

Course Title: MOD2-HON223G-Evolution of Human Sexuality**Credits: 3.00**

Course Description: A survey of the physiological, psychological and social perceptions of reproductive functioning and sexual response in men and women with a focus on the female reproductive cycle including measures for comfort, self-care, contraception and an understanding of when medical management may become necessary. This course seeks to broaden the student's perspective concerning individual and cultural attitudes surrounding the subject matter.

Learning Objectives:

- A: Students will be able to answer the Study Questions (below).
 B: Student will be able to demonstrate thorough knowledge of the Clinical Skills required for this course (below).
 C: Student will demonstrate thorough knowledge of the MANA Core Competencies for Midwives required for this course (below).
 D: Students will be able to demonstrate knowledge of any new information in the area of study.

Learning Activities:

- I. Student Reads required texts.
 II. Student Completes study questions.
 III. Preceptor elaborates on study questions.
 IV. Clinical Skills and Core Competencies training consists of the following (may take place at clinical visits):

1. Preceptor Explanation of	Safe, evidence-based midwifery care for the individual Clinical Skills and Core Competencies including etiology, sequelae, appropriate management and follow-up for the individual patient, appropriate times and reasons for consult and referral, access to relevant resources and information, complete, thorough and timely record keeping, appropriate, professional, and compassionate management of every task involved, receptiveness and responsiveness to patient's concerns. The Explanation will include a discussion of midwifery decisions and actions as they relate to possible outcomes and their wider impact, based on the Midwives Model of Care®.
2. Preceptor Demonstration of	
3. Student Practice of	
4. Student Demonstration of	

- V. Student researches and presents to the preceptor relevant latest developments in academic and clinical midwifery as relevant to the subject.
 VI. Student/Preceptor discussion.
 VII. Role-playing and Clinical Interactions: Practice caring for various clients with different cultural needs

Learning Materials / Resources:

(Please use textbooks less than 5 years old, or most recent edition)

1. Frye, Anne. Holistic Midwifery: A comprehensive Textbook for Midwives and Home Birth Practice, Vol I, Care During Pregnancy. Labrys Press. 1998.

2. Frye, Anne. Holistic Midwifery: A comprehensive Textbook for Midwives and Home Birth Practice, Vol. II, Care During Labor and Birth. Labrys Press. 2004.
3. Boston Women's Health Book Collective and Norsigian, Judy. Our Bodies, Ourselves: A New Edition for a New Era. Touchstone. 2005
4. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 4th Edition. Morningstar Publishing Co. Wasilla. 2007
5. MEAC Abbreviated NARM Skills Form.
6. MANA Core Competencies for Midwives
7. Midwives Model of Care®.
8. Internet links as needed for latest developments in midwifery care:
 - [The Cochrane Collaboration](#)
 - [EBSCO](#)
 - [National Library of Medicine](#)
 - [PubMed](#)
 - [Medline](#)
 - [SCIRUS](#)
 - [Medscape](#)
 - [World Health Organization](#)

Evaluation Tools / Methods:

1. Answers to study questions: Student must achieve at least 80% correct to pass. The preceptor evaluates each answer for correctness and explains the questions that were incorrect. This counts for 85% of the final grade.
2. Clinical Skills: Student must demonstrate thorough knowledge of each skill. This counts for 5% of the final grade. *Academic courses CAN be completed without the student achieving "mastery" of each skill*, however the skills on the MEAC Abbreviated NARM Skills Form (which is a separate requirement) are not filled in until the student achieves Mastery* of the skill.
3. MANA Core Competencies: Student's ability to apply MANA Core Competencies for Midwives in discussion to simulated and real-life situations. This counts for 5% of the final grade.

