

**Course Title: MOD3-MW300-AP NUTRITION****Credits: 0.50**

**Course Description:** The Nutrition course provides student midwives with information regarding nutrition during pregnancy and the postpartum period, covers education of clients regarding nutritional and non-allopathic dietary supplements, and teaches midwives to individualize each recommendation. This course also includes identifying individual nutritional patterns, RDA recommendations, effects of malnutrition (both maternal and fetal), and facilitating access to the WIC program.

**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. Varney Burst, Helen. Varney's Midwifery, 4th Edition. Jones and Bartlett Publishers. 2003.
3. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 4<sup>th</sup> 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

1. Prenatal nutrition requires specific instruction as to the intake of calories and protein. Discuss the other essential vitamins and minerals in prenatal nutrition.
2. Explain why sufficient protein intake will not always provide enough calories.
3. What percentage of the United States population is born with a physical or mental handicap directly related to maternal malnutrition?
4. Discuss the purpose of the WIC program.
5. Explain fat catabolism and why it can result in neurologic damage to the fetus.
6. Discuss the effects of maternal malnutrition on fetal brain growth.
7. Explain why the combination of prenatal and postnatal maternal malnutrition is so detrimental for the fetus.
8. RDAs for pregnancy need to be individualized according to body type, activity level, age, non-pregnant requirements, and gestational age. List four conditions which may require additional corrective nutritional allowances.
9. List the essential nutrients that cannot be obtained in adequate amounts even if protein intake is adequate. Discuss the correct daily level of supplementation.
10. Define megaloblastic anemia.
11. Name the two nutritional supplements that should not be taken together because they form a soap, which significantly reduces their absorption.
12. Discuss why the restriction of sodium intake has been implicated in the increased incidence of preeclampsia in pregnant women.
13. Discuss the definition of prepregnant underweight.
14. Explain why the increase of calories and protein is necessary to prevent preeclampsia and eclampsia when excessive weight gain is partly or completely attributable to edema.
15. List two times during gestation when the evaluation of nutritional intake is critical and why.
16. Define pica. Discuss what can be done to alleviate it.

## Clinical Skills (NARM Skills)

### **I. Midwifery Counseling, Education and Communication**

(13)-I J 4. Diet, nutrition and supplements

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

(55)-II J. Recommends the use of vitamin and mineral supplements

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

(78)-III K 1. Nutritional, and non-allopathic dietary supplement support

## Core Competencies (MANA Core Competencies for Midwives)

### **I. Guiding Principles of Practice.**

**The midwife provides care according to the following principles:**

1 E. Midwives understand that female physiology and childbearing are normal processes, and work to optimize the well-being of mothers and their developing babies as the foundation of care giving

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 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 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.
- 3 F. Environmental and occupational hazards for pregnant women.