



# BROWARD COMMUNITY COLLEGE COURSE OUTLINE

**LAST REVIEW: 2008-2009**

*2007-2008*

**NEXT REVIEW: 2013-2014**

*2010-2011*

**STATUS: A**

*Active*

**COURSE TITLE: HEALTHCARE OF WOMEN**

**COMMON COURSE NUMBER: NUR 1421**

**CREDIT HOURS: 3**

**CONTACT HOUR BREAKDOWN**

*(per 8 week term)*

**CLOCK HOURS: 0**

Lecture: 6 (48 total) Lab: **0**

Clinic: Other: **0**

**PREREQUISITE(S): NUR 1220, NUR 1220L**

**COREQUISITE(S): NUR 1421L OR NUR 1420L**

**PRE/COREQUISITE(S):**

## **COURSE DESCRIPTION:**

Health Care of Women is a course designed to provide the student with the knowledge of the reproductive system and health care needs of women throughout the life cycle. The major focus is directed to the childbearing portion of the life cycle. The student is expected to utilize the nursing process in providing nursing care to the maternity patient, her family, and the fetus/newborn during antepartal, intrapartal, and postpartal periods. Consideration is given to the multiple factors which complicate the normal physiological or psychological process of the childbearing period.

## **UNIT TITLES**

- 1.0 Concepts Related to Health Care of Women
- 2.0 Normal Pregnancy
- 3.0 Labor and Delivery
- 4.0 Normal Newborn
- 5.0 Normal Postpartum
- 6.0 Complications of Pregnancy
- 7.0 Complications of Childbirth
- 8.0 Complications of the Newborn
- 9.0 Complications during Postpartum
- 10.0 Alterations of the Female Reproductive System



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## UNIT 1

### 1.0 CONCEPTS RELATED TO HEALTH CARE OF WOMEN

**Specific Measurable Learning Outcomes:**

Upon successful completion of this unit, the student shall be able to: utilize concepts related to the health care of women.

- 1.1 Explain Key terms.
- 1.2 Determine culture and cultural influences on childbearing and women's health care practices.
- 1.3 Describe the nursing process in all phases of maternal-newborn nursing and gynecology care throughout hospital stay and increase patient awareness of community resources for follow up.
- 1.4 Correlate concepts of the family unit and family-centered maternity care and their importance to maternity nursing.
- 1.5 Analyze contemporary methods of maternal-newborn and gynecological nursing including but not limited to:
  - a. Trends and current issues.
  - b. Legal and ethical aspects in the practice of maternity nursing.
  - c. Professional nursing roles.
  - d. Social issues and changing views of women.
  - e. Statistical data and maternal-infant care.



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### Unit 2

#### 2.0 NORMAL PREGENANCY

**Specific Measurable Learning Outcomes:**

Upon successful completion of this unit, the student shall be able to: summarize the care of the normal pregnant patient.

- 2.1 Explain key terms,
- 2.2 Identify cultural responses and concepts related to physiological and psychological adaptations to pregnancy during each trimester with anticipatory guidance for antepartal families.
- 2.3 Analyze maternal prenatal history and assessment, including, but not limited to:
  - a) Importance of prenatal care to outcomes of pregnancy
  - b) Components of prenatal visits
  - c) Procedure for the pelvic examination and the nurses' role
  - d) Methods of calculating the expected due date
  - e) Laboratory studies relevant to pregnancy with normal values and the significance of abnormal values and the significance of abnormal values
  - f) Gravida and parity using the 2 digit, 4 digit, and 5 digit systems
  - g) The individualism of each patient as it relates to age and culture
- 2.4 Describe the nursing process to health promotion and maintenance in the care of the antepartal family during pregnancy to include:
  - a) activity and rest
  - b) hygiene
  - c) sexual activity
  - d) substance abuse
  - e) dental hygiene
  - f) travel
  - g) employment
  - h) medications
  - i) exercise
  - j) prenatal and childbirth education
- 2.5 Outline nutritional needs during pregnancy.



