

The University of the West Indies
Faculty of Medical Sciences
The UWI School of Nursing, Mona

COURSE TITLE : **PARENT CHILD NURSING**
COURSE CODE : **NURS 3000**
DURATION : **75 Hours**
CREDITS : **3 (2 Theory, 1 Lab)**
PRE-REQUISITE : **Successful completion of years 1, II & year III, semester 1**

COURSE DESCRIPTION

This course focuses mainly on the child bearing family and specifically on healthy mothers and well neonates. It engages the student in critical thinking and application of evidence-based practice in parent and child health. It prepares students to demonstrate caring in delivering appropriate and effective nursing care to the parents during the normal pre-pregnancy period, parental and foetal health during pregnancy, labour, delivery and the puerperium. Emphasis is placed on foetal and neonatal transitions and neonatal life. Social, cultural, traditional and contemporary influences, sexuality, parenting and family life, gender issues, ethical and legal issues are explored as are health education, health promotion and family planning. Students will spend time in the clinical settings observing and providing ethical and legal care for the childbearing family. Related clinical practicum skills are provided in the associated **Parent Child Nursing Clinical Practicum**.

LEARNING OBJECTIVES

At the end of the course, the student will be able to:

1. Describe historical, ethical, social and health care policy issues that impact the health care of the childbearing family.
2. Analyze the influence of cultural diversity of patients'/families' perspective of the childbearing experience and their affects on nursing interventions of patients and families.
3. Apply theoretical concepts from the behavioural, natural, social, and nursing sciences in the ethical and legal nursing care of the childbearing family.
4. Integrate anatomical and physiological aspects of the male and female reproductive systems into planning reproductive health promoting activities for the childbearing family.
5. Utilise principles of family planning and health education in creating, implementing and evaluating teaching plans to promote reproductive health.
6. Describe the anatomical and physiological changes in the woman and foetus during pregnancy, labour, delivery and the puerperium and the baby up to 28 days.
7. Describe the human growth and development from conception to the postpartum period;
8. Analyze common health conditions affecting the pregnant woman.
9. Utilize appropriate technologies, research findings, critical thinking, nursing informatics, and other resources to assess and provide care during pregnancy, labour, delivery and the puerperium and the baby up to 28 days.

10. Utilise the nursing process to assess, plan, implement and evaluate care for the woman during pregnancy, labour, delivery and the puerperium and the baby up to 28 days.
11. Apply ethical and legal considerations relevant to the childbearing family.
12. Utilize community resources in the delivery of maternal and child health care;
13. Describe the concept of safe motherhood.
14. Describe the Expanded Programme for Immunization.
15. Analyze the role of the professional nurse in caring for the childbearing family.

CONTENT OUTLINE

UNIT 1 : HISTORICAL & CURRENT PERSPECTIVES OF MATERNITY NURSING
Hours : 3 Theory

Specific Objectives

At the end of the unit, the student will be able to:

1. Discuss the historical perspectives of maternity nursing in Jamaica;
2. Discuss nursing theory, current trends and issues of maternal and child health;
3. Define terms used in reference to vital statistics relative to maternal and child health;
4. Compare maternal and child health vital statistical data for Jamaica with those from selected developed and developing countries;
5. Discuss legal and ethical issues of maternal and child health.

Content

1. Historical, cultural and current perspectives of maternity nursing in Jamaica
2. Mercer nursing theory of mother & child relationship
3. Current trends & issues of maternal & child health nursing
4. Social issues impacting on maternal & child health
5. Vital statistics of maternal & infant health
6. Legal, ethical, & quality improvement considerations in maternal & child nursing
7. Registration of births & deaths process in Jamaica
8. Ethical & legal issues relating to maternal & child health in Jamaica
 - a. Invitro fertilization
 - b. Artificial insemination
 - c. Foetal reduction
 - d. Sex manipulation
 - e. Abortion/termination of pregnancy
 - f. Surrogacy.

