

**NURSING 201: NURSING CARE OF SPECIAL POPULATIONS**  
**UNIT III: MATERNITY NURSING**

**UNIT OBJECTIVES**

**AT THE COMPLETION OF THE UNIT, THE STUDENT:**

1. Explains major historical developments in maternal healthcare.
2. Recognizes factors that determine the choice of birth control.
3. Discusses the various types of contraceptive methods and resources available.
4. Compares the various birthing choices and provider roles.
5. Explains the significance of statistics associated with the maternal and child patient.
6. Discusses the role of prenatal care in relation to the maternal and child patient.
7. Utilizes knowledge of standards of care for the pregnant client.
8. Defines terms necessary for understanding basic genetics.
9. Identifies the various patterns of inheritance and the differences in chromosome and gene level defects.
10. Relates the principles of genetic counseling to nursing care.
11. Describes the normal developmental stages of the embryo and fetus.
12. Discusses abnormal development of the embryo and fetus.
13. Defines teratogens and common teratogenic agents including alcohol ingestion during pregnancy.
14. Describes neonatal abstinence syndrome.
15. Relates the various components of infertility.
16. Explains the different classifications of miscarriage/abortion.
17. Recognizes the emotional and physical care of the patient experiencing abnormal or interrupted fetal development.
18. Discusses the anatomic and physiologic changes which occur during pregnancy.

19. Identifies presumptive (subjective), probable (objective), and positive (diagnostic) signs of pregnancy.
20. Explains nursing actions to alleviate the common discomforts of pregnancy.
21. Discusses sexuality and adaptations during pregnancy.
22. Compares and contrasts normal versus abnormal psychosocial adjustments during pregnancy and the postpartum period.
23. Relates the various components of a prenatal history, including factors related to paternal health.
24. Describes a prenatal assessment and various diagnostic methods for maternal and fetal antepartal assessments.
25. Describes the nurse's role in caring for the family unit during the antepartal period.
26. Relates nutritional requirements during pregnancy and the effects of maternal nutrition on fetal outcomes.
27. Describes the adolescent adaptation to pregnancy and effects on partner and family relationships.
28. Explains the nursing management of the pregnant adolescent and the advanced maternal age client.
29. Describes the management of a pregnant patient with a pregestational disorder.
30. Explains fetal assessment of well-being in a high risk pregnancy
31. Describes the assessment and care of the patient with a gestational condition resulting in high risk pregnancy.
32. Relates the significance of obstetrical anatomy to the birth process.
33. Discusses the critical factors in labor (passage, passenger, powers, psyche, and position) and stages of labor.
34. Discusses fetal position changes which constitute the mechanisms of labor and methods to determine fetal position.
35. Identifies the signs and probable causes of labor.
36. Compares and contrasts true labor vs. false labor.
37. Relates and compares the various methods of induction/augmentation of labor.
38. Explains the nursing considerations during each of the four stages of labor.
39. Describes the intrapartal assessment process and nursing care of the intrapartal patient.

40. Lists the types, actions, and effects of analgesics and anesthetics used during labor and delivery.
41. Relates the nursing considerations relevant to a laboring client undergoing an obstetrical procedure.
42. Explains potential complications of labor and delivery and associated nursing care.
43. Compares and contrasts placenta previa and abruptio placenta.
44. Relates important considerations for emergency delivery by the nurse.
45. Describes potential birth injuries and related nursing care.
46. Identifies systemic adaptations and physiologic changes of the postpartal period.
47. Utilizes the nursing process to care for the postpartum patient and to identify, prevent, and/or treat potential complications.
48. Identifies resources available to the family during the antepartal, intrapartal, and postpartal period.

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<p><b>Unit III: Maternity Nursing</b>  <b>Theory Hours- 30.25</b>  <b>Clinical Hours- 6</b>  <b>SLP- 2</b></p> <p>I. Heredity</p> <ul style="list-style-type: none"> <li>A. Overview of Genetics <ul style="list-style-type: none"> <li>i. Chromosomes</li> <li>ii. Gene</li> <li>iii. Karyotypes</li> <li>iv. Sex Determination</li> </ul> </li> <li>B. Inheritance <ul style="list-style-type: none"> <li>i. Dominant Pattern</li> <li>ii. Recessive Pattern</li> </ul> </li> <li>C. Patterns of Inheritance <ul style="list-style-type: none"> <li>i. Autosomal Dominant</li> <li>ii. Autosomal Recessive</li> <li>iii. Sex-linked Dominant</li> <li>iv. Sex-linked Recessive</li> <li>v. Multifactorial</li> </ul> </li> <li>D. Chromosomal Abnormalities</li> <li>E. Genetic Counseling</li> <li>F. Prenatal Diagnosis of Genetic Abnormalities <ul style="list-style-type: none"> <li>i. Karyotyping</li> <li>ii. Barr Body Determination</li> <li>iii. Alpha-Fetoprotein Analysis (AFP)</li> </ul> </li> <li>G. Diagnostic Procedures <ul style="list-style-type: none"> <li>i. Amniocentesis</li> <li>ii. Chorionic Villi Sampling</li> </ul> </li> </ul> <p>II. Embryonic Development</p> <ul style="list-style-type: none"> <li>A. Formation of the Gametes</li> <li>B. Fertilization</li> <li>C. Early Development of the Embryo</li> </ul>	<p>Interactive lectures:  Punnet Square group activity</p>	<p>OB/ Peds/ MH Clinical observations</p> <p>Pre/ Post Conference</p> <p>ATI Engage: Maternal, Newborn, and Women’s Health RN</p> <p>Clinical Preparation: Heredity, Embryonic Development, Development of the Fetus, &amp; Abnormal/ Interrupted Fetal Development</p>	<p>Class Preparation</p> <p>Simulation</p> <p>ATI Real-Life</p> <p>Concept Map</p> <p>Clinical Evaluations</p> <p>Pre/Post Conference</p>



CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<p>C. Vital Statistics D. Standards of Care E. Cultural Implications</p> <p>VI. Menstrual Cycle</p> <p>VII. Antepartal Care</p> <p>A. Anatomy &amp; Physiology of Pregnancy</p> <ol style="list-style-type: none"> <li>i. Reproductive</li> <li>ii. Metabolic</li> <li>iii. Respiratory</li> <li>iv. Cardiovascular</li> <li>v. Gastrointestinal</li> <li>vi. Renal</li> <li>vii. Musculoskeletal</li> <li>viii. Integumentary</li> <li>ix. Immune</li> <li>x. Endocrine</li> <li>xi. Hormonal Review</li> </ol> <p>B. Sexuality During Pregnancy</p> <p>C. Diagnosis of Pregnancy</p> <ol style="list-style-type: none"> <li>i. Presumptive (Subjective) Signs</li> <li>ii. Probable (Objective) Signs</li> <li>iii. Positive (Diagnostic) Signs</li> </ol> <p>D. Psychosocial Adjustments of Pregnