

Course Title: MOD7-MW380-Well Woman Physical Assessment

Credits: 1.00

Course Description: Through this course, the student will gain an understanding of the normal life cycle of women and subsequently learn to evaluate a woman’s well-being including relevant historical data. Student will learn how to perform a complete physical examination.

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, 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. Discuss the rationale for performing standard physical assessment and history on an interconceptual woman.
2. Discuss the elements that will be reviewed in the following and why:
 - a. Menstrual history
 - b. Douching history
 - c. Contraceptive history
 - d. Obstetric history

- e. Sexual history
- f. Gynecological history
- g. Family history
- h. Nutrition

3. Give the definition of menopause. Explain at what age (range) it usually begins, how long it may last, the physiologic causes, and normal effects.

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

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

(41)-II D 18. Stethoscope

VI. Well-Women Care

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

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

(142)-VI C. Performs urinalysis

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

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.