

**College of Micronesia-FSM
Course Outline**

Course Title: Maternal and Child Health II

Department No. CHS 240a

Course Description:

This course is designed to teach the elements of care for pregnant patients and care of the woman and infant during labor and the postpartum period. Basic concepts of human fertilization, female and male reproductive, urinary and pelvic anatomy and physiology are covered. This course is designed for health assistants (HAs) who are based in dispensaries in areas where there is no doctor.

Course Prepared By: Drs Durand and Lizuta

Campus: Yap, Pohnpei

	Hours Per Week	x	No. of Week	=	Total Hours	=	Semester Credits
Lecture	<u>5</u>	x	<u>16</u>	=	<u>80</u>	=	<u>5</u>
Laboratory	_____	x	_____	=	_____	=	_____
Workshop	_____	x	_____	=	_____	=	_____
Total Semester Credits =						=	<u>5</u>

Purpose of Course:	Degree Requirement	_____
	Degree Elective	_____
	Certificate	<u>X</u>
	Other	_____

Prerequisite: 220a, 231a

Signature Chairperson, Curriculum Committee	Date
---	------

Signature, President, COM-FSM	Date
-------------------------------	------

General Course Objectives: To develop skills needed for health assistants to provide basic preventive and curative care to women of reproductive age and their children in areas where there is no doctor.

Specific Learning Objectives:

- Explain the 10 principles for health workers in the Code of Conduct of the International Red Cross as they apply both to disaster relief and community health (see Community Health. Wood, CH. AMREF, 2nd ed. Nairobi Kenya, 1997.)
- Define confidentiality and explain why it is important for all health workers to preserve confidentiality.
- Demonstrate 3 techniques for establishing rapport with a patient.

(text part 1A) **Background Information:**

- List 3 types of advice that are important to deliver during prenatal care
- List 4 types of treatment that are important to deliver during prenatal care.
- List 3 types of abnormalities that are important to detect during prenatal care.
- List 2 ways that prenatal care can prevent pregnancy deaths from bleeding.
- List 1 way that prenatal care can prevent pregnancy deaths from difficult labor.
- List 1 way that prenatal care can prevent pregnancy deaths from eclampsia.
- List 1 way that prenatal care can prevent pregnancy deaths from abortion.
- List 3 ways that prenatal care can prevent pregnancy deaths from infection.
- List 1 way that prenatal care can prevent pregnancy deaths from low birth weight.
- List 2 ways that prenatal care can prevent pregnancy deaths from tetanus.
- Recognize signs and symptoms to diagnose early pregnancy.
- Identify location and function of pelvic organs related to pregnancy.
- Examine abdomen to detect the following:
 - o Scar from previous cesarean section,
 - o Fundal height of the uterus,
 - o Position of the fetus,
 - o Fetal heart rate.
- Determine whether findings of exam are normal or not and what action should be taken based on findings.
- Identify growth milestones for the uterus and determine whether rate of growth is normal, and, if not, what action should be taken.
- Explain what are the risks of pre-term and post-term labor, how to prevent them and what to do for a patient who presents with them.
- Explain what local and imported foods help to make a pregnancy safer; and which may do harm to the mother or baby.

(part 1D) **Minor Disorders of Pregnancy**

- Explain what measures (including traditional remedies) can be taken to relieve the following minor problems of pregnancy:
 - o Nausea and vomiting of early pregnancy,
 - o Heartburn (burning pains over the stomach),
 - o Constipation,
 - o Vaginal discharge,
 - o Colds and coughs,

