Nursing Specialty - Maternal Infant Health (Obstetrics)

Maternal Infant Health Theory Course

Course Description

This course focuses on women’s lives and childbearing families in the contemporary Canadian context. It offers an examination of concepts related to maternal infant health. Sections include an overview of childbearing families, preconception care, and assessment of a woman during pregnancy, the experience of childbirth, postpartum care, and newborn care.

This is a self-directed, online course that we recommend completing in 8 to 12 weeks, depending on your schedule and personal commitments. Your learning will be facilitated through written lessons with learning activities, textbook and journal readings. A course map will guide your online learning experience.

You are required to complete readings from the course textbook, as well as from additional sources. Any readings that are not in your textbook will be provided for you. Each lesson contains learning objectives to help you organize your studying.

Students must purchase their own textbook for this course.

Course Outcomes

By the end of this course the learner will:

1. Identify the principles of family-centered maternal and newborn care.

2. Demonstrate an understanding of preconception health care to promote the health of the childbearing woman.

3. Demonstrate an understanding of the woman’s and family’s experience of pregnancy, childbirth, and postpartum.

4. Describe newborn care including, for example parent-infant interaction and normal newborn characteristics.

Credit Hours and Length of Course

Self-directed for completion in 8 to 12 weeks
<table>
<thead>
<tr>
<th>Lessons</th>
<th>Topics</th>
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| Lesson 1: Women and their families | • Health promotion  
• Family forms  
• Sexuality  
• Family centred care  
• Family assessment  
• STI’s  
• Fertility and Contraception  
• Culture |
| Lesson 2: The pregnancy experience | • Physiology of pregnancy  
• Signs of pregnancy  
• Adaptations  
• Hormones  
• Role transitions  
• Prenatal screening and diagnostics |
| Lesson 3: Pregnancy at risk | • High risk pregnancy  
• Blood types  
• Complications of pregnancy (e.g., hemorrhagic, infectious, endocrine, vascular)  
• Intimate partner violence |
| Lesson 4: Labour and Birth | • Physiological aspects of labor  
• Stages and phases  
• Fetal responses  
• Complications  
• Pain management |
| Lesson 5: Post partum Adoptions | • Postpartum nursing care  
• Parent-newborn attachment  
• Family adaptation |
| Lesson 6: The mother at risk | • Hemorrhage  
• Infection  
• Thromboembolic disorders  
• Postpartum depression |
| Lesson 7: The healthy infant | • Physiological adaptations of neonate  
• Newborn screening  
• Thermoregulation  
• Jaundice  
• Behavioural cues  
• Parent/family adjustment  
• Newborn nutrition  
• Kangaroo care |
| Lesson 8: The infant at risk | • Preterm and post-term infants  
• Hypoglycemia  
• Respiratory distress syndrome  
• Gestational age challenges  
• Congenital problems |
| Lesson 9: Home with Baby: The New Normal | • Discharge needs  
• Community nursing assessment  
• Contraception  
• Safety and Parent/Caregiver Education |
Course Description

This clinical practicum is designed to provide learners with nursing practice experience in caring for women and their families in the contemporary Canadian context. Supervised nursing practice experiences on selected clinical units will assist the learner to integrate professional knowledge of registered nursing practice in Canada and enhance critical thinking skills and decision-making skills. The clinical consists of approximately 80 hours of preceptored experience. It is expected that the learner will meet all of the clinical competencies.

Prior to participating in the clinical practicum, the learner must submit proof of current immunizations; BCLS for Health Professionals certification; and for some settings and facilities, a criminal record check.

Course Outcomes/Competencies:

1. **Professionalism:** The learner is accountable for professional, ethical nursing practice. He or she is responsible and accountable for ensuring that nursing practice and conduct meets the standards of professional and legislative bodies; engages in nursing practice which is congruent with the CNA’s code of Ethics.

2. **Relationship-Centered Practice:** The learner establishes a therapeutic nurse-person relationship to promote the health and well being of the mother/family and newborn.

3. **Leadership:** The learner provides family-centered nursing care during all phases of childbearing: prenatal, ante partum, labor, and post-partum that meets their unique needs and reflects the scope of professional nursing practice in Canada.

4. **Clinical Practice:** The learner demonstrates safe, knowledge-based nursing practice in the areas of family centered maternal-infant health nursing.

Credit Hours and Length of Course

80 hours in length; seven 12 hour shifts