

Course Plan of (Maternal health Nursing)

I. Course Description:

This course includes the basic knowledge about female reproductive system anatomy, and physiology, the puberty, menstrual cycle and reproduction, and fetal development. Students also will get knowledge related to the diagnosis of pregnancy, ante-natal care, complications of pregnancy, process of labor and birth, management of normal and complicated labor, post natal care, and postpartum complications.

I. Course Content:

- Distribution of Semester Weekly Plan of Course Topics/Items and Activities.

A – Theoretical Aspect:

Order	Sub Topics List/ weekly	Week Due	Contact Hours
1	Anatomy & physiology of female reproductive system	3	6
2	The puberty, menstrual cycle and reproduction Puberty ▪ Body changes related to the menstrual cycle & ovulation ▪ Natural cessation of menses		
3	Fetal development: ▪ Fertilization ▪ Nurse's role in prenatal evaluation		
4	Ante-natal care (ANC): ▪ The first prenatal visit ▪ Screening and diagnostic tests ▪ The prenatal physical examination ▪ Nursing process in ANC	3	6
5	Counseling and teaching ▪ Pre-marriage counseling ▪ Patient teaching		
6	Contraception ▪ IUD, implants, pills ▪ Natural & mechanical methods. ▪ Female sterilization		
7	Diagnosis of pregnancy:	3	6

	- The first trimester (0-12 weeks) - Second trimester (13-28 weeks) - Investigations (tests & US) The 3rd trimester (29-40 weeks)		
8	First stage of labor - Assessment of fetus, - The partogram - Nursing care Second stage of labor - Achieving a position - Episiotomy - Clamping the umbilical cord Third stage of labor - Immediate newborn care - The APGAR scoring system Fourth stage of labor - Nursing care - Attachment and breastfeeding	3	6
9	Patient comfort during labor and birth - Pain, maternal pain - Pharmacological & Nonpharmacological & nursing role in pain relief	3	6
10	Early pregnancy complications - Bleeding during pregnancy - Preterm labor, - Premature rupture of membranes, - Multiple gestation & ABO	3	6
11	Hypertensive disorders of pregnancy - Classifications and definitions - Chronic hypertension - Preeclampsia & eclampsia	3	6
12	Other complications - Endocrine - Psychiatric disorder - Cardiovascular/hematological - Respiratory problems - Others: Multiple gestation; Preterm; Incompetent cervix	3	6
13	Complications During Labor - Dystocia - Preterm labor and birth - Amniotic fluid complications - Placenta complications - Cesarean birth	3	6
14	Complications during the postpartum period Postpartum hemorrhage	1	2

Faculty of HIGH Nursing

	▪ Hematomas ▪ Puerperal (postpartum) infections ▪ Postpartum psychosocial complications ▪ Postpartum nursing care plan		
Number of Weeks /and Units Per Semester		16	56