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- 2.6 Analyze maternal prenatal history and assessment, including, but not limited to:
- Importance of prenatal care to outcomes of pregnancy
  - Components of prenatal visits
  - Procedure for the pelvic examination and the nurses' role
  - Methods of calculating the expected due date
  - Laboratory studies relevant to pregnancy with normal values and the significance of abnormal values
  - Gravida and parity using the 2 digit, 4 digit, and 5 digit systems
  - The individualism of each patient as it relates to age and culture
- 2.7 Utilize information from the obstetric history to determine fetal well-being and maturity, including, but not limited to:
- Fetal heart rate
  - Quickening
  - Fetal growth and development
  - Fundal height
  - Fetal movement counts
  - Amniocentesis – L/S ratio
  - Ultrasound
  - Non stress test and contraction stress test
  - Biophysical Profile
  - Alpha fetoprotein level
  - Chorionic villi sampling
  - Percutaneous umbilical blood sampling
  - Fetal fibronectin testing
- 2.8 Outline measurement of the pelvic, cavity:
- inlet
  - outlet
  - middle plane (plane of least dimensions)
- 2.9 Correlate the development and function of the fetal-placental unit including:
- amnion
  - chorion
  - amniotic fluid
  - umbilical cord



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- 2.10 Interpret principles of genetic transmission including:
- Autosomal dominant
  - Autosomal recessive
  - X-linked traits
  - Chromosomal disorders
- 2.11 Delineate signs and symptoms of normal pregnancy:
- presumptive
  - probable
  - positive indicators of pregnancy
- 2.12 Identify common discomforts of pregnancy, danger signs in pregnancy and nursing implications:
- Domestic violence and battering of women
- 2.13 Formulate appropriate patient teaching for self care, nursing diagnoses, and nursing interventions of common discomforts of pregnancy



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**Unit 3**

**3.0 LABOUR AND DELIVERY**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: summarize the care of the client experiencing normal labor and delivery.**

- 3.1 Explain key terms.**
- 3.2 Different maternal physiologic, psychologic and cultural responses to each stage of labor.**
- 3.3 Compare and contrast external and internal fetal and uterine monitoring techniques.**
- 3.4 Describe the nursing process and critical thinking in the care of the family during the intrapartum period.**
- 3.5 Interpret fetal heart rate characteristics and periodic changes in the fetal heart rate**
  - a) Differentiate between long term and short term variability**
  - b) Identify the three types of decelerations, and their significance.**
- 3.6 Identify the critical factors affecting the labor/birth process**
  - a) psyche**
  - b) passage**
    - i) pelvic inlet**
    - ii) midplane**
    - iii) outlet**
  - c) passenger**
    - i) fetal skull characteristics**
    - ii) fetal attitude**
    - iii) fetal lie**
    - iv) fetal presentation**
    - v) relationships between fetal presenting part and maternal pelvis**
    - vi) engagement**
    - vii) station**
    - viii) position**
    - ix) presenting part**



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- d) powers
  - i) characteristics of uterine contractions
  - ii) effacement
  - iii) dilation
  - iv) secondary powers (mother's bearing – down efforts)
  
- 3.7 Identify the major types of analgesics and anesthesia including area affected, advantages, disadvantage, and nursing implications.
  
- 3.8 Differentiate between oxytocic agents and cervical ripening agents during the intrapartum period.
  
- 3.9 Identify elective and operative procedures in childbirth and the appropriate nursing management:
  - a) amniotomy and amnioinfusion
  - b) forceps
  - c) vacuum extraction
  - d) episiotomy and perineal lacerations
  - e) cesarean section
  
- 3.10 Compose the nursing management of the labor patient during admission and through the fourth stage of labor.
  - a) Friedman labor patterns



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### Unit 4

#### 4.0 NORMAL NEWBORN

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: summarize the care of the normal newborn.**

- 4.1 Identify key terms.
- 4.2 Describe the nursing process to the care of the neonate describing assessments, common nursing diagnoses, expected outcomes, nursing intervention.
- 4.3 Distinguish physical assessment findings of the newborn including but not limited to:
  - a) Reflexive, neurological and behavioral characteristics.
- 4.4 Outline the newborn's transition to extrauterine life and potential risks in adaptation including but not limited to:
  - a) cardiopulmonary
  - b) hematopoietic
  - c) hepatic
  - d) immunologic
  - e) gastrointestinal
  - f) genitourinary
  - g) neurologic
  - h) thermogenesis
  - i) apgar assessment



