

**MODULE CMH3040: PRENATAL & POSTNATAL CARE****Level:** Advanced**Theme:** Skills for Caring**Prerequisite:** None**Module Description:** Students focus on the impact of pregnancy on physical, mental and social well-being, and understand the significance of prenatal, labour, delivery and postnatal care.**Note:** This module includes concepts that may be particularly sensitive to students, parents or community members.**Module Parameters:** No specialized equipment or facilities.**Supporting Module:** CMH3020 Parenting**Curriculum and Assessment Standards**

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> <li>describe the process of pregnancy, labour, delivery and the puerperium, and identify both normal changes and complications that may arise in order to assess care measures required</li> </ul>	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> <li>a concept test consisting of a minimum of 10 questions in each of the following categories:               <ul style="list-style-type: none"> <li>anatomy, physiology and pathology of the male and female reproductive systems</li> <li>embryonic/fetal development during pregnancy</li> <li>maternal changes during pregnancy</li> <li>labour and delivery process.</li> </ul> </li> </ul> <p><i>Assessment Tool</i>  <i>CMH3040–1: Concept Test: Prenatal &amp; Postnatal Care—Sample Questions</i></p> <p><i>Standard</i>  <i>Performance rating of 50%</i></p>	20
	<ul style="list-style-type: none"> <li>describing the care required throughout pregnancy, labour, delivery and the puerperium.</li> </ul> <p><i>Assessment Tool</i>  <i>CMH3040–2: Presentations/Reports: Prenatal &amp; Postnatal Care</i></p> <p><i>Standard</i>  <i>Performance rating of 3 on the rating scale</i></p>	25
	<ul style="list-style-type: none"> <li>describe the impact of pregnancy and birth of a child on all members of the family, taking into consideration different maternal ages and different cultures</li> </ul>	<ul style="list-style-type: none"> <li>describing the impact of pregnancy, labour, delivery and post-natal care on all members of the family. Consider different maternal ages and different cultures.</li> </ul> <p><i>Assessment Tool</i>  <i>CMH3040–3: Presentations/Reports: Impact of Pregnancy and Birth</i></p> <p><i>Standard</i>  <i>Performance rating of 3 on each category</i></p>

**MODULE CMH3040: PRENATAL & POSTNATAL CARE (continued)**

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> <li>identify the importance of lifestyle choices on maternal/fetal health throughout pregnancy and the puerperium</li> <li>identify and evaluate community resources and career opportunities in prenatal and postnatal care</li> <li>demonstrate basic competencies.</li> </ul>	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> <li>an applied problem-solving activity in which the student, using a minimum of three scenarios, identifies the importance of lifestyle choices on maternal/fetal health.</li> </ul> <p><i>Assessment Tool</i>  <i>CMHSCN: Scenarios</i>  <i>CMH3040–4: Prenatal and Postnatal Sample Scenarios</i></p> <p><i>Standard</i>  <i>Performance rating of 3 on the rating scale</i></p> <ul style="list-style-type: none"> <li>identifying and evaluating a minimum of four community support resources available for pre- and post-natal care. Profile a career in this area including duties, education qualifications, employment opportunities, salary and benefits and personal qualifications.</li> </ul> <p><i>Assessment Tool</i>  <i>CMHCR: Community Resource</i></p> <p><i>Standard</i>  <i>Performance rating of 3</i></p> <ul style="list-style-type: none"> <li>observations of individual effort and interpersonal interaction during the learning process.</li> </ul> <p><i>Assessment Tool</i>  <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	<p>10</p> <p>20</p> <p>Integrated throughout</p>

Concept	Specific Learner Expectations	Notes
The Healthy Body	<p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>describe the male and female reproductive systems and the process by which fertilization takes place</li> </ul>	<p>Consider:</p> <ul style="list-style-type: none"> <li>presumptive, probable and positive signs of pregnancy</li> <li>estimating due date.</li> </ul>