- Backache.
 - Identify situations when it is dangerous to delay or interrupt modern medical treatments for health problems.
 - Explain why it is dangerous to induce abortion by traditional means (using herbs and manipulation of the uterus).
 - Estimate the expected date of birth from knowledge of the mother's last menstrual period.
- (part 1E) **Serious Disorders of Pregnancy**
- **Identify and explain the causes and what measures can and should not be taken to care for the woman with the following serious problems of pregnancy:**
 - Bleeding in early pregnancy,
 - Bleeding in late pregnancy,
 - Discrepancy between dates and size of the uterus,
 - Abnormal fetal heart rate,
 - Abnormal Lie and presentation,
 - Severe abdominal pain,
 - Fever,
 - Weakness,
 - Severe Anemia,
 - Hypertensive disease of pregnancy,
 - Eclampsia and other seizures,
 - Diabetes in pregnancy,
 - Sexually transmitted diseases,
 - Abnormal screening tests (including interpretation).
 - Explain the different types of discharge from the vagina in pregnancy and what they mean.

(part 2A) **Normal labor & Delivery.**

- Explain what happens during each of the three stages of normal labor.
- Explain how to determine which stage of labor a woman is in.
- Identify the landmarks of the human pelvis and baby's skull.
- Identify the baby's position, and the position of the baby's head in the pelvis using pelvic and infant manikins.
- Identify the structures of the female perineum, and their functions.
- Identify the structures of the developing fetus and uterus, and their functions.
- Explain what things to check about each of the following in the woman who presents with labor, how to recognize abnormalities and what to do for abnormalities that are detected:
 - The history of the labor,
 - The prenatal record of the mother,
 - The physical examination of the mother.
- Correctly record, report obstetrical vital statistics (including timing uterine contractions and fetal heart rate).
- Recognize abnormalities of obstetrical vital statistics and select the proper response to these.
- Make a list of things that you need to attend to a normal delivery.
- Explain the use of each of these items.

- List the correct advice to give to a woman in the first stage of labor with regard to what she may take by mouth, what kind of activity she may engage in.
- Describe what observations and how often to check to assess the mother's condition, the baby's condition, and the progress of labor during the first stage.
- Explain how to determine whether each of these observations is normal or not, and what to do for each abnormal sign.
 - List 3 ways to assess the [state of the membranes](#).
- Estimate cervical dilatation by manual exam using a model.
- Plot points on a partogram correctly, and decide whether labor progress is normal using the partogram.
- Explain what things an attendant can do to help a woman during the second stage of labor.
 - [Determine the position of the head](#) using pelvic and infant manikins.
- Demonstrate the proper measures to take during the [delivery of the head](#), using pelvic and infant manikins.
- Demonstrate the proper measures to take during delivery of the shoulders, using pelvic and infant manikins.
- Demonstrate the proper immediate measures to take to care for the newly delivered infant.
- Demonstrate the proper measures to take to [deliver the placenta](#), using pelvic and infant manikins.
- Describe the indications for episiotomy.
 - [Perform an episiotomy and repair it](#).
- Recognize the indications, common side effects and dangers of [medications](#) on the dispensary essential drug list which are [given in labor and delivery](#).
- Select correct dose and dose intervals of meds based on diagnosis, patient age and weight.

(part 2B) [Complications of Labor & Delivery](#).

- Explain how to recognize and what measures can be taken to care for the woman with the following problems of labor:
 - o Maternal distress from obstructed labor, infections of other illness,
 - o [Arrested labor](#),
 - o [Fetal distress \(resuscitation of the baby \)](#),
 - o Delay in labor,
 - o [Breech presentation](#),
 - o [Transverse lie](#),
 - o Prolapsed cord,
 - o Multiple pregnancy,
 - o [Postpartum hemorrhage](#),
 - o [Retained placenta](#),
 - o shoulder distocia,
 - o [lacerations](#) and vulvar hematoma,

(part 3A) [Post-Partum Care, Including Lactation and Breast Feeding](#)

- Explain what happens to the mother and infant during the first 24 hours and the 1st week after delivery.
- Explain advice that should be given to help keep mothers healthy after delivery.

