

# Capital Area School of Practical Nursing

## Maternal Newborn Nursing

### Course Information

Time: 8:15-11:40am

Theory Contact Hours: 70

### Instructor Information

Gloria Eppley RN MSN APN

Office: 217-585-1215 ext. 208

Email: [geppley@caspn.edu](mailto:geppley@caspn.edu)

### Classroom performance and student responsibilities

All policies are to be followed as outlined in the CASPN student handbook.

### Assignments and Point Distribution

Assignments, tests, and point distribution per faculty.

### Course Description

This course provides an integrative, family-centered approach to the care of childbearing women and newborns. Emphasis is placed on uncomplicated pregnancies and the normal newborn.

### Course Objectives

1. Describe the steps of a focused health assessment on childbearing women and newborns and identify deviations from normal.
2. Describe the role of the nurse as a member of the health care team and client advocate while providing family-centered care to childbearing women and newborns.
3. Apply knowledge of pharmacology, pathophysiology, and nutrition, as well as evidence based practice, to the care of childbearing women and newborns.
4. Describe how verbal and nonverbal communication promotes therapeutic relationships with patients and their families, as well as professional relationships with members of the health care team.
5. Identify technologies and evidence-based literature that support clinical decision making and impact patient care.
6. Identify health education needs of childbearing women and newborns and their families, as well as strategies used to reinforce education.
7. Discuss organizational, time management, and priority-setting skills used when providing care to childbearing women and newborns.
8. Identify patient-care needs related to safety and the delivery of quality care.
9. Describe ethical and legal standards as well as professional accountability in the delivery of care to the childbearing women, newborns, and their families.

### Content Units

Trends in maternal health care

#### Unit Objectives

1. Identify current trends in maternal health care
2. Discuss the effect of current trends on maternal health care
3. Discuss the role of the nurse in women's/maternal health care
4. Describe the role of the family during the perinatal experience

### Content Unit

Legal/ethical issues

### **Unit Objectives**

1. Identify current legal/ethical issues in reproductive health care.
2. Discuss the nurse's role in caring for patients who have had a therapeutic abortion, in-vitro fertilization, or have had a baby through a surrogate pregnancy.

### **Content Unit**

Reproductive health care

### **Unit Objectives**

1. Describe various methods of female and male contraception.
2. Discuss advantages and disadvantages of identified methods of contraception.
3. Identify the most common sexually transmitted diseases (STDs) that affect the male and female reproductive systems, including gonorrhea, chlamydia, syphilis, genital herpes, hepatitis B and HIV.
4. Describe the pathophysiology, clinical manifestations, medical management and nursing care of patients who have common STDs.
5. Identify the diseases known as TORCH infections.
6. Describe the implications TORCH infections may have on women and their fetuses/infants during the perinatal experience.
7. Describe the potential effects of Group B streptococcus on the mother and fetus/infant.
8. Discuss the medical and nursing management of mothers/babies affected with one of the TORCH infections or Group B streptococcus.

### **Content Unit**

Antepartum care

### **Unit Objectives**

1. Discuss the components in the physical and psychosocial assessment of the pregnant woman.
2. Describe physiological changes that occur in women during the normal antepartum period
3. Discuss nutritional needs of the pregnant woman and the effects of poor nutrition on the mother and baby.
4. Describe common diagnostic procedures/tests that may be used during the antepartum experience.
5. Identify commonly prescribed and over-the-counter medications used during the antepartum period.
6. Discuss the effects of medications used during the antepartum period and their nursing implications.
7. Describe health education needs of the pregnant woman during the antepartum period.
8. Describe common complications of pregnancy identified during the antepartum experience and appropriate nursing interventions.

### **Content Unit**

Alteration in Ingestion, Digestion, Absorption, and Elimination – Maternal

### **Unit Objectives**

1. Recognize components of a focused assessment that should be included when collecting data on women who have an alteration in ingestion, digestion, absorption, and elimination.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for women who have an alteration in ingestion, digestion, absorption, and elimination.
3. Identify priority actions for women who have an alteration in ingestion, digestion, absorption, and elimination.
4. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to women who have an alteration in ingestion, digestion, absorption, and elimination.
5. Recognize alterations in laboratory values related to alterations in ingestion, digestion, absorption, and elimination.
6. Discuss the correct use and functioning of therapeutic devices that support ingestion, digestion, absorption, and elimination.

7. Describe the role of the nurse in providing quality care to women who have an alteration in ingestion, digestion, absorption, and elimination.
8. Identify health care education and safety needs for women who have an alteration in ingestion, digestion, absorption, and elimination.

### **Content Topics**

- a. Pathophysiology/ Hormonal disorders (hyperemesis gravidarum)
- b. Pharmacology/ Antiemetics
- c. Nutrition/ Small frequent meals
- d. Nutrition/ Vitamin B6 supplements
- e. Nutrition/ Prenatal vitamins

### **Content Unit**

Intrapartum care

#### **Unit Objectives**

1. Describe the four stages of labor.
2. Discuss the significance of fetal monitoring during active labor.
3. Discuss the nurse's role in providing comfort and support to family during the intrapartum experience.

