

Course Title: MOD2-PSY224-Communication & Counseling**Credits:** 1.00

Course Description: An exploration of the impact that language and attitude can have on the new parents' ability to integrate information and make decisions and the midwife's responsibility to communicate in a manner which encourages understanding and growth. Includes overview of therapeutic modalities, an understanding of the normal stresses and abnormal crises of pregnancy and birth, the relationship between a woman's cultural and socioeconomic to her understanding of pregnancy and birth, and the importance of the midwife's communication style and emotional supportiveness to the client's capacity to absorb new information and take on the role of parenthood.

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. Optional Exercise: [Investigating our Ability to be with Pain & Suffering \(Click here to open\)](#) or find it in your NCM disc under:
 NavigationPages\ASM_academicsFiles\NCM Syllabi\AdditionalMaterials\Com&CounsInvestigatePain&Suffering.pdf

VIII. Role Playing: Intake practice with hard questions, e.g., history of sexual, physical abuse, abortions, sexually transmitted illness, sexual satisfaction, fear of birth.

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. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 4th Edition. Morningstar Publishing Co. Wasilla. 2007
4. Exercises: Investigating our Ability to be with Pain & Suffering, Written by Rose Gordon (following study questions below).
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

219. Describe 3 methods of counseling. Include the principles on which these are based and the rationale for each method. How is each relevant to midwifery and how does each contribute to successful communication?
220. Describe how the use of language conveys attitudes and information. How can information and attitudes be specifically identified for the benefit of the clients?
221. Discuss the normal psychological stresses of pregnancy and how these can be communicated to the parents.
222. Name some normal stresses and abnormal crises that may arise during and after pregnancy and how the expectant parents can be prepared for these.
223. Describe how "modern" society differs from "developing" society in terms of support for menarche, pregnancy, birth, lactation, and parenthood. Give examples from 4 different "modern" and "developing" societies.
224. Explain how an authoritarian attitude in a midwife and teacher affects the ability of new parents to confidently adjust to pregnancy, birth, and parenthood. Give examples to support your thinking.
225. Explain how the relationship between mother and daughter can affect the daughter's ability to give birth. Give specific examples to support your observations.
226. Explain how socioeconomic circumstances can affect a woman's ability to understand and participate in her own care. Support your arguments.
227. Describe how a midwife's manner of teaching, atmosphere in the care providing milieu, and caring, and understanding affect the new parents' abilities to learn about pregnancy, birth and parenting, and their abilities to utilize information to their own benefit.

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

(5)-I E. Educates the mother and her family/support unit to share responsibility for optimal pregnancy outcome

(8)-I H. Provides individualized care

(9)-I I. Advocates for the mother during pregnancy, birth and postpartum

I J. Provides education, counseling and/or referral, where appropriate for:

(11)-I J 2. Abuse issues: emotional, physical and sexual

VI. Well-Women Care

(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)

I. Guiding Principles of Practice.

The midwife provides care according to the following principles:

1 D. Midwives understand that physical, emotional, psychosocial and spiritual.

1 J. Midwives synthesize clinical observations, theoretical knowledge, intuitive assessment and spiritual awareness as components of a competent decision making process.

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

2 I. Ethical considerations relevant to reproductive health.

2 J. The grieving process.

2 N. Woman-centered care, including the relationship between the mother, infant and their larger support community.

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 D. Nutritional requirements of pregnant women and methods of nutritional assessment and counseling.

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

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 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 to, 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.

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

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