

Course Specification Prenatal care

II. Course Identification and General Information:					
1.	Course Title:	Antenatal Care			
2.	Course Number & Code:	08 01 813			
3.	Credit hours: 5	C.H			
		Th.	Seminar	Pr.	F. Tr.
		2	-	-	3
4.	Study level/year at which this course is offered:	Second year/ Second semester			
5.	Pre –requisite:	MF07			
6.	Co –requisite :	-			
7.	Program (s) in which the course is offered	Midwifery			
8.	Language of teaching the course:	English			
9.	System of Study:	Semester system			
10.	Mode of delivery:	Full time			
11.	Location of teaching the course:	College of Medical Applied Sciences			

III. Course Description:
This course will introduce the student to the normal physiology, psychology, and biology of pregnancy, childbirth and the puerperium. This course is designed to help students acquire knowledge and gain skills to meet the health needs of women during the period of pregnancy and puerperium.

V. Course Content:			
Distribution of Semester Weekly Plan of Course Topics/Items and Activities.			
A – Theoretical Aspect:			
Order	Topics List	Week Due	Contact Hours
1	Introduction	1	2
2	Physiological changes of pregnancy	2	2
3	Physiological changes of pregnancy	3	2

4	Psychological changes of pregnancy	4	2
5	Diagnose of pregnancy	5	2
6	Abdominal Examination.	6	2
7	Midterm exam	7	2
8	Aim of antenatal care	8	2
9	Component of antepartum visit.	9	2
10	Lab tests	10	2
11	Subsequent visits	11	2
12	Minor Discomforts of pregnancy	12	2
13	Nutrition in pregnancy	13	2
14	Child birth education	14	2
15	Antepartum Assessment of the fetus	15	
16	Final exam	16	2
Number of Weeks /and Units Per Semester		16	32

B– Practical Aspect:			
Order	Topics List	Week Due	Contact Hours
1	Orientation (clinic, equipment. start antenatal file)	2	9
2	Chart-review of previous history & visits	2	9
3	Chart-review	2	9
4	Conduct history/diagnose pregnancy	2	9
5	Conduct history/ Recognize minor disorders of pregnancy.	2	9
6	Conduct history.	2	9
7	Final Exam	2	9
Number of Weeks /and Units Per Semester		14	54

VI. Teaching strategies of the course:

8. Female reproductive system model.
9. Demonstration.
10. Illustration by pictures & models
11. Lecture method
12. Presentation
13. Case Management Exam
14. Final exam

Teaching list Guide during antenatal care

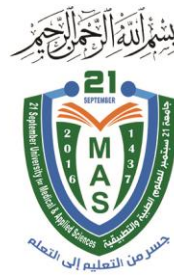
Initial visit (up to 12 weeks)

- Introduce yourself
- Genetic counseling, AFP.
- Danger signs: bleeding, UTI, & cramping, fever.
- Substance abuse including smoking
- Discomforts /V, constipation, fatigue.
- Diet counseling: weight gain, vitamins & iron.
- Fetal development.
- Feelings toward pregnancy

2nd visit (12-16 weeks)

- Review lab test
- Diet review
- Exercises for backache & kegels.

16-20 Weeks



- Quickening -
- Prenatal classes -
- Sexuality: libido changes & position. -
- Discomforts: Round ligament pain, backache, and heartburn. -
- 24-28 Weeks**
- RH information, Anti –D. -
- CBC, 1hr GTT. -
- Diet check -
- Breast feeding choice & preparation. -
- Feeling, body image, emotional changes/ dreams. -
- 30-32 Weeks**
- Braxton-Hicks vs. Premie labor. -
- Danger signs: bleeding, PROM, Headaches & edema. -
- Feelings, baby sex, names & acceptance. -
- Stages of labor. -
- 34-36 Weeks**
- Signs & symptoms of labor. -
- Discuss birth room. -
- Labor review', active. -
- Fetal movement/ importance. -
- Perineal massage / episiotomy. -
- Fertility awareness & contraceptive choice. -
- Logistic preparation for labor: Cloths, bassinet, -
- transportation, insurance
- 37-38 Weeks**
- Breast feeding information. -
- 39-40 Weeks**
- Postpartum -
- Early labor management at home -

VIII. Schedule of Assessment Tasks for Students During the Semester
Theoretical part

No.	Assessment Method	Week Due	Mark	Proportion of Final Assessment	Aligned Course Learning Outcomes
1	Attendance	1 st -15 th week	2	2%	a1, a2,a3,a4,a5, b1
2	Quiz	4 th - 12 th week	3	3%	a1, a2,a3,a4,a5, b1
3	Assignment	5 th - 12 th week	5	5%	a1
4	Mid-term exam	7 th or 8 th week	10		a1, a2,a3,a4,a5, b1
5	Final-exam	16 th -17 th week	40	40 %	a1, a2,a3,a4,a5, b1
Total Theory Weight			60	60%	

Practical part

No.	Assessment Method	Week Due	Mark	Proportion of Final Assessment	Aligned Course Learning Outcomes
1	Attendance and attitude	1 st -11 th week	5	5%	c1, c2
2	Clinical Evaluation/ Semester Work	1 st -11 th week	10	10%	c1, c2
3	Care Study/Case book	1 st -11 th week	5	5%	c1, c2
4	Practical Record	1 st -11 th week	5	5%	c1, c2
5	Final Exam (Written, Oral)	12 th week	5	5%	c1, c2
6	Final clinical Exam	12-13 th week	10	10%	c1, c2
Total Theory Weight			40	40%	