

**NUR 210A
NURSING IV**

COURSE DESCRIPTION:

Prerequisites: NUR 130

Corequisites: BIO 275 and ENG 111

This course provides an expanded knowledge base for delivering nursing care to individuals of various ages. Emphasis is on using collaboration as a provider of care, manager of care, and member of the discipline of nursing. Upon completion, students should be able to modify nursing care for individuals with common alterations in health. Theoretical foci emphasize the nursing process to provide nursing care for childbearing families. Course Hours Per Week: Class, 2.5. Lab, 1.5. Clinical, 6. Semester Hours Credit, 5.

Placement in the curriculum: Fourth Semester

LEARNING OUTCOMES:

I. PROVIDER OF CARE

Upon completion of this course, the student should:

- A. Use the nursing process as a basis for solving nursing problems, specifically:
1. Complete a holistic assessment of clients, i.e. physiologically, psychologically, spiritually, culturally, and educationally, utilizing the client, family, health care team, and printed and/ or electronic records.
 2. Assess relevant data related to the health of women across the life span including non pregnant, antepartal, intrapartal, postpartal and newborn clients and recognize normal parameters.
 3. Identify factors that create a high-risk woman and/or newborn.
 4. Recognize signs and symptoms of complications related to women's health and the childbearing process.
 5. Identify a complete problem list for women and childbearing families.
 6. Develop both individualized and family centered nursing diagnoses which include client strengths, and also address cultural, spiritual, psychological, and developmental needs.
 7. Prioritize appropriate nursing diagnoses for women and childbearing families, including the newborn based on the problem list.
 8. Collaborate with the client, family, significant others and members of the health care team to establish client-centered outcomes for the maintenance, restoration/rehabilitation and promotion of optimal levels of health for women and childbearing families.
 9. Participate with the health care team to implement appropriate nursing interventions that will alleviate or prevent problems and promote optimum levels of health for women and childbearing families involving clients in the decision making and care management.
 10. Use both hospital and community resources to provide family centered services to women and the childbearing families.
 11. Collaborate with the client, family, significant others and members of the interdisciplinary health care team in evaluating the client's response to treatments and client outcome criteria.
 12. Analyze components of the nursing plan of care when client goals are not met.
 13. Revise and update nursing plan of care and priorities as appropriate.

- B. Assess the client's reaction to health-illness in relation to developmental level and ability to meet needs, specifically:
1. Utilize client's developmental stage in planning care.
 2. Integrate client's coping strategies into the plan of care.
 3. Identify effects of client's health-illness status on client's ability to meet basic human physiological and psychosocial needs
 4. Identify the effects of the client's developmental stage on client's ability to meet tasks of pregnancy.
 5. Relate the potential effects on the newborn's growth and development to the stage of development of the woman and family members.
 6. Identify adaptive responses of women and childbearing families to the health-illness continuum and to the process of childbirth.
 7. Utilize family strengths in the plan of care.
 8. Incorporate nursing measures that assist in completion of the current developmental stage and the tasks of pregnancy.
- C. Perform nursing measures by employing evidence-based nursing research as well as principles and concepts from selected arts and sciences, specifically:
1. Utilize principles of safety in caring for women and childbearing families.
 2. Incorporate universal precautions into nursing care.
 3. Utilize knowledge and specific skills from previous courses in caring for women and childbearing families.
 4. Compare and contrast normal anatomical and physiological processes with the abnormal.
 5. Describe signs, symptoms, treatments, and nursing responsibilities for women and pregnant clients having alterations in normal processes.
 6. Demonstrate appropriate adult and child assessment techniques.
 7. Perform nursing skills according using evidence-based standards of practice.
 8. Apply nutritional principles to the care of women and childbearing families.
 9. Confirm, administer, and monitor pharmaceutical regimen to clients including classification, route, side effects, intended action, dosage, and nursing considerations.
 10. Monitor the client's responses to the therapeutic plan incorporating current technology and current literature.
 11. Independently identify deviation from the normal health state and take appropriate action to enhance client care.
- D. Demonstrate caring behaviors, specifically:
1. Incorporate comfort, privacy, safety and cleanliness into the client's surroundings.
 2. Demonstrate respect and empathy when caring for the client and their family.
 3. Demonstrate support of the client's and family's rights to govern decisions regarding plan of care.
 4. Demonstrate appropriate caring behaviors by providing an environment of trust, support and understanding.
 5. Establish a helping relationship with the client and their family.
 6. Utilize communication techniques that assist women and childbearing families to cope with and resolve problems.
 7. Overcome barriers to ineffective nurse/client communication.
 8. Utilize appropriate communication skills to meet the cultural, developmental, spiritual and psychological needs of women and childbearing families.
- E. Utilize teaching and learning principles to support and promote healthy lifestyles, specifically:
1. Assess the client's and family's knowledge deficits and ability to learn.
 2. Identify client and family learning needs.
 3. Consistently incorporate appropriate client and family teaching into the plan of care.
 4. Using the principles of teaching/learning, implement teaching plan for individuals and families.

