrual cycle. | |
| -Genetic Assessment and counseling..... | 3 |
| - Female reproductive system. | |
| -The menstrual cycle. | |
| -Genetic Assessment and counseling..... | 3 |
| - Conception, fertilization, implantation | |
| -Embryonic and fetal development, Fetal and Newborn circulation..... | 3 |
| - Maternal and fetal assessment techniques | |
| - Physiological and psychological changes in the first; second, and third trimester of pregnancy..... | 3 |
| ----- | |
| -Promoting fetal and maternal health | |
| -Maternal and fetal nutrition during pregnancy | |
| - Examination I (20%)..... | 3 |
| -preparation for childbirth and parenting | |
| -Admission procedures to labor room, Physical examination | |
| -First stage of labor | |
| d. latent phase | |
| e. active phase | |
| f. transition..... | 3 |
| -Mechanism of birth, duration, nursing considerations | |
| -Third stage of labor | |
| -Providing comfort during labor and birth..... | 3 |
| Cesarean Birth and women developed complication during labor..... | 3 |
| - General systems assessment in postpartum period and nursing care. | |
| - Describe assessment of the newborn, Apgar score | |
| -Apply the nursing process to newborns..... | 3 |
| Breast and formula feeding | |
| Complications of postnatal period..... | 3 |
| High risk pregnancy..... | 3 |
| - Pregnancy-induced hypertension (PIH). | |
| -Gestational diabetes..... | 3 |
| Examination II (20%) | |
| TORCH infections..... | 3 |
| Family planning | |
| -Female infertility. | |
| -Male infertility..... | 3 |
| Womens Health Issues, | |
| Carcinoma of female reproductive system..... | 3 |
| Final Exams Begin..... | 3 |