Course Title: Well Woman Diagnostic Lab Tests & Procedures
Credits: 1.0

Course Description: This course provides a thorough review of diagnostic tests that may be performed during a well-woman visit. This course gives an overview of diagnostic testing that is outside of the scope of practice of most midwives in an effort to inform students about topics that may require discussion and referral during a well-woman visit. Cancer screening and interpretation of the pap test/smear is emphasized in this unit as a means of reducing confusing and increasing the student’s capacity to explain risk to a client. This course uses current research in midwifery and obstetrics to broaden the student’s understanding of the following NARM skills and MANA core competencies learned under clinical supervision:

NARM Skills
(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
(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
I J. Provides education, counseling and/or referral, where appropriate for:
(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
VI. Well-Women Care
(142)-VI C. Performs urinalysis
(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 healthcare professionals, services, agencies, or other, as indicated

Learning Activities:

A. Student reads appropriate sections from the Learning Materials/Resources.

B. Student answers the questions listed in the Learning Objectives by researching the Learning Materials/Resources for the course and correctly cites the sources and page numbers for each of their answers.

C. Student presents answers the questions listed in the Learning Objectives for review by preceptor.

D. Student participates in preceptor elaboration/discussion of Learning Objectives.
E. In the case that the required texts are more than 5 years old, the student must research, prepare & present a summary of current best midwifery care/practices appropriate to a topic covered in this course from a current journal article/study, less than 5 years old.

F. Recommended Role-playing and/or Clinical Interactions

*Note: The clinical requirement of NARM /Clinical Skills is completed at any time throughout the ASM apprenticeship during actual clinical practice and is NOT a requirement to complete this academic course.*

Activities specific to NARM skills learned in this section:

1. Practice obtaining a wet mount and examining under the microscope.
2. Practice doing a pH test and whiff test and evaluating the results.
3. Practice performing a pap smear on another student or preceptor.
4. Practice drawing blood on another student.
5. Look up the appropriate tubes and sample preparation protocol for your local lab where blood is sent for analysis.
6. Practice filling out a lab requisition for various tests that may be a part of a well-woman exam.
7. Observe and practice educating clients about routine cancer screening in well-woman care.
8. Observe and practice educating a client about screening for HIV and other STIs.

Learning Materials / Resources:

*Please use textbooks less than 5 years old or most recent edition.*


12. Midwives Model of Care®: [http://cfmidwifery.org/mmoc/brochures.aspx](http://cfmidwifery.org/mmoc/brochures.aspx)

13. Students must find 1 article/study less than 5 years old. Recommended internet links as needed for latest developments in midwifery care: [https://www.midwiferycollege.edu/resources-national-college-of-midw](https://www.midwiferycollege.edu/resources-national-college-of-midw)

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**Evaluation Tools / Methods:**

Minimum passing grade for each course is a cumulative 80% / B-. Students and preceptors are encouraged to work together until the student masters the information.

Final grade for the course is based on preceptor evaluation of the following:

A. Learning Objectives count for 50% of the final grade.
   The preceptor evaluates each answer based on three elements:
   
   1. Answers should reflect a thorough review of current literature regarding best current practices in midwifery care.
   2. Each answer should be formed in the student’s own words or paraphrased from the text. The answer should be minimal, not a re-write of the entire text, but enough to show appropriate comprehension of the learning objective.
   3. Student identification of sources and page numbers for each of the Learning Objectives. (Preceptor should do a random check to determine that sources cited are correctly identified.)

B. Enrichment Activities, including research essays and summaries of articles: 20%

C. Discussions: 15%

D. Tests and Exams: 15%

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**Course credit:**

One Academic credit equals approximately 15 hours of formal time plus 30 hours of additional study or homework. Formal time is defined as the amount of time taken to answer the Learning Objectives to the level of 80% and to complete any learning activities to the preceptor’s satisfaction, including any time spent face to face with the preceptor. Informal time includes
any time spent actively reading relevant sources and textbook/s, researching Learning Objectives, and studying for examinations.

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**Learning Objectives:**

A-1. The student must research, prepare & present a summary of an aspect of current best midwifery care/practices appropriate a topic from this course from a current journal article/study.

A-2: Read the questions from the quiz at this site: [http://www.uhhospitals.org/macdonald/health-and-wellness/pregnancy-resources/am-i-ready-to-have-a-baby-quiz](http://www.uhhospitals.org/macdonald/health-and-wellness/pregnancy-resources/am-i-ready-to-have-a-baby-quiz) List the reason you think each question is asked.