### **Content Unit**

Postpartum care

#### **Unit Objectives**

1. Discuss appropriate nursing interventions while caring for patients experiencing complications.
2. Describe the role of the nurse in promoting the bonding experience between mother and baby.
3. Discuss health education needs of the mother and family as well as the role of the nurse in providing the teaching.
4. Describe the physiological changes that occur during the postpartum experience.
5. Describe the nursing assessment components and interventions appropriate for the care of the postpartum patient.
6. Identify common medications used for the postpartum patient.
7. Discuss the use of medications commonly used by the postpartum patient, their actions, potential side effects, and related nursing interventions.
8. Identify complications that may occur during the postpartum experience.

### **Content Unit**

Newborn care

#### **Unit Objectives**

1. Describe the physiological needs of the normal newborn.
2. Discuss newborn assessment, including use of Apgar scores and the importance of testing reflexes.
3. Describe physical criteria for determining gestational age.
4. Describe common diagnostic tests used for newborns including the purpose of the tests and nursing implications.
5. Discuss care of the normal newborn.
6. Discuss nutritional needs of the newborn.
7. Explain advantages of breast feeding versus bottle feeding.
8. Describe characteristics of preterm, post-term, and low birth weight infants.
9. Describe the role of the nurse in providing support to parents of preterm or low birth weight infants as well as term infants who may be in special care nurseries.
10. Describe common potential complications that may occur during the neonatal period and nursing implications.

11. Identify common medications given during the neonatal period.
12. Discuss the use, actions, potential side effects, and nursing interventions for common medications given to newborns.
13. Describe the role of the nurse in promoting bonding of the parents with special needs newborns.

## **Content Unit**

### Alteration in Cardiac Output and Tissue Perfusion – Maternal

#### **Unit Objectives**

1. Recognize components of a focused assessment that should be included when collecting data on women who have an alteration in cardiac output and tissue perfusion.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for women who have an alteration in cardiac output and tissue perfusion.
3. Identify priority actions for women who have an alteration in cardiac output and tissue perfusion.
4. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to women who have an alteration in cardiac output and tissue perfusion.
5. Recognize alterations in pulse oximetry and other laboratory values related to alterations in cardiac output and tissue perfusion.
6. Discuss the correct use and functioning of therapeutic devices that support cardiac output and tissue perfusion.
7. Describe the role of the nurse in providing quality care to women who have an alteration in cardiac output and tissue perfusion.
8. Identify health care education and safety needs for women who have an alteration in cardiac output and tissue perfusion.

#### **Content Topics**

- a. Pathophysiology/ Increased arterial pressure disorders (pregnancy induced hypertension)
- b. Pathophysiology/ Hematologic disorders/RBC and platelets (blood incompatibilities – maternal/fetal)
- c. Pharmacology/ Direct acting peripheral vasodilators
- d. Pharmacology/ Alpha and beta blockers
- e. Pharmacology/ Magnesium sulfate
- f. Pharmacology/ Rh immune globulin
- g. Nutrition/ Calcium supplements
- h. Nutrition/ No added salt diet

## **Content Unit**

### Alteration in Regulation and Metabolism - Maternal and Newborn

#### **Unit Objectives**

1. Recognize components of a focused assessment that should be included when collecting data on women who have an alteration in regulation and metabolism.
2. Apply knowledge of anatomy, physiology, pathophysiology, nutrition, and developmental variations when helping to plan care for women who have an alteration in regulation and metabolism.
3. Identify priority actions for women who have an alteration in regulation and metabolism.
4. Apply knowledge of the actions, potential side effects, and nursing implications when administering medications to women who have an alteration in regulation and metabolism.
5. Recognize alterations in laboratory values related to alterations in regulation and metabolism.
6. Discuss the correct use and functioning of therapeutic devices that support regulation and metabolism.
7. Describe the role of the nurse in providing quality care to women who have an alteration in regulation and metabolism.
8. Identify health care education and safety needs for women who have an alteration in regulation and metabolism.

### **Content Topics**

- a. Pathophysiology/ Endocrine/exocrine disorders (gestational diabetes, infant of a diabetic mother)
- b. Pharmacology/ Insulins
- c. Pharmacology/ Glucagon
- d. Nutrition/ Diabetic diets; six small meals a day

### **Content Unit**

Nursing Care- Women

### **Unit Objectives**

1. Review principles related to the selected skills.
2. Practice client care skills using proper techniques while ensuring client safety.
3. Integrate the following skills into theory or clinical

### **Content Topics**

- a. Calculation of delivery date
- b. Auscultation of fetal heart rate
- c. Palpation of contractions
- d. Maternal and newborn assessment
- e. Palpation of fundal height
- f. Teach how to give a baby bath
- g. Teach breast feeding techniques
- h. Umbilical cord and circumcision care
- i. Discharge teaching

### **NOTE**

This syllabus is not a contract between the instructor and student enrolled. Content is subject to change. Students will be given notice of changes made in content, policies, or grading as they may occur.