5. Use specific theories in providing age-appropriate teaching for women and childbearing families.
6. Evaluate the effectiveness of the teaching plan and revise as needed.

II. MANAGER OF CARE

Upon completion of this course, the student should:

- A. Provide appropriate, quality nursing care, specifically:
 1. Utilize evidence-based standards in performing nursing measures.
 2. Consistently complete assigned care.
 3. Demonstrate accountability for the delivery of nursing care.
 4. Utilize good customer relations.
 5. Collaborate with interdisciplinary health care team as appropriate.
 6. Identify and plan a quality improvement activity.
- B. Coordinate the delivery of nursing care, specifically:
 1. Establish priorities when caring for laboring women, mother-baby dyad and/or two clients.
 2. Organize care to meet priority needs of laboring women, mother-baby dyad and/or two clients.
 3. Ask for assistance from appropriate individuals when needed.
 4. Assist peers and staff as needed.
 5. Identify aspects of care that may be delegated to other care givers.
 6. Identify necessary teaching and supervision of other personnel when aspects of care are delegated.
 7. Utilize principles of conflict management in working with peers.
- C. Practice in a cost effective manner, specifically:
 1. Identify ways of meeting needs of women and infants with decreasing hospital stays.
 2. Identify cost differences in hospital-based care versus alternative settings.
 3. Identify costs of intensive care for infants and other high-cost technological interventions for pregnant women.

III. PROFESSIONAL

Upon completion of this course, the student should:

- A. Practice within a professional, ethical and legal framework, specifically:
 1. Demonstrate the role of the ADN student in the delivery of nursing care to women and childbearing families.
 2. Function within the policies/procedures of the clinical setting.
 3. Function within the Nursing Practice Act.
 4. Maintain client and workplace confidentiality.
 5. Adhere to the Maternity Patient's Bill of Rights and the AHA Patient Bill of Rights.
 6. Demonstrate nursing behaviors consistent with positive role modeling.
 7. Advocate for client-centered care, respecting individual client's rights.
 8. Discuss common ethical/legal dilemmas that impact the care of women and childbearing families.
- B. Follow appropriate protocol for communicating nursing care, specifically:
 1. Utilize appropriate verbal and non-verbal communication which conveys a caring attitude toward staff and colleagues.
 2. Report significant data to health care team and instructors in a timely manner.
 3. Utilize information technology to support and communicate the planning and provision of care.
 4. Accurately analyze and document client information in a timely manner.
 5. Report errors or omissions promptly.

6. Participate in interdisciplinary teams to achieve positive client outcomes.
 7. Communicate relevant, accurate, and complete information in a concise and clear manner.
 8. Document and report to the health care team and instructor significant data in a timely manner.
- C. Assume responsibility for self-development and continued learning, specifically:
1. Identify own strengths and limitations by formulating appropriate personalized learning objectives weekly.
 2. Seek ways of improving own nursing practice.
 3. Strive to meet personal learning goals.
 4. Evaluate ability to meet personal learning goals.
 5. Identify appropriate resources for continued learning about women and childbearing families.
 6. Relate current nursing research literature to the care of clients.
 7. Utilize evidence-based information, collected electronically or through other means, as a resource for continuous learning, professional development and advancing nursing practice.

OUTLINE OF INSTRUCTION:

UNIT I - NURSING CARE OF THE FAMILY IN THE INTRAPARTUM PERIOD

- A. Obstetrical assessments
1. Determining gestational age
 2. Assessments
- B. Essential forces of labor
1. Factors that influence labor
 2. The passageway
 3. The passenger
 4. Theories of labor onset
 5. Premonitory signs of labor
 6. Stages of labor
 7. Powers of labor
 8. Maternal perceptions of labor
 9. Maternal & fetal responses to labor and birth
- C. Nursing care of the family in the intrapartum period
1. First stage of labor
 2. Second stage of labor
 3. Third stage of labor
 4. Fourth stage
 5. Emergency delivery by the nurse
- D. Nursing responsibilities during intrapartum fetal monitoring
1. Standards of care
 2. Uterine activity assessment
 3. Fetal heart rate auscultation
 4. Electronic fetal heart rate monitoring
 5. Fetal stimulation
 6. Psychological aspects of fetal monitoring
- E. Nursing responsibilities during immediate care of the newborn
1. Assessment of the newborn