- Advise mothers on the proper techniques for breastfeeding, including:
 - when to start,
 - [establishing attachment of baby](#),
 - what is colostrums, and what good is it,
 - when to expect the “regular milk” to come in,
 - how often to feed,
 - how to position the infant,
 - how to assure good latching on,
 - the importance of emptying the breasts throughout each day.

(part 3B) Postpartum Care, Continued

- Describe the normal state [of the uterine fundus & lochia](#) during the first day, week, and month post-partum.
- Explain to a mother how to [care for perineal repairs](#).
- Explain how to recognize and what measures can be taken to care for the woman with the following postpartum problems:
 - [Pyrexia](#),
 - [Infection](#) of the genital tract,
 - Urinary infection,
 - Inability to control the flow of urine or stool,
 - Too much bleeding,
 - Breast engorgement,
 - Sore nipples,
 - Mastitis,
 - Post partum depression.

(part 3C) Family Planning

- Describe how soon after delivery it is possible for a woman to get pregnant again.
- Explain what is the ideal interval between births for the health of mother and infants.
- Explain [how the following contraceptive methods work](#), and the advantages and disadvantages of each ([including failure rates and side effects](#)) and [which are available in your setting](#):
 - Condoms,
 - Abstinence,
 - Rhythm,
 - Exclusive breast feeding,
 - Oral contraceptive pills,
 - Depo-Provera injection,
 - IUD,
 - Male and female sterilization.
- Counsel the woman and her partner to inform them of the [importance of birth spacing](#), the advantages and disadvantages of the various methods and to determine their preferences.
- Determine whether a couple is eligible for a particular method based on their risk factors and preferences.
- Prescribe a contraceptive method to a woman or her partner, based on their preferences and risk factors; counsel them regarding proper use of the method, danger signs to report and scheduled follow-up.

- Prepare proper records for a family planning client for the dispensary and to send to the family planning program office.
- Correctly conduct and chart follow-up visits for family planning clients.

(part) Care of the Neonate

- Explain how to tell whether a new born baby is normal with regard to:
 - o Normal vs. abnormal crying,
 - o Muscle tone and movement of arms and legs,
 - o Color of lips and tongue,
 - o Breathing,
 - o Sucking at breast,
 - o Amount of sleep per day,
 - o Alertness when awake,
 - o Weight,
 - o Passage of meconium and urine,
 - o Appearance of umbilical cord,
 - o Infant temperature,
 - o Color of skin (and eye schlera).
- Explain how to recognize and what measures can be taken to care for the following problems in the infant:
 - o Infection of the umbilical cord,
 - o Pus spots on the skin,
 - o Septicemia,
 - o Sore eyes,
 - o Pneumonia,
 - o Meningitis,
 - o Hypothermia,
 - o Poor feeding,
 - o Vomiting,
 - o Convulsions,
 - o High-pitched cry,
 - o Congenital anomalies.
- Explain what measures can be taken to minimize the chance of infection in the newborn.
- Describe the proper procedure, including paper work, to take to refer a seriously sick baby or mother for more advanced care.
- Using the formulary and reference materials, determine the proper dose, route, side effects to watch for, side effects to warn the patient about, and contraindications for the medications related to the care of mothers and infants that are on the state essential medications list.

(WHO New Model ANC materials) Prenatal Care.

- Correctly perform and interpret the WHO New Model ANC first visit risk assessment **and correctly fill out the ANC card.**
- Correctly perform and chart the procedures for each of the five antenatal and postpartum visits recommended in the WHO New Model ANC including **making observations (BP, weight, fundal height, fetal lie and presentation, fetal heart rate), ordering and interpreting appropriate screening tests in pregnancy.**

- Select correct responses to findings from procedures for each of the five antenatal and postpartum visits recommended in the WHO New Model ANC.

Other Gyn Topics

- Describe signs and symptoms of abnormal menses.
- **Correctly obtain a Pap Smear.**
- Select correct workup and management of menstrual abnormalities.
- Explain the “ABC’s” of HIV/STD prevention to clients.
- Describe signs, symptoms, complications, clinical management and management of patient contacts for gonorrhea, chlamydia, HIV, hepatitis B, HPV, and syphilis in males and females (per WHO Syndromic Management of STI guidelines).