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- 4.5 Determine care of the newborn and educational needs of the parents including but not limited to:
- a) physiologic/pathologic jaundice
  - b) hypoglycemia
  - c) circumcision
  - d) cephalohematoma
  - e) caput succedaneum
  - f) thrush
  - g) infections
  - h) hypothermia
  - i) breastfeeding
  - j) formula feeding
- 4.6 Differentiate normal variations in infant characteristics from abnormal findings with implications for nursing care



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### Unit 5

#### 5.0 NORMAL POSTPARTUM

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: summarize the care of the normal postpartum patient.**

- 5.1 Identify key terms.
- 5.2 Identify cultural variations in postpartum nursing care for childbearing families.
- 5.3 Formulate a discharge teaching plan for the postpartum family.
- 5.4 Discuss laboratory studies appropriate in the postpartum period.
- 5.5 Compare and contrast the advantages, disadvantages, and effectiveness of fertility control methods.
- 5.6 Apply the nursing process to postpartal care of the childbearing family describing the assessment, common nursing diagnoses, expected outcomes, and nursing interventions as related to self care, breastfeeding and nutrition.
- 5.7 Analyze the maternal anatomic and physiologic changes in postpartum as the body returns to the nonpregnant state.
- 5.8 Compare the needs of women who experienced cesarean delivery with those of women who experienced a normal vaginal birth in the postpartum period.



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### Unit 6

#### 6.0 COMPLICATIONS OF PREGNANCY

##### Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to: summarize the care of the patient experiencing complications of pregnancy.

- 6.1 Explain key terms.
- 6.2 Relate the importance of cultural considerations in selected high-risk conditions during pregnancy.
- 6.3 Apply the nursing process to the care of women experiencing complications of pregnancy.
- 6.4 Outline the etiology and pathophysiology of selected high-risk conditions during pregnancy, including but not limited to:
  - a) pregnancy induced hypertension and the HELLP syndrome
  - b) diabetes: type 1, type 2, gestational onset
  - c) cardiac disorders
  - d) bleeding disorders: abortions, ectopic pregnancy, gestational trophoblastic disease, incompetent cervix, DIC
  - e) placental disorders: previa, abruptio, accreta, uterine rupture
  - f) infections: TORCH, HIV/AIDS, urinary tract, STI's, hepatitis B
  - g) hyperemesis gravidarum
- 6.5 Review collaborative management for antepartal clients and families with selected high-risk pregnancy related complications:
  - a) **Physician**
    - i) Pharmacological
    - ii) Non-pharmacological
    - iii) Surgical treatment
  - b) **Nursing**
    - i) Nursing diagnoses
    - ii) Interventions
    - iii) Education
  - c) **Health Care Team**
    - i) Nutrition
    - ii) Psychosocial
    - iii) Spiritual
    - iv) Respiratory



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### Unit 7

#### 7.0 COMPLICATIONS OF CHILDBIRTH

##### Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to: summarize the care of the patient experiencing complications of pregnancy.

- 7.1 Explain key terms.
- 7.2 Relate the importance of cultural considerations in selected intrapartal conditions.
- 7.3 Describe the nursing process in the care of women experiencing complications during the childbirth.
- 7.4 Outline etiology and pathophysiology of selected intrapartal period conditions, including, but not limited to:
  - a) dysfunctional labor patterns
  - b) preterm labor
  - c) fetal malpresentations and malpositions
  - d) multiple gestations
  - e) cephalopelvic disproportion
  - f) poly/oligo hydraminos
  - g) chorioamnionitis and premature rupture of membranes
  - h) prolapse of the umbilical cord
  - i) induction and augmentation of labor
  - j) pharmacological properties of drugs used for induction/augmentation
- 7.5 Review collaborative management for intrapartal clients with selected high-risk conditions
  - a) **Physician**
    - i) Pharmacological
    - ii) Non-pharmacological
    - iii) Surgical treatment
  - b) **Nursing**
    - i) Nursing diagnoses
    - ii) Interventions
    - iii) Education
  - c) **Health Care Team**
    - i) Nutrition
    - ii) Psychosocial
    - iii) Spiritual
    - iv) Respiratory



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**Unit 8**

**8.0 COMPLICATIONS OF THE NEWORN**

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: summarize the care of the newborn experiencing complications.**

