

Course Title: MOD2-MW350-Perinatal Education Including Lactation

Credits: 3.00

Course Description: The first part of this course surveys the components of perinatal education that would be of benefit to new parents. These include topics such as choices in maternity care, nutrition, physiology of pregnancy and labor, fetal development and newborn care, etc. The second part of this course focuses on support for breastfeeding, including the physiology of lactation, its effect on fertility and sexuality, its role in maternal/infant bonding, care measures for various challenges, discussion regarding scheduled vs. demand feeding, and weaning.

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 or at childbirth education classes):

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 teaching, partnering with mothers in childbirth and lactation classes.
- VIII. Teaching Classes: Childbirth Preparation and Lactation.

Learning Materials / Resources:

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

1. Davis, Elizabeth. Heart and Hands: A Midwife's Guide to Pregnancy and Birth, 4 edition. Celestial Arts. 2004.
2. La Leche League, International. The Breastfeeding Answer Book. 3 Revised edition. La Leche League International. 2003.
3. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 4th Edition. Morningstar Publishing Co. Wasilla. 2007
4. MEAC Abbreviated NARM Skills Form.
5. MANA Core Competencies for Midwives
6. Midwives Model of Care®.
7. 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

249. Discuss how you would introduce the concepts of freedom of choice in maternity care, options in maternity care, safety in maternity care, informed decision-making, and the Midwives Model of Care.
250. Discuss the components of a class for parents on the physiology of pregnancy. Give your rationale for each.
251. Discuss the components of a class for parents on the development of the fetus. Give your rationale for each.
252. Discuss the components of a class for parents on prenatal and postpartum exercises. Give your rationale for each.
253. Discuss the components of a class for parents on the physiology of labor. Give your rationale for each.
254. Discuss the components of a class for parents on methods of coping with labor. Give your rationale for each.
255. Discuss the components of a class for parents on the nutrition of pregnant and lactating women, including the special needs of teenagers and vegetarians. Give your rationale for each.
256. Discuss the components of a class for the coach at a labor. Give your rationale for each.
257. Discuss the components of a class for parents on visualization and relaxation during pregnancy and labor. Give your rationale for each.
258. Discuss the components of a class for parents on complications during pregnancy, labor, birth, the postpartum period, and in the newborn. Give your rationale for each.
259. Discuss the components of a class for parents on postpartum physiology and adjustment. Give your rationale for each.
260. Discuss the components of a class for parents on newborn physiology and adjustment. Give your rationale for each.
261. Discuss the components of a class for parents on parenting the infant and young child. Give your rationale for each.
262. Discuss the components of a class for parents on lactation and infant feeding. Give your rationale for each.
263. Describe the functioning of the breast during lactation.

264. Describe the components of breast milk and the benefits of each.
265. Describe the interdependence of the mother and baby during nursing and how this promotes or detracts from successful breastfeeding.
266. Describe the management of sore nipples, plugged ducts, and breast infections. Give the rationale.
267. Describe the management of inducing lactation for adoptive mothers and relactation in mothers who have nursed before and give the rationale.
268. Describe the effects of breastfeeding on fertility.
269. Describe the effects of breastfeeding on sexuality.
270. Describe the management of weaning and give your rationale for each component.
271. Discuss the management of lactation for a premature baby, a baby with special needs, and for toddlers. Give your rationale for each.
272. Describe the rationales behind scheduled and demand feeding.

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
- (4)-I D. Facilitates the mother's decision of where to give birth
- (5)-I E. Educates the mother and her family/support unit to share responsibility for optimal pregnancy outcome
- (6)-I F. Educates the mother concerning the natural physical and emotional processes of pregnancy, labor, birth and postpartum
- (7)-I G. Applies the principles of informed consent
- (9)-I I. Advocates for the mother during pregnancy, birth and postpartum
- I J. Provides education, counseling and/or referral, where appropriate for:
 - (10)-I J 1. Genetic counseling for at-risk mothers
 - (11)-I J 2. Abuse issues: emotional, physical and sexual
 - (12)-I J 3. Prenatal testing
 - (13)-I J 4. Diet, nutrition and supplements

- (14)-I J 5. Effects of smoking, drugs and alcohol use
- (15)-I J 6. Situations requiring an immediate call to the midwife
- (16)-I J 7. Sexually transmitted diseases
- (17)-I J 8. Complications
- (18)-I J 9. Environmental risk factors
- (19)-I J 10. Newborn care including normal/abnormal newborn activity, responses, vital signs, appearance, behavior, etc
- (20)-I J 11. Postpartum care concerning complications and self-care

Core Competencies (MANA Core Competencies for Midwives)

I. Guiding Principles of Practice.

The midwife provides care according to the following principles:

- 1 F. Midwives understand that the childbearing experience is primarily a personal, social and community event.
- 1 G. Midwives recognize that a woman is the only direct care provider for herself and her unborn baby; thus the most important determinant of a healthy pregnancy is the mother herself.
- 1 H. Midwives recognize the empowerment inherent in the childbearing experience and strive to support women to make informed decisions and take responsibility for their own well-being.

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 A. Communication, counseling and teaching skills.
- 2 F. Informed decision-making.
- 2 I. Ethical considerations relevant to reproductive health.

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 B. Education and counseling for the childbearing cycle
- 3 E. Changes in emotional, psychosocial and sexual variations that may occur during pregnancy.
- 3 F. Environmental and occupational hazards for pregnant women.

IV. Care During Labor, Birth and Immediately Thereafter

The midwife provides health care, support, and information to women throughout labor, birth and the hours immediately thereafter. She determines the need for consultation or referral as appropriate. The midwife uses a foundation of knowledge and/or skill which includes the following:

- 4 A. The normal process of labor and birth.

4 D. Emotional responses and their impact during labor, birth and immediately thereafter.

4 E. Comfort and support measures during labor, birth and immediately thereafter.

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 A. Anatomy and physiology of the mother during the postpartum period.

5 B. Lactation support and appropriate breast care including evaluation of, identification of and treatments for problems with nursing.

5 C. Parameters and methods for evaluating and promoting maternal well-being during the postpartum period.

5 D. Causes of, evaluation of, and treatment for maternal discomforts during the postpartum period.

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.

5 F. Causes of, evaluation of, and treatments for problems arising during the postpartum period.

VI. Newborn Care

The entry-level midwife provides health care to the newborn during the postpartum period and support and information to parents regarding newborn care. She determines the need for consultation or referral as appropriate. The midwife uses a foundation of knowledge and/or skill which includes the following:

6 A. Anatomy, physiology and support of the newborn's adjustment during the first days and weeks of life

6 C. Nutritional needs of the newborn.

VII. Professional, Legal and Other Aspects

The entry-level midwife assumes responsibility for practicing in accord with the principles outlined in this document. The midwife uses a foundation of knowledge and/or skill which includes the following:

7 G. Awareness of the need for midwives to share their knowledge and experience.