

**Course Title: MOD3-MW300-Antepartum Basic Skills****Credits:** 1.00

**Course Description:** This course focuses on the basic professional skills needed to provide support to the mother and her developing fetus throughout her pregnancy. It includes gathering and recording extensive patient information in order to develop an individualized plan, as well as the use of techniques, instruments and equipment that monitor the growth and development of the fetus. Skills are framed in the context of OSHA regulations as they relate to the midwifery workplace, and the use of clean and aseptic technique and universal precautions.

**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 clinical interactions, assist with actual clinicals.

**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. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 4<sup>th</sup> Edition. Morningstar Publishing Co. Wasilla. 2007
3. MEAC Abbreviated NARM Skills Form.
4. MANA Core Competencies for Midwives
5. Midwives Model of Care®.
6. 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

1. Name the most important skill a midwife can have to prevent the spread of disease and germs and give your rationale.
2. Describe the instruments that are common in midwifery practice that should be sterilized under pressure and give your rationale.
3. Describe the steps of the 3-minute hand washing.
4. Explain what should be included when labeling sterilized items.
5. List the vital signs and describe how each is evaluated.
6. Describe how to obtain a capillary blood sample.
7. Describe how to obtain a venous blood sample.
8. Describe how to obtain a person's weight.
9. Describe in minute detail how to obtain a clean catch urine specimen as if you were giving instructions to the mother.
10. Describe the steps for obtaining a completely sterile urine sample.
11. Describe the steps for giving an injection IM.
12. Describe the steps for sterile gloving.
13. Describe the steps for setting up and maintaining a sterile field.
14. Describe the steps for doing a sterile speculum exam.
15. Describe the steps of Leopold's Maneuvers and what you expect to determine with each step.
16. Describe two methods for determining fundal height.
17. Describe how you determine where the Fetal Heart Tones will be most easily heard.

18. Explain how to count fetal heart tones most accurately.
19. Describe the steps for determining the location and quantity of edema.
20. Describe the use of the reflex hammer.
21. Describe to a mother how to use a gestational calculating wheel.
22. Describe the steps for dip-sticking urine.

## 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
- (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:
  - (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

### **II. General Healthcare Skills**

- (21)-II A. Demonstrates Universal Precautions
- (22)-II B. Demonstrates the application of OSHA regulations as they relate to midwifery workplace
- (23)-II C. Demonstrates the application of aseptic technique
- II D. Demonstrates the use of instruments and equipment including:

- (25)-II D 2. Bag and mask resuscitator
- (26)-II D 3. Blood pressure cuff
- (30)-II D 7. Doppler and/or Fetoscope
- (31)-II D 8. Gestation calculation wheel/calendar
- (34)-II D 11. Lancets
- (35)-II D 12. Newborn and adult scale
- (36)-II D 13. Nitrazine paper
- (37)-II D 14. Needle and syringe
- (38)-II D 15. Scissors (all kinds)
- (39)-II D 16. Single dose ampule
- (40)-II D 17. Speculum
- (41)-II D 18. Stethoscope
- (43)-II D 20. Tape measure
- (44)-II D 21. Thermometer
- (45)-II D 22. Urinalysis strips
- (46)-II D 23. Urinary catheter
- (47)-II D 24. Vacutainer/blood collection tube
- (48)-II D 25. Vaginal culture equipment
- (49)-II E. Is trained in adult/infant CPR/neonatal resuscitation
- (50)-II F. Uses alternate healthcare practices (non-allopathic treatments) and modalities
- (51)-II G. Refers to alternate healthcare practitioners for non-allopathic treatments
- II H. Treats for shock by:
  - (52)-II H 1. Recognizing the signs and symptoms of shock, or impending shock
  - (53)-II H 2. Assessing the cause of shock and providing treatment for shock
- (54)-II I. Administers Oxygen
- (55)-II J. Recommends the use of vitamin and mineral supplements
- II K. Administers the following pharmacological (prescriptive) agents:
  - (56)-II K 1. Lidocaine
  - (57)-II K 2. Medical oxygen
  - (61)-II K 6. RhoGam ®
- (62)-II L. Refers for performance of ultrasounds
- (63)-II M. Uses Doppler
- (64)-II N. Refers for performance of biophysical profile