- 8.1 Explain key terms.
- 8.2 Relate the importance of cultural considerations in selected complications in the neonate including:
  - a) **parenting within the neonatal intensive care unit**
  - b) **parents of a neonate transferred to another facility**
  - c) **parents experiencing a neonatal death**
- 8.3 Describe the nursing process in the care of the neonate experiencing complications.
- 8.4 Outline etiology and pathophysiology of selected complications in the neonate, including but not limited to:
  - a) **asphyxia**
  - b) **preterm infants**
  - c) **post date infants**
  - d) **large for gestational age infants**
  - e) **small for gestational age infant**
  - f) **infant of diabetic mothers**
  - g) **alcohol/drug addicted infants**
  - h) **sepsis**
  - i) **infants with fetal anomalies**



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8.5 Review collaborative management for the family and high risk newborn with selected complications

**a) Physician**

- i) Pharmacological
- ii) Non-pharmacological
- iii) Surgical treatment

**a) Nursing**

- i) Nursing diagnoses
- ii) Interventions
- iii) Education

**c) Health Care Team**

- i) Nutrition
- ii) Psychosocial
- iii) Spiritual
- iv) Respiratory



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### Unit 9

#### 9.0 COMPLICATIONS DURING POSTPARTUM

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: summarize the care of the patient experiencing complications during the postpartum period.**

- 9.1 Explain key terms.
- 9.2 Relate the importance of cultural considerations in selected high-risk conditions during the postpartal period.
- 9.3 Describe the nursing process in the care of the women experiencing complications in the postpartal period.
- 9.4 Outline etiology and pathophysiology of selected conditions during the postpartum, including, including but not limited to:
  - a) Postpartum hemorrhage, early and late
  - b) Subinvolution
  - c) Hematoma, internal and external
  - d) Endometritis
  - e) Urinary tract infection
  - f) Thrombophlebitis, superficial and deep
  - g) Mastitis
  - h) Depression and psychiatric disorders
  - i) Parent and child attachment difficulties



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9.5 Review collaborative management for postpartal clients with selected conditions:

**a) Physician**

- i) Pharmacological
- ii) Non-pharmacological
- iii) Surgical treatment

**b) Nursing**

- i) Nursing diagnoses
- ii) Interventions
- iii) Education

**c) Health Care Team**

- i) Nutrition
- ii) Psychosocial
- iii) Spiritual
- iv) Respiratory



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### Unit 10

#### 10.0 ALTERATIONS OF THE FEMALE REPRODUCTIVE SYSTEM

**Specific Measurable Learning Outcomes:**

**Upon successful completion of this unit, the student shall be able to: summarize the care of women experiencing alterations of the reproductive system.**

- 10.1 Explain key terms.
- 10.2 Relate the importance of cultural considerations in selected high-risk conditions during the postpartal period.
- 10.3 Describe the nursing process in the care of the women with alterations in the female reproductive system.
- 10.4 Outline the etiology and pathophysiology of alterations in the functioning of the female reproductive cycle including but not limited to:
  - a) climacteric and menopause
  - b) amenorrhea
  - c) dysmenorrhea
  - d) premenstrual syndrome
  - e) toxic shock syndrome
  - f) dysfunctional uterine bleeding
  - g) infertility
- 10.5 **Outline the etiology and pathophysiology of alterations in the functioning of the female reproductive cycle including but not limited to:**
  - a) **vaginitis**
  - b) **endometriosis**
  - c) **myomas**
  - d) **ovarian malpositions**
  - e) **uterine malpositions**
  - f) **cystocele, rectocele, uterine prolapse**
  - g) **malignancies of the cervix, endometrium, ovary, vagina, vulva and breast**



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**10.6 Determine appropriate diagnostic measures.**

- a) **Pap smear**
- b) **Cone biopsy**
- c) **Cryosurgery**
- d) **laser surgery**
- e) **D&C**
- f) **hysterectomy**
- g) **mammogram**
- h) **breast self examination**

**10.7 Review collaborative management for the gynecological patient with selected conditions:**

**a) Physician**

- i) Pharmacological
- ii) Non-pharmacological
- ii) Surgical treatment

**b) Nursing**

- i) Nursing diagnoses
- ii) Interventions
- iiii) Education

**c) Health Care Team**

- i) Nutrition
- ii) Psychosocial
- iii) Spiritual
- iv) Respiratory

- Describe principles for use and types of radiation therapy
- Describe principles for use and types of chemotherapy

**d) Prevention**