

Course Title: MOD3-MW300-Antepartum Physical Assessment**Credits: 0.50**

Course Description: This course is designed to prepare the midwife to diagnose symptoms, and to perform the skills and tests needed to provide health care, support and information to women throughout pregnancy. Presented symptoms are used as a guide to discover the cause, and to discriminate between conditions that may display similar symptoms.

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. Lynn S. Bickley (Editor), Peter G., M.D. Szilagy (Editor), Fiona R. Prabhu (Contributor). Bates' Guide to Physical Examination and History Taking. 10th Edition. 2008
2. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 4th 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 some of the causes of rapid changes in weight over a few days.
2. Name some of the causes of weight loss.
3. Name some of the causes of rapid weight loss with relatively high food intake.

4. Name some socioeconomic factors, which could contribute to weight loss.
5. Name some causes of fatigue.
6. Name the causes of weakness.
7. Explain what recurring shaking chills suggest.
8. Name some causes of feelings of heat and sweating.
9. Name some causes of generalized itching without obvious reason.
10. Name some of the causes of headaches.
11. Name some causes of blurring vision.
12. Explain what is suggested by sudden visual loss.
13. Describe what may cause difficulty with close work or with seeing in the distance.
14. Describe what might be the cause of moving specks or strands in the eye.
15. Name the muscles that diplopia indicates weakness or paralysis of.
16. Describe the kind of loss in hearing that leads people to complain that others mumble.
17. Name the part of the ear that tends to be affected when a person feels vertigo or dizziness.
18. Describe the mechanism that causes stuffy nose.
19. Explain what should be considered if stuffiness is always one-sided.
20. Name some causes of a bloody nose.
21. Explain what can cause a sore tongue.
22. Explain what can cause chronic hoarseness.
23. Name some of the causes of enlarged, tender lymph nodes in the neck.
24. Name a cause of enlarged thyroid gland.
25. Name some causes of lumps in the breast.

26. Name some causes of chest pain.
27. Explain some ways of differentiating angina from heartburn.
28. Explain what is suggested by transient skips and flip-flops in the heartbeat.
29. Name some causes of episodic dyspnea.
30. Name some causes of wheezing.
31. Name some causes of dependent edema.
32. Describe the significance of yellowish or greenish sputum.
33. Describe the significance of coughing blood.
34. Explain what could cause a disability to swallow all the way.
35. Name some causes of abdominal bloating.
36. Explain what is suggested by right lower quadrant pain, which is preceded by periumbilical pain.
37. Name some of the causes of anorexia, nausea, and vomiting.
38. Name some of the causes of vomiting blood.
39. Describe some of the symptoms you might expect if a person has vomited 500 cc or more of blood.
40. Name the causes of black stools.
41. Name some causes of diarrhea.
42. Name some causes of gray, greasy stools.
43. Name some causes of jaundice in the adult.
44. Name a cause of kidney pain.
45. Name a cause of internal burning while urinating.
46. Name a cause of hematuria.
47. Name some causes of incontinence.
48. Name a cause of bright red menstrual flow.

49. Name some causes of amenorrhea.
50. Describe the major problems in sexual dysfunction.
51. Explain a cause of penile discharge or pain on urination.
52. Describe how sexually transmitted diseases may be present with or without signs or symptoms.
53. Name some clues to vascular disorders in the extremities.
54. Explain what is suggested by pain in the joints.
55. Explain what is suggested by stiffness in the joints.
56. Name some different kinds of arthritis and describe their clues.
57. Name some causes of temporary loss of consciousness and explain how these are different in young people and old people.
58. Describe some causes of seizures.
59. Name a cause of weakness in the upper and lower extremities.
60. Name some causes of paralysis.
61. Explain why congenital bleeding disorders are most common in males.
62. Name some causes of petechiae.
63. Describe some symptoms of diabetes mellitus.
64. Name some endocrine diseases.
65. Describe a general survey of the body.
66. Explain what will be noted when observing the skin.
67. Explain what is examined when examining the head.
68. Explain what is examined when checking the eyes.
69. Explain what is examined when checking the ears.
70. Explain what is checked in the nose and sinuses.

71. Explain what is checked in the neck.
72. Explain what is checked in the mouth and pharynx.
73. Explain what should be checked and inspected for on the back.
74. Explain what should be checked for in the posterior thorax and lungs.
75. Describe how the breasts, axillae, and epitrochlear nodes are examined.
76. Describe how the anterior thorax and lungs are evaluated.
77. Describe how the cardiovascular system is evaluated.
78. Explain how the abdomen is evaluated.
79. Describe what is examined in the inguinal area.
80. Describe how a rectal examination on a man carried out and what is evaluated.
81. Describe the evaluation of the legs.
82. Explain what is evaluated in the musculoskeletal system.
83. Describe what is inspected for in the peripheral vascular system.
84. Explain what is examined in the male genitalia.
85. Describe how a neurologic screening examination is carried out.
86. Describe how a full neurologic examination carried out.
87. Explain how mental status is evaluated.
88. Describe how the genitalia and the rectum are examined in women.

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:

(26)-II D 3. Blood pressure cuff

(30)-II D 7. Doppler and/or Fetoscope

(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

(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

(47)-II D 24. Vacutainer/blood collection tube

(48)-II D 25. Vaginal culture equipment

(50)-II F. Uses alternate healthcare practices (non-allopathic treatments) and modalities

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

(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

(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

III K. Provides prenatal education and counseling for:

(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 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 B. Human anatomy and physiology relevant to childbearing

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 C. Preexisting conditions in a woman’s health history, which are likely to influence her well-being when she becomes pregnant.

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 H. Basic understanding of genetic factors, which may indicate the need for counseling, testing, or referral.

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.

3 M. The causes, assessment and treatment of the common discomforts of pregnancy.

3 N. Identification of, implications of, and appropriate treatment for various infections, disease conditions and other problems, which may affect pregnancy.