

**Course Title: MOD7-MW380-Well Woman Family Planning****Credits:** 1.00**Course Description:** This course is designed to teach students the many options for family planning, such as, IUD, sterilization, natural family planning, etc... so that in turn they may be able to discuss these options with women.**Learning Objectives:**

A: Student 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: Student 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. Fogel, Catherine Ingram and Woods, Nancy Fugate. Women's Health Care in Advanced Practice Nursing. 1 edition. Springer Publishing Company. 2008.
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. Discuss Margaret Sanger and her contribution to family planning in the USA.
2. Explain how the following have a bearing on the selection of a family planning method for each woman:
  - a. Sociocultural factors.
  - b. Occupational or economic factors.
  - c. Religious factors.
  - d. Legal factors.
  - e. Physical factors.
  - f. Marital factors.

## g. Psychological factors.

3. If a woman decides to use family planning, discuss the other factors that will enter into her decision on the choice of method(s) and why.
4. Explain the factors that determine the effectiveness of a family planning method and why.
5. Explain how the clinical (use) effectiveness of a family planning method is calculated. What is a high rate of effectiveness, a moderate rate, a low rate?
6. Explain when during the use of a contraceptive method the conception rate is highest and why.
7. Discuss the teaching about douching in relation to family planning that should be provided: about coitus interruptus, about vaginal cleansing agents.
8. Discuss the permanent methods of sterilization and what teaching should be given regarding these.
9. Describe 4 methods of natural family planning. Give their reliability and use effectiveness as well as a description of each in detail.
10. Describe spermicides and how they act to prevent pregnancies. Give 6 examples and how each works. What is the use effectiveness of spermicides and what instructions should be given?
11. Describe condoms and their use. What is their use effectiveness? What instructions should be given? How does the use of spermicides in addition affect effectiveness? What are the contraindications and side effects of spermicides? When in particular should condoms be used?
12. Describe diaphragms, the different kinds, their effectiveness, and patient responses. What are the contraindications and side effects? How are diaphragms fitted? What patient instructions should be given? What follow-up is required?
13. Describe the cervical cap, its effectiveness, the kinds available, the contraindications, the timing of fitting, and patient instructions, and follow-up recommended.
14. Describe the IUD, the kinds available, their use effectiveness, contraindications, side effects, management plan, device selection, procedure for insertion, patient teaching, follow-up, management of side effects and problems.

15. Describe hormonal contraceptive management, use effectiveness, and patient response. Describe the differences between and the combinations of estrogen and progestin pills. What are the contraindications, side effects, and complications? What are the benefits of oral contraceptives? What is the management plan for hormonal contraceptives? What evaluations take place at return visits? What patient instructions must be given?
16. Describe Norplant, its use effectiveness, and patient response. What are the contraindications, side effects, and complications? What is the management plan? How is Norplant inserted and removed? What evaluations take place at return visits? What patient instructions must be given?
17. Describe Depo-Provera injections. What are their mechanisms of action and their effectiveness? What are the advantages/disadvantages? When would Depo be indicated? What are the contraindications, side effects, and complications? What instructions should be given and what follow-up should be done?
18. Define the "morning after" pill. How is it used? What are the side-effects and use effectiveness?
19. Explain menstrual extraction. When is this done and how? What are the advantages/disadvantages?
20. Explain menses induction-RU 486. When and how is it given? What are the advantages/disadvantages?
21. Explain therapeutic abortion after diagnosis of pregnancy. When and how is this done? What are the advantages/disadvantages, contraindications, and side effects? What teaching is done and what follow-up is necessary?
22. Discuss the teaching and support that should be given a woman who chooses to continue an unplanned pregnancy. What follow-up is necessary and why?

## 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
- (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:

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

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

(14)-I J 5. Effects of smoking, drugs and alcohol use

(16)-I J 7. Sexually transmitted diseases

(18)-I J 9. Environmental risk factors

### **VI. Well-Women Care**

(140)-VI A. Obtains a client history appropriate to GYN/Well-woman care

(141)-VI B. Performs a thorough general physical examination appropriate to well-woman care

(143)-VI D. Performs pelvic examination

(144)-VI E. Provides education

(145)-VI F. Assesses client's family planning history and needs: counsels/prescribes

(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

(148)-VI I. Maintains precise records

## **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

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

#### **VIII. Woman care and Family planning**

**Depending upon education and training, the entry-level midwife may provide family planning and well-woman care. The practicing midwife may also choose to meet the following core competencies with additional training. In either case, the midwife provides care, support and information to women regarding their overall reproductive health using the foundation of knowledge and/or skill which includes the following:**

8 A. Understanding of the normal life cycle of women.

8 B. Evaluation of the woman's well-being including relevant historical data.

8 C. Causes of, evaluation of, and treatments for problems associated with the female reproductive system and breasts

8 D. Information on, provision of, or referral for various methods of contraception

8 E. Issues involved in decision-making regarding unwanted pregnancies and resources for counseling and referral.