Evaluation of NARM Skills and MANA Core Competencies: The student demonstrates thorough knowledge to the satisfaction of the preceptor in the following areas:

The student will be able to, in accordance with safe, evidence-based midwifery care, explain the condition, verbalize etiology and sequelae, verbalize appropriate management for the individual patient, follow up appropriately, consult and refer appropriately, access resources and information, accomplish complete, thorough and timely record keeping, appropriately manage every task involved correctly, professionally, and compassionately, while being receptive and responsive to patient's concerns. She/he will be able to explain her decisions and actions as they relate to possible outcomes and their wider impact.

4. Student presentation of new information in area of study. The preceptor evaluates the correctness of the information presented. This counts for 5% of the grade.

Study Questions

236. Summarize the actions of the hormones that affect reproductive functioning and sexual response in males and females.
237. Explain the physiologic and psychological aspects of the female reproductive cycle. Review the origin of the myths surrounding menstruation and the impact of these beliefs on women today.
238. Describe the information men and women may need to develop healthy, positive perceptions of sexuality.
239. Describe the self-care and comfort measures women can use for menstruation and sexual activity.
240. Summarize the theories about Premenstrual Syndrome, dysmenorrhea, their medical management, and self-care measures.
241. Explain the psychological and physiologic aspects of menopause.
242. Summarize the cultural and individual factors that influence the development of attitudes about sexuality.
243. Compare the sexual responses of males and females.
244. Identify three factors that are necessary for effective sexual counseling.
245. Describe techniques that can be used for increased effectiveness when taking a sexual history.
246. Describe the basic content of preconception counseling and give the rationale for each component.
247. Compare the various methods of fertility control with regard to advantages, disadvantages, and rates of effectiveness.
248. Formulate a teaching plan to instruct a woman about a specific method of contraception. Give your rationale for each component.

Clinical Skills (NARM Skills)

I. Midwifery Counseling, Education and Communication

- (1)-I A. Provides interactive support and counseling and/or referral services to the mother regarding her relationships with her significant others and other healthcare providers
- (2)-I B. Provides education, support, counseling and/or referral for the possibility of less-than-optimal pregnancy outcomes

- (3)I C. Provides education and counseling based on maternal health/reproductive/family history and on-going risk assessment
- (6)-I F. Educates the mother concerning the natural physical and emotional processes of pregnancy, labor, birth and postpartum
- (8)-I H. Provides individualized care
- I J. Provides education, counseling and/or referral, where appropriate for:
- (11)-I J 2. Abuse issues: emotional, physical and sexual
- (12)-I J 3. Prenatal testing
- (14)-I J 5. Effects of smoking, drugs and alcohol use
- (16)-I J 7. Sexually transmitted diseases
- (17)-I J 8. Complications
- (20)-I J 11. Postpartum care concerning complications and self-care
- V. Postpartum
- (133)-V C. Provides contraceptive education and counseling
- VI. Well-Women Care
- (140)-VI A. Obtains a client history appropriate to GYN/Well-woman care
- (144)-VI E. Provides education
- (145)-VI F. Assesses client's family planning history and needs: counsels/prescribes
- (146)-VI G. Provides opportunity for client to discuss problems or concerns
- (147)-VI H. Refers client to other health care professionals, services, agencies, or other, as indicated

Core Competencies (MANA Core Competencies for Midwives)

II. General Knowledge and Skills

The midwife provides care incorporating certain concepts, skills and knowledge from a variety of health and social sciences including, but not limited to:

2 H. Human sexuality, including indication of common problems and indications for counseling.

III. Care During Pregnancy

The midwife provides health care, support, and information to women throughout pregnancy. She determines the need for consultation or referral as appropriate.

The midwife uses a foundation of knowledge and/or skill which includes the following:

3 E. Changes in emotional, psychosocial and sexual variations that may occur during pregnancy.

V. Postpartum Care

The entry-level midwife provides health care, support and information to women throughout the postpartum period. She determines the need for consultation or referral as appropriate. The midwife uses a foundation of knowledge and/or skill, which includes, but is not limited, the following:

5 E. Emotional, psychosocial and sexual variations during the postpartum period. Maternal nutritional requirements during the postpartum period including methods of nutritional evaluation and Counseling.