

Course Syllabus

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Course Code: MW 342

Course Title: Postpartum Physical Assessment

Credits: 0.5

Course Description:

This course is designed for students to gain a thorough understanding of the physiological and anatomical changes in the postnatal period. The student will learn how to conduct a physical examination during the early postpartum period and evaluate the normal changes that occur through six weeks postpartum. The students will gain an understanding of how to assess the breasts (lactating chest) postpartum and how this relates to critical support for clients. Emphasis is placed on increasing the student's knowledge of how to perform a physical assessment and understand abnormal findings.

This course uses current research in midwifery and obstetrics to broaden the student's understanding of the NARM skills and MEAC essential competencies learned under clinical supervision.

Learning Objectives

Learning objectives are identified through the linking of MEAC Essential Competencies and the NCM Degree Qualification Profile.

Learning Activities

Postpartum Courses

Read, listen to, watch assigned lesson materials.

Submit a written summary of current research.

Complete oral and/or written formative didactic assessments with a final summative submission.

Identify and cite high-quality sources.

Use articulated reasoning while participating in an oral presentation, facilitated discussions and skills demonstrations.

Optional: Participate in a skills demonstration and/or role playing activity.

Analyze a case study.

Create an infographic, handout, and/or community resource.

Optional: Develop a study aid.

Complete a final exam.

Note: The clinical requirement of NARM /Clinical Skills is completed at any time throughout the ASM apprenticeship during actual clinical practice and is NOT a requirement to complete this academic course. Typical clinical manifestations of knowledge learned in this course are identified in the learning objective document above.

Learning Materials / Resources:

Please use textbooks less than 5 years old or most recent edition.

1. **Bickley, Lynn. Bate's guide to physical exam and history taking. 12th edition. Lippincott Williams and Wilkins. 2016** (https://www.worldcat.org/title/bates-guide-to-physical-examination-and-history-taking/oclc/59262836/editions?sd=desc&referer=br&se=yr&qt=facet_yr%3A&editionsView=true&fq=yr%3A2016)
2. **Wylie, Linda. Essential Anatomy and Physiology in Maternity care. Second edition.** (<https://www.worldcat.org/title/essential-anatomy-and-physiology-in-maternity-care/oclc/717696077/editions?editionsView=true&referer=br>)
Elsevier. 2005 (<https://www.worldcat.org/title/essential-anatomy-and-physiology-in-maternity-care/oclc/717696077/editions?editionsView=true&referer=br>)
3. **Tharpe, Nell et al. Clinical Practice Guidelines for Midwifery and Women's Health. 5th edition, Jones and Bartlett Learning, 2017.** (https://www.worldcat.org/title/clinical-practice-guidelines-for-midwifery-womens-health/oclc/937368135/editions?sd=desc&referer=di&se=yr&qt=facet_yr%3A&editionsView=true&fq=yr%3A2017)
4. **King, Tekoa L. et al. Varney's Midwifery. 6th ed., Jones & Bartlett Learning, 2018.** (<https://www.worldcat.org/title/varneys-midwifery/oclc/1050928190?referer=di&ht=edition>)
5. **Johnson, Ruth and Taylor, Wendy. Skills for Midwifery Practice. 4th edition. Elsevier** (https://www.worldcat.org/title/skills-for-midwifery-practice/oclc/1062286885/editions?sd=desc&referer=di&se=yr&qt=facet_yr%3A&editionsView=true&fq=yr%3A2016) **Churchill Livingston. 2016.** (https://www.worldcat.org/title/skills-for-midwifery-practice/oclc/1062286885/editions?sd=desc&referer=di&se=yr&qt=facet_yr%3A&editionsView=true&fq=yr%3A2016)

6. **Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 5th Edition,** (<https://www.worldcat.org/title/practical-skills-guide-for-midwifery-a-tool-for-midwives-students/oclc/35112025/editions?editionsView=true&referer=br>) **Morningstar Publishing Co. Wasilla, 2012.** (<https://www.worldcat.org/title/practical-skills-guide-for-midwifery-a-tool-for-midwives-students/oclc/35112025/editions?editionsView=true&referer=br>)
7. **Davis, Elizabeth. Heart and Hands: A midwife's guide to pregnancy and birth. Celestial Arts Press, 2012.** (<http://www.worldcat.org/title/heart-hands-a-midwives-guide-to-pregnancy-and-birth/oclc/754714041/editions?editionsView=true&referer=br>)
8. **MEAC Abbreviated NARM Skills Form**
9. **MEAC Core Competencies for Midwives** (<http://meacschools.org/wp-content/uploads/2014/12/Curriculum-Checklist-of-Essential-Competencies-rev-2014.pdf>)
10. **Midwives Model of Care®** (<https://www.citizensformidwifery.org/mmoc>)
11. Help Evaluating Articles (visit the digital library)
12. Citation Guidance (visit the digital library)
13. Places to Find Research Articles (visit the digital library)