(Community Health, Ch 9) **Childhood Vaccination**

- Describe the effects of the following vaccine-preventable diseases: TB, Hepatitis B, Polio, Measles, Mumps, Rubella, Diphtheria, Pertussis, Tetanus and Hemophilis B.
- List barriers to childhood immunization and how to overcome each one.
- Define the vaccine “cold chain” and explain why it is important.
- Decide whether and which vaccines are indicated based on a child’s age, history or reactions to previous vaccines, current state of health, contraindications and vaccine record.
- Decide whether and which vaccines are indicated based on a child’s age, history or reactions to previous vaccines, current state of health, contraindications and a vaccine program master list.
- Select the correct route and site for each vaccine type.
- Correctly record vaccinations given on master list, patient’s chart, and “Road to Health” card.
- Counsel parents about how to care for the child post-vaccination and what side effects to look for with each vaccine type.

(Community Health, Ch 14) **Well Child Care**

- Correctly perform each of the following tasks for a well child clinic:
 - o Registration,
 - o Check developmental milestones based on age,
 - o Weigh child and plot weight on “Road to Health” chart,
 - o Determine whether development and growth are normal and select the correct actions if abnormal,
 - o Examine child and advise parents about child’s current growth, development and physical status,
 - o Correctly administer each type of vaccine to a child under supervision,
 - o Give standardized key health education messages based on child’s age,
 - o Record findings correctly on child’s clinic chart, MCH registry, and take-home “Road to Health” card.

Course Contents:

- **Anatomy and Physiology related to female reproduction.**
- **Pre-natal care.**

- Normal labor & Delivery.
- Disorders of Pregnancy.
- Bleeding in early and late Pregnancy.
- Complications in labor & Delivery.
- Post-partum care.
- Family planning.
- Breastfeeding support.
- Gynecological disorders, including sexually transmitted infections.
- Well baby and child care.
- Immunization.

Textbooks:

Community Health. African Medical and Research Foundation. Rural Health Series 1, 2nd Edition. [ISBN #: 9966-874-07-0]

WHO Antenatal Care Randomized Trial: Manual for the Implementation of the New Model. UNDP/UNFPA/WHO/World Bank Special Programme of Research, Development and Research Training in Human Reproduction. Dept of Reproductive Health and Research, Family and Community Health, World Health Organization, Geneva, 2002. (Available at http://whqlibdoc.who.int/hq/2001/WHO_RHR_01.30.pdf)

Caring for Mothers: A Manual for Rural Health Workers. Everett, J. African Medical and Research Foundation, Nairobi, Kenya, 1994. [ISBN: 9966-874-52-7]

STD Case Management: The Syndromic Approach for Primary Health Care Settings. Participant's Version. WHO Regional Office for the W. Pacific. Manila 1997. (Available at: <http://www.wpro.who.int/NR/rdonlyres/73F8E5F9-BFEA-4895-AAF8-3079AD4F104F/0/ParticipantsVersion.pdf> ; Facilitator's version available at: <http://www.wpro.who.int/NR/rdonlyres/2E4A6567-7F1F-484F-8C5D-A1DE3AF4C050/0/FacilitatorsVersion.pdf>)

Required Course Materials: Chalk Board, Computer and LED projector, pelvic and infant manikins, fetoscope

Methods of Instruction: Lecture, group discussions, role play, practice with manikins, practice with clients under supervision.

Evaluation: Examinations and graded demonstrations of skills. Assessment of student counseling skills by testing comprehension of lay people who have been counseled about a topic by student.

Attendance Policy: As per standard COM-FSM Policy as stated in the current catalog. Students will be advised of this on the first day of classes.

Academic Honesty Policy: Per standard COM-FSM policy as stated in the current catalog.