UNIT 2 : **FAMILY LIFE EDUCATION**
Hours : **5 Theory**

Specific Objectives

At the end of the unit, the student will be able to:

1. Define the terms family life, family planning, contraception, human sexuality;
2. Discuss the effects of human sexuality on family life;
3. Identify the roles of family members and their contributions to family life activities;
4. Discuss the impact of single parenting on family life;
5. Identify factors impacting on the development of relationships within the family;
6. Review types of family structures in Jamaica;
7. Identify factors impacting the various family structures;
8. Describe the development of family planning establishments in Jamaica;
9. Discuss the importance of planning a family;
10. Discuss the policies of family planning in Jamaica with special focus on the teenager and other high risk groups;
11. Review female and male sexual development from prenatal life through sexual maturation;
12. Review the anatomy and physiology of the female and male reproductive systems;
13. Describe contraceptive methods used for family planning;
14. Compare the safety, effectiveness, convenience, knowledge, spontaneity, availability, expense, and patient preference of contraceptive methods;
15. Discuss the impact of culture on family planning and family planning methods;
16. Review the term 'Informed Consent';
17. Explain the importance of 'Informed Consent' on contraception.

Content

A. Review: Family

1. Definition of terms
 - a. Family
 - b. Family structure
 - c. Human sexuality
2. Jamaica & Caribbean family types
3. Factors impacting on family structure
4. Effects of human sexuality on family life
5. Matrimony: courtship, engagement, marriage
6. Single parenting
7. Religious, cultural, gender, socio-economic & psychological influences
8. Family crises

Types

Influencing factors

Coping strategies

Factors contributing to human relationships within the family

B. Review: Human Sexuality

1. Sexual development

2. Prenatal development
3. Sexual maturation
4. Female puberty changes
5. Male puberty changes
6. Decline in fertility
7. Female & male reproductive anatomy & physiology
8. Female reproductive cycles: ovarian, endometrial, cervical mucus

C. Family Planning

1. Definition
 - a. Family life
 - b. Family planning
1. Family life education
2. Family adaptations/parenting skills
3. History
 - a. International
 - b. National
4. Government's Family Planning Policy
5. Indications for/against family planning
6. Planning a family: child spacing, socio-economic & cultural influences
7. Contraception
 - a. Definition
 - b. Sources
 - c. Methods
 - d. Advantages & disadvantages of each method
 - e. Consent/Informed Consent
9. Myths/Misinformation about birth control
10. Benefits of family planning

Individual

Family

National

11. Adolescents & contraception

12. Gender, religion & cultural issues of family planning

13. Special reproductive concerns

Infertility

Family planning

Contraceptive methods.

UNIT 3 : ANATOMICAL & PHYSIOLOGICAL CHANGES IN THE WOMAN & FOETUS DURING PREGNANCY
Hours : 5 Theory

Specific Objectives

At the end of the unit, the student will be able to:

1. Review the formation of the female and male gametes;
2. Relate ovulation and ejaculation to the process of human conception;
3. Explain implantation and nourishment of the embryo before development of the placenta;
4. Describe normal prenatal development from conception through birth;
5. Describe the structure and function of auxiliary foetal structures;
6. Relate prenatal circulation and the circulatory changes at birth;
7. Describe the occurrences of multiple pregnancies.

Content

1. Gametogenesis

2. Conception

Definition

Preparation for conception in the female – ovum release & transport

Preparation for conception in the male – ejaculation, transport of sperm in the female reproductive tract

Preparation of sperm for fertilization

3. Fertilization

4. Pre-embryonic period – initiation of cell division, entry of zygote into the uterus

5. Embryonic period

6. Foetal development

7. Auxiliary structures

Placenta

Foetal membranes & amniotic fluid

8. Foetal circulation

9. Multiple pregnancies.

UNIT 4 : NURSING INTERVENTIONS DURING NORMAL PREGNANCY
Hours : 4 Theory
10 Practical

Specific Objectives

At the end of the unit, the student will be able to:

1. Describe the concept of safe motherhood;
2. Discuss the signs of pregnancy;
3. Describe the anatomical, physiological and psychological changes which take place during pregnancy;
4. Identify psychosocial, economic and cultural factors influencing a family's response to pregnancy;
5. Discuss the concept of safe motherhood;

6. List physiological factors contributing to conditions associated with pregnancy;
7. Discuss special situations associated with pregnancy;
8. Use the nursing process in the management of care of the woman and family during pregnancy;
9. Integrate knowledge of psychological and physiological changes in pregnancy with the nursing process to achieve quality maternal and child health nursing care;
10. Use information from the social sciences, pharmacology, nutrition and pathophysiology to assess, plan, implement and evaluate nursing care for the pregnant woman and her family during normal pregnancy;
11. Identify appropriate agencies/institutions/individuals in the delivery of health care to the pregnant woman and family;
12. Integrate knowledge of health promotion strategies with the nursing process to achieve quality maternal and child health nursing care.

Content

1. Concept of safe motherhood
2. Confirmation of pregnancy
3. Anatomical & physiological changes in body systems
4. Danger signs during pregnancy
5. Special antenatal situations/high risk groups
 - Primigravida
 - Grand multipara
 - Late pregnancy woman (45 years & over)
 - Pre-teen & teen pregnancies (15 years & below)
 - Bleeding in pregnancy
 - Pregnancy induced hypertension (PIH)
 - Post-partum haemorrhage (PPH)
 - Deep vein thrombosis
 - Sub-involution of the uterus
 - The pre-term infant
 - The sick newborn
 - HIV & AIDS
6. Conditions of pregnancy
 - Early pregnancy (first trimester)
 - Middle to late pregnancy (second to third trimesters)
7. Conditions associated with pregnancy
8. Complications of pregnancy
9. Foetal mal-presentations
10. Self-care
11. Prevention of foetal exposure to teratogens
12. Health needs during pregnancy
13. Health promotion strategies during pregnancy;
14. Nursing management of the woman and family during pregnancy.

**UNIT 5 : THE PREGNANT WOMAN DURING NORMAL LABOUR,
DELIVERY & THE POST-PARTUM PERIOD**

**Hours : 5 Theory
15 Practical**

Specific Objectives

At the end of this unit, the student will be able to:

1. Define the term labour;
2. Identify the stages of labour;
3. Describe the physiological changes of labour;
4. Assess the woman and foetus during labour and delivery;
5. Discuss the management of the woman during labour and delivery;
6. Identify methods of pain relief used in labour;
7. Assist in the management of pain during labour;
8. Maintain infection prevention and control of equipment and supplies used in the delivery process;
9. Discuss the management of normal delivery;
10. List emergencies that may occur during labour and delivery;
11. Describe the placenta;
12. Assess the mother and infant in the post-partum period;
13. Discuss the management of the mother and infant in the post partum period;
14. Maintain appropriate records during labour, delivery and immediate post-partum.

Content

1. Labour
Definition
Theories
Signs
Stages
Physiological responses to labour
Psychological responses of the woman to labour
Factors affecting the progress of labour
2. Nursing management during labour & delivery
Admission & assessment
Maternal & foetal assessment during labour
Management of labour
Delivery
3. Post-partum care
Maternal physiological & psychological adaptations
Nursing management of the puerperium
Preparation for discharge
Discharge, follow-up & community support/agencies
4. Caesarean section
Pre- & post-operative care.

UNIT 6 : **THE NORMAL NEONATE (0-28 DAYS)**
Hours : **4 Theory**
10 Practical

Specific Objectives

At the end of the unit, the student will be able to:

1. Describe the characteristics of the normal neonate (birth – 28 days);
2. Identify physiological changes of the neonate at birth;
3. Identify basic physiological and psychosocial needs of the normal neonate;
4. Apply knowledge from natural and social sciences, nutrition, microbiology and pathophysiology to assess and care for the neonate;
5. Use the nursing process in the care of the neonate and family;
6. Use health promotion strategies to assist the mother and family to develop skills to care for the newborn;
7. Assist other members of the health team to care for the neonate and family;
8. Discuss the processes of registration of births and deaths in Jamaica.