B. Student answers the questions below and cites the sources and page numbers.

1. Briefly discuss the role of informed consent in diagnostic testing during a well-woman visit.

2. Discuss how a midwife refers a well-woman client for a consult with another practitioner based on abnormal findings of diagnostic tests.

3. Describe the basic technique for using a microscope.

4. Describe how to assemble a wet prep.

5. Discuss how to observe universal precautions in preparing and viewing a wet prep.

6. Discuss how to observe OSHA regulations when disposing of a wet prep.

7. How can nitrazine paper be used as a diagnostic tool during a well-woman exam?

8. Describe how to perform a whiff test.

9. What does the whiff test identify?

10. Discuss microscopic findings for Candida albicans.

11. Discuss the microscopic findings for Trichomonas Vaginalis.

12. Discuss the microscopic findings for Gardnerella Vaginalis.

Name the collection site(s) for the specimens that are needed to test for the following infections:

13. Chlamydia

14. Gonorrhea
15. Bacterial vaginosis

16. Herpes

17. HPV

18. Urinary tract infection

19. Syphilis

20. HIV

21. Hepatitis B

22. Describe two methods by which cervical cells are prepared for examination by a lab technician after collection.

Define each of the following pap test/smear results and briefly state its significance:

23. Atypical squamous cells of undetermined significance (ASCUS)

24. High grade atypical squamous cells (ASCH)

25. Low-grade squamous intraepithelial lesions (LSIL)

26. High-grade squamous intraepithelial lesions (HSIL)

27. Atypical glandular cells (AGC)

28. Endocervical adenocarcinoma in situ (AIS)

29. How is HPV testing related to the results of a pap smear/test?

30. Which types of HPV are associated with cervical cancer?

31. Define what is considered an adequate specimen for performing an evaluation of cervical cells.

32. Briefly define what is meant by a negative result of a pap test/smear.

33. What organisms are most commonly found when doing a pap test/smear?

34. Briefly describe the follow-up procedures that might be performed after an abnormal/high risk pap.

35. Briefly discuss the use of urinalysis in well-woman care.
36. Briefly describe the diagnostic tests that should be offered to a woman who suspects she may have been exposed to herpes simplex virus (HSV).

37. Discuss the diagnostic testing follow-up for a positive HIV test.

38. Briefly discuss the kind of counseling that a midwife should provide a client who suspects they have been exposed to the HIV virus.

39. Describe the use of ultrasound in screening for breast cancer.

40. Describe the current guidelines for mammogram frequency for women of childbearing age.

41. Describe the current guidelines for mammogram frequency for women in menopause.

42. What genetic tests can be performed as a method of risk screening for breast cancer?

43. Describe the use of MRI in diagnosing breast cancer.

44. Name the most common lab tests that are performed to test for thyroid function.

45. What blood test can be done to rule out pregnancy for amenorrhea?

46. List some of the diagnostic tests that should be offered to women of childbearing age that are experiencing abnormal bleeding during the menstrual cycle.

47. Describe how ultrasound can be used to identify fibroids or uterine masses.

48. Briefly list the diagnostic tests that should be done before a procedure that terminates a first trimester pregnancy.

49. List the diagnostic tests that should be performed before the insertion of an IUD.

50. List the diagnostic tests that should be performed before initiation of hormonal contraception.

51. List the diagnostic tests that should be performed before the initiation of barrier methods of contraception.

52. List the diagnostic tests that should be performed before the initiation of family planning with the fertility awareness method.

53. List the diagnostic tests that should be taken in conjunction with emergency contraception.

54. List some of the diagnostic tests that should be performed for women who are considering getting pregnant.
55. Discuss why a fecal occult blood test might be performed at a well-woman visit.

56. How is a fecal occult blood test performed?

57. Discuss routine diagnostic tests that should be offered to women in menopause without abnormal or uncomfortable symptoms.

58. Discuss routine diagnostic tests that should be offered to women in menopause that are experiencing symptoms such as hot flashes, vaginal dryness, and night sweats.

59. Briefly discuss the diagnostic tests that should be offered to women in menopause at risk for osteoporosis.

60. List the tests the diagnostic tests that should be offered to a post-menopausal woman that is experiencing vaginal bleeding.