**MODULE CMH3040: PRENATAL & POSTNATAL CARE (continued)**

Concept	Specific Learner Expectations	Notes
<p>The Healthy Body (continued)</p>	<p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>• describe and contrast the three trimesters of pregnancy:               <ul style="list-style-type: none"> <li>– maternal changes</li> <li>– fetal development.</li> </ul> </li> </ul>	<p>Emotional changes. Hormonal changes. Physical changes</p> <ul style="list-style-type: none"> <li>• selecting medical care for pregnancy and delivery</li> <li>• chart month-to-month prenatal visits to the doctor or mid-wife, including frequency of visits, types of tests and their purpose.</li> </ul> <p>Resource: Health During Pregnancy <i>Lily Looks Back</i> video.</p>
<p>Observation, Assessment and Application</p>	<ul style="list-style-type: none"> <li>• describe risk factors associated with pregnancy, listing signs and symptoms, treatment and care</li> <li>• identify and assess the validity of myths associated with pregnancy</li> <li>• describe the effects of maternal health problems on a developing fetus, labour and post-natal care</li> <li>• identify the signs and symptoms through the stages of the labour and delivery process, outlining the care necessary for the mother and infant at each stage:               <ul style="list-style-type: none"> <li>– discuss the roles, rights and responsibilities of the father</li> </ul> </li> <li>• describe the care of the post-partum mother and newborn infant with emphasis on the aspects of feeding, personal care and initial bonding:               <ul style="list-style-type: none"> <li>– discuss the impact of a new baby on the mother, father, siblings and the extended family</li> </ul> </li> <li>• describe the physical, social, emotional and economic impact of pregnancy, labour, delivery and postnatal care at different maternal ages</li> </ul>	<p>For example, hyperemesis gravidarum, pregnancy-induced hypertension (toxemia), hemorrhagic conditions, diabetic, C-section, VBAC.</p> <p>“Eating for two.”</p> <p>For example, rubella, anemia, X-rays, high fever, viruses, diabetes.</p> <p>Resource: <i>How it Works, How Your Baby is Born.</i></p> <p>Premature infant, low birth weight, feeding problems e.g.: cleft palate. Apgar Score Cord care. Circumcision decision.</p> <p>Teens, 20s, 30s, 40s.</p> <p>Determine the costs of pregnancy, birth and care of a baby for one year.</p>

**MODULE CMH3040: PRENATAL & POSTNATAL CARE (continued)**

Concept	Specific Learner Expectations	Notes
Observation, Assessment and Application (continued)	<p><i>The student should:</i></p> <ul style="list-style-type: none"> <li>• identify possible complications and the care that may be required for the mother and newborn through the postnatal period.</li> </ul>	<p>E.g.: depression, hemorrhage, infection. Neo-natal jaundice. Failure-to-thrive.</p>
Cultural Diversities	<ul style="list-style-type: none"> <li>• research and compare cultural diversities relating to pre-natal care, childbirth techniques, family dynamics and relationships.</li> </ul>	<p>Resource: <i>Cross Cultural Caring</i>.</p>
Health Promotion	<ul style="list-style-type: none"> <li>• identify the importance of lifestyle choices through the prenatal period.</li> </ul>	<p>Exercise, nutrition, work-related impact, substance abuse (e.g., Fetal Alcohol Syndrome/Fetal Alcohol Effects), “crack babies.”</p>
Community Resources	<ul style="list-style-type: none"> <li>• identify the prenatal and postnatal community support resources that are available</li> <li>• describe current medical practices related to pre- and postnatal care.</li> </ul>	<ul style="list-style-type: none"> <li>• Public health nurses.</li> <li>• Ultrasounds</li> <li>• hospital stay</li> <li>• abortions</li> <li>• sperm banks</li> <li>• in vitro fertilization (IVF).</li> </ul>
Career Exploration	<ul style="list-style-type: none"> <li>• research and analyze a career specific to prenatal and postnatal care including:               <ul style="list-style-type: none"> <li>– prerequisites</li> <li>– education and/or training required (locations, length, costs, course content)</li> <li>– employment/entrepreneurial opportunities</li> <li>– working conditions</li> <li>– salary and benefits.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Nursing</li> <li>• physicians</li> <li>• midwifery</li> <li>• birthing centres</li> <li>• home births.</li> </ul>