Content

1. Care of the infant immediately following birth
Initiation of respiration
Assessment of APGAR score
Identification
Maintenance of temperature
General assessment of the newborn
Presentation of newborn to parents
2. Physiological adaptations
3. Psychosocial needs of the neonate
4. Nursing management of the neonate
5. Health promotion strategies for the mother & newborn
6. Registration of birth & death.

Teaching/Learning Methodologies

Lecture/Discussion
PowerPoint presentation
Demonstration
Observation
Role play
Seminar
Case studies

Areas used for Learning

Classroom
Clinical Learning Centre (Nursing Skills Laboratory)
Library
Community agencies
Health centres/clinics: Antenatal, Post-natal, Family Planning, Infant Welfare

Hospitals: Labour and Delivery, Antenatal wards, Antenatal Clinics, Post-natal wards, Post-natal clinics

Learning Experiences

Visits to Family Planning Clinics to observe and participate in family planning programmes
Planning and delivering educational programmes on reproductive health and immunization programmes

Visits to health centres/clinics to observe and engage in the immunization programme and participate in care of mother and infant

Visits to antenatal and post-natal clinics to observe and participate in care

Educate mothers on home care of self and their babies (discharge talks)

Attachments to labour and delivery wards to assist in care of the woman during labour, delivery and the post-partum period, including care of the newborn.

Required Skills

Pregnancy

Pre natal Care

1. Pre-conception care
2. First pre-natal visit
3. Follow-up visits
4. Monitor patient's blood pressure
5. Monitor signs of pregnancy complications e. g., pre-eclampsia, gestational diabetes, preterm labour, haemorrhage, foetal compromise
6. Assessment of foetal wellbeing
7. Assessment & promotion of maternal wellbeing
8. Management of common disorders of pregnancy
9. Childbirth education

Labour and Delivery

10. Assist with admitting patient to labour and delivery ward
11. Monitor contractions
12. Monitor foetal heart rate
13. Recognize signs of foetal distress
14. Place patient in the lithotomy position
15. Prepare patient for vaginal examination – digital/speculum
16. Assist with preparation for caesarean section
17. Assist with delivery

Post Partum

18. Provide post-partum care
19. Monitor for signs of haemorrhage
20. Perform post-partum perineal care: vulval swabbing, sitz baths
21. Assist with breast care
22. Assist mother with infant care
23. Discharge obstetric patient
24. Assess vital signs of the newborn
25. Assist with breast feeding

- 26. Perform cord care
- 27. Perform hygienic care of the newborn
- 28. Weigh and measure the newborn

Newborn

- 29. Observe Apgar score procedure
- 30. Suction infant’s respiratory passage with bulb syringe
- 31. Identify infant using mother’s bracelet
- 32. Weigh and measure infant
- 33. Bath infant
- 34. Feed infant
- 35. Carries infant safely
- 36. Assist with circumcision
- 37. Apply dressing to circumcision site

Immunization

- 38. Participate in immunization programme

Student Assessment

Students will be required to submit two (2) course assignments

- a. Student-led family life education presentation. **10%**
- b. A teaching plan for the childbearing family. **30%**

Final examination: essay (**20%**) and multiple choice items (**40%**) **60%**

Total **100%**

Required Reading

Pillitteri, A. (2009). Maternal & child health nursing. Philadelphia: Lippincott Williams & Wilkins.

Recommended Reading

Humphreys, J. Campbell, J. (2010). Family violence and nursing practice. New York: Springer Publishing.

Ricci, S.S., (2007). Essentials of maternity, newborn and women’s health nursing. Philadelphia: Lippincott Williams & Wilkins.

Slone McKinney, E., Rowen, James, S. Smith Murray, S. Ashwill, J. (2008). Maternal-child nursing. London, UK: Elsevier.