### **III. Maternal Health Assessment**

- (65)-III A. Obtains and maintains records of health, reproductive and family medical history
- (66)-III \*B. Performs an initial history and physical examination including vital signs
- III C. Knows pelvic exam, including assessing:
  - (67)-III C 1. The condition of the uterus, ovaries and cervix (by speculum)
  - (68)-III C 1 a) Performs a Papanicolaou (Pap) test
  - (69)-III C 1 b) Obtains gynecological cultures
  - (70)-III C 2. The size of the uterus and fetal age (by bimanual exam), the condition of the vulva, vagina, cervix, perineum and anus
- (71)-III D. Estimates due date based upon a variety of methods

- (72)-III E. Assesses fetal weight, size, lie, or lightening
- (73)-III F. Assesses correlation of weeks gestation to fundal height'
- (74)-III \*G. Performs routine prenatal physical exams
- (75)-III H. Evaluates laboratory and medical records from other practitioners
- (76)-III I. Obtains assistance evaluating laboratory and medical records from other practitioners
- (77)-III J. Records results of the examination in the prenatal records
- III K. Provides prenatal education and counseling for:
  - (78)-III K 1. Nutritional, and non-allopathic dietary supplement support
  - (79)-III K 2. Common complaints of pregnancy
- III L. Recognizes and responds to potential prenatal complications by:
  - (80)-III L 1. Identifying pregnancy-induced hypertension
  - (81)-III L 2. Assessing, educating and counseling for pregnancy-induced hypertension using a variety of methods
  - (82)-III L 3. Identifying preeclampsia and collaborating and managing preeclamptic mothers
  - (83)-III L 4. Identifying and turning breech presentations
  - (84)-III L 5. Identifying multiple gestation pregnancies
  - (85)-III L 6. Identifying and dealing with pre-term labor
  - (86)-III L 7. Assessing, evaluating and treating a post date pregnancy
  - (87)-III L 8. Identifying and referring tubal (ectopic) pregnancy
  - (88)-III L 9. Identifying and referring placenta abruption
  - (89)-III L 10. Identifying placenta previa
  - (90)-III L 11. Identifying premature rupture of the membranes
  - (91)-III L 12. Managing premature rupture of the membranes in a full-term pregnancy and/or consulting and referring appropriately:

## Core Competencies (MANA Core Competencies for Midwives)

### I. Guiding Principles of Practice.

The midwife provides care according to the following principles:

- 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.
- 1 J. Midwives synthesize clinical observations, theoretical knowledge, intuitive assessment and spiritual awareness as components of a competent decision making process.
- 1 K. Midwives value continuity of care throughout the childbearing cycle and strive to maintain continuous care within realistic limits.
- 1 L. Midwives understand that the parameters of "normal" vary widely and recognize that each pregnancy and birth is unique.

### 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 C. Community standards of care for women and their developing infants during the childbearing cycle, including midwifery and bio-technical medical standards and the rationale for and limitations of such standards
- 2 G. The principles and appropriate application of clean and aseptic technique and universal precautions
- 2 M. The ability to develop, implement and evaluate an individualized plan for midwifery care.
- 2 N. Woman-centered care, including the relationship between the mother, infant and their larger support community.
- 2 O. Knowledge and application of various health care modalities as they apply to the childbearing cycle

### 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 A. Identification, evaluation, and support of maternal and fetal well-being throughout the process of pregnancy
- 3 E. Changes in emotional, psychosocial and sexual variations that may occur during pregnancy.
- 3 F. Environmental and occupational hazards for pregnant women.
- 3 G. Methods of diagnosing pregnancy.
- 3 K. Anatomy, physiology and evaluation of the soft and bony structures of the pelvis.
- 3 L. Palpation skills for evaluation of the fetus and uterus.

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.
- 5 G. Support, information and referral for family planning methods, as the individual woman desires.