Evaluation Tools / Methods:

All assignments for this course are evaluated using the following criteria:

1. Responses to each didactic assessment are evaluated utilizing the NCM rubrics and degree level profile.
2. Answers should reflect a thorough review of the current literature regarding best current practices in midwifery care.
3. Non-plagiarized paraphrased answers from text which demonstrate appropriate comprehension of the learning objective. (Formative Assessment) *Students and Online Learning Coordinators work together until the student masters the information. (Summative Assessment)*
4. Group sharing within NCM is acceptable and encouraged. Students are allowed to use each other's answers by indicated "Group Share" and submission of the answer on all group identified assignments.
5. NCM's **Integrity Code** (https://docs.google.com/document/d/14PvgiDU4MJEKRZZiUQRFhNBEDL_KFqZzATPkDvuQYzA/edit?usp=sharing) is the basis for a "completed" score earned on all assignments which are allowed to be completed in community with the student's active preceptor(s).
6. Random evaluation of cited sources and page numbers for each written assignment.

Course credit: One Academic credit equals approximately 15 hours of formal time plus 30 hours of additional study or homework. Formal time is defined as the amount of time taken to answer the Learning Objectives to the level of 80% for midwifery courses and 70% for general education courses and to complete any learning activities to the preceptor's satisfaction, including any time spent face to face with the preceptor. Informal time includes any time spent actively reading relevant sources and textbook/s, researching Learning Objectives, and studying for examinations.

Course Summary:

| Date | Details |
|------|---|
| | <p> <u>Journal Article Summary.</u> (https://ncm.instructure.com/courses/664/assignments/26874)</p> |
| | <p> <u>MW342-001 - Discuss the intervals at which a mother should be physically evaluated during the immediate postpartum period.</u> (https://ncm.instructure.com/courses/664/assignments/26875)</p> |
| | <p> <u>MW342-002 - Involution is the same in a woman who has delivered vaginally, by cesarean section, or had a SAB/TAB. Describe uterine involution. Include a general timeline for the events involved.</u> (https://ncm.instructure.com/courses/664/assignments/26876)</p> |
| | <p> <u>MW342-003 - Describe how the uterus is assessed postpartum and the significance of the findings. Give not only immediate postpartum changes, but those expected in the first two weeks as well. What are the signs and symptoms of sub-involution?</u> (https://ncm.instructure.com/courses/664/assignments/26877)</p> |
| | <p> <u>MW342-004 - Describe the amounts and colors of lochia and the names given to each type.</u> (https://ncm.instructure.com/courses/664/assignments/26878)</p> |
| | <p> <u>MW342-005 - How is the lochia evaluated postpartum and what is the rationale?</u> (https://ncm.instructure.com/courses/664/assignments/26879)</p> |
| | <p> <u>MW342-006 - Describe the expected course of healing of the vagina and perineum from the time of birth to 6 weeks postpartum. How is this evaluated?</u> (https://ncm.instructure.com/courses/664/assignments/26880)</p> |

Date**Details**

 **MW342-007 - Describe the physiological mechanisms of breast-feeding.**
(<https://ncm.instructure.com/courses/664/assignments/26881>)

 **MW342-008 - Discuss how breast-feeding is evaluated during routine postpartum care.**
(<https://ncm.instructure.com/courses/664/assignments/26882>)

 **MW342-009 - Discuss how the breasts are evaluated during early lactation.**
(<https://ncm.instructure.com/courses/664/assignments/26883>)

 **MW342-010 - Describe how to tell if colostrum is being produced.**
(<https://ncm.instructure.com/courses/664/assignments/26884>)

 **MW342-011 - What breast changes are normal during the first 6 weeks postpartum?**
(<https://ncm.instructure.com/courses/664/assignments/26885>)