2. Nursing diagnoses
 3. Intervention and rationale
- F. Nursing responsibilities related to management of pain in labor
1. Pain theory
 2. Nonpharmacologic management of discomfort
 3. Pharmacologic management of discomfort
 4. Nerve block analgesia and anesthesia
 5. General anesthesia
 6. Analgesia for cesarean section
 7. Nursing care
- G. Operative obstetrics
1. Instrument-assisted vaginal delivery
 2. Cesarean delivery
 3. Vaginal birth after cesarean
 4. Dystocia
 5. Collaborative care

UNIT II -NURSING CARE OF THE FAMILY IN THE POSTPARTAL PERIOD

- A. Nursing care in the postpartal period
1. Biophysical aspects of the postpartum period
 2. Psychosocial aspects of the postpartum period
 3. Nursing care during the postpartum period
 4. Home care

UNIT III - NURSING CARE OF THE NEWBORN

- A. Assessment of the newborn
1. Biological characteristics
 2. Behavioral characteristics
- B. Nursing care of the newborn
1. Initial assessment
 2. Gestational assessment
 3. Ongoing assessment
 4. Nursing diagnoses
 5. Expected outcomes
 6. Collaborative care
- C. Newborn nutrition and feeding
1. Development and nutritional needs
 2. Lactation
 3. Formula feeding
- D. Problems of the newborn at risk
1. Transient tachypnea of newborn
 2. Sepsis neonatorum
 3. Gestational age and birth weight
 4. Common malformations
 5. Infants of the substance abusing mother

6. Discharge for compromised newborn

UNIT IV - NURSING CARE OF THE FAMILY IN THE ANTEPARTAL PERIOD

- A. Contemporary maternity nursing
 1. Trends in fertility and birthrate
- B. Conception and fetal development
 1. Conception
 2. Placenta
 3. Fetal maturation
 4. Multifetal pregnancy
 5. Genetic counseling
 6. Nongenetic factors influencing development
 7. Preconception care
- C. Anatomy and physiology of pregnancy
 1. Pregnancy tests
 2. Adaptations to pregnancy
 3. Signs of pregnancy
 4. Reproductive system
 5. General body systems
- D. Family dynamics of pregnancy
 1. Maternal adaptation
 2. Paternal adaptation
 3. Grandparent adaptation
 4. Sibling adaptation
 5. Parenthood after 35
- E. Nursing care of the family in the antepartal period
 1. First trimester
 2. Second trimester
 3. Third trimester
- F. Maternal and fetal nutrition
 1. Weight gain
 2. Increased nutrient needs in pregnancy and postpartum
 3. Nutritional assessment

UNIT V - NURSING CARE OF THE AT-RISK FAMILY IN THE CHILDBEARING PERIOD

- A. Nursing care of the at-risk family
 1. Assessment for risk factors
- B. Nursing care of women with obstetrical complications
 1. Hypertensive disorders in pregnancy
 2. Maternal hemorrhagic disorders
 3. Maternal infections
 4. Preterm labor
 5. Postterm labor

- C. Nursing care of women with endocrine, cardiovascular, and medical-surgical problems during pregnancy
 - 1. Endocrine disorders
 - 2. Medical/surgical problems
- D. Nursing care of women with psychosocial problems during pregnancy
 - 1. Emotional complications
 - 2. Mood disorders
 - 3. Care management
 - 4. Psychoactive substance use
 - 5. Violence against women
 - 6. Poverty
- E. Nursing care of the pregnant adolescent.
 - 1. Adolescent development
 - 2. Adolescent sexual behavior
 - 3. Adolescent pregnancy
 - 4. Adolescent parenthood
 - 5. Risks and consequences of pregnancy
 - 6. Care management
 - 7. Collaborative care
- F. Nursing care of the family experiencing childbirth loss and grief

UNIT VI - NURSING CARE OF WOMEN ACROSS THE LIFE SPAN

- A. Nursing care of women across the life span
 - 1. Women's health promotion and screening
 - 2. Common reproductive concerns
 - 3. Reproductive cancers

REQUIRED TEXTBOOKS AND MATERIALS:

Lowdermilk, D. and Perry, S. (2006). *Maternity Nursing*. 7th ed. St. Louis: Mosby.

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.