 **MW342-012 - Explain why blood pressure should be evaluated postpartum.**
(<https://ncm.instructure.com/courses/664/assignments/26887>)

 **MW342-013 - What are the appropriate intervals for checking blood pressure postpartum?**
(<https://ncm.instructure.com/courses/664/assignments/26888>)

 **MW342-014 - Cite normal temperature postpartum and how it is evaluated. What is the timing for temperature evaluation?**
(<https://ncm.instructure.com/courses/664/assignments/26889>)

 **MW342-015 - What differences in temperature are expected between the first 24 hours and succeeding days and why?**
(<https://ncm.instructure.com/courses/664/assignments/26890>)

| Date | Details |
|------|--|
| | <p> <u>MW342-016 - How and when is pulse assessed postpartum, and what are the parameters of normal?</u> (https://ncm.instructure.com/courses/664/assignments/26892)</p> <hr/> |
| | <p> <u>MW342-017 - What factors, both pathologic and physiologic, affect pulse rate postpartum?</u> (https://ncm.instructure.com/courses/664/assignments/26894)</p> <hr/> |
| | <p> <u>MW342-018 - Discuss the normal condition of the bladder postpartum and how this can be evaluated.</u> (https://ncm.instructure.com/courses/664/assignments/26897)</p> <hr/> |
| | <p> <u>MW342-019 - Discuss the changes in renal function and urine output that occur in the postpartum period and why these changes occur.</u> (https://ncm.instructure.com/courses/664/assignments/26899)</p> <hr/> |
| | <p> <u>MW342-020 - Discuss the average weight loss following delivery. Why does this occur? How and when is this evaluated and why?</u> (https://ncm.instructure.com/courses/664/assignments/26901)</p> <hr/> |
| | <p> <u>MW342-021 - Describe what the woman's appetite will be like just after birth and why.</u> (https://ncm.instructure.com/courses/664/assignments/26903)</p> <hr/> |
| | <p> <u>MW342-022 - What bowel gastrointestinal changes often occur in the first days postpartum and why?</u> (https://ncm.instructure.com/courses/664/assignments/26906)</p> <hr/> |
| | <p> <u>MW342-023 - Discuss how to assess hemorrhoids postpartum. What factors can lead to their development in the postpartum period?</u> (https://ncm.instructure.com/courses/664/assignments/26907)</p> <hr/> |

Date**Details**

 **MW342-024 - Discuss diastasis recti and how it is assessed.**
(<https://ncm.instructure.com/courses/664/assignments/26908>)

 **MW342-025 - Discuss the levels of severity that may occur with diastasis recti and what the ramifications of each are for maternal well-being postpartum.**
(<https://ncm.instructure.com/courses/664/assignments/26909>)

 **MW342-026 - Discuss the hematological changes that occur postpartum. What are the factors that affect these changes?**
(<https://ncm.instructure.com/courses/664/assignments/26910>)

 **MW342-027 - Discuss how and when the postpartum woman is assessed for leukocytes. What are the parameters of normal and how is puerperal infection ruled out?**
(<https://ncm.instructure.com/courses/664/assignments/26912>)

 **MW342-028 - Discuss how and when the postpartum woman is evaluated for anemia. How is anemia ruled out and what are the implications if she is anemic?**
(<https://ncm.instructure.com/courses/664/assignments/26913>)

 **MW342-029 - Discuss how and when the postpartum woman is evaluated for postpartum blues. What are the psychological and physiologic bases for this?**
(<https://ncm.instructure.com/courses/664/assignments/26914>)

 **MW342-030 - Discuss how a grieving postpartum mother is evaluated. What stages is she expected to go through and what is the expected timing of these?**
(<https://ncm.instructure.com/courses/664/assignments/26915>)

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 **MW342-031 - What differences in grieving are expected between the death of a child and the birth of an impaired child? How are these addressed?**
(<https://ncm.instructure.com/courses/664/assignments/26917>)

 **Optional: Create a Set of Flashcards to Study for the NARM Exam**
(<https://ncm.instructure.com/courses/664/assignments/26918>)

 **Postpartum Physical Assessment Multiple Attempts**
(<https://ncm.instructure.com/courses/664/assignments/27174>)

 **Postpartum Physiology**
(<https://ncm.instructure.com/courses/664/assignments/26919>)

 **Updated Knowledge and Technology**
(<https://ncm.instructure.com/courses/664/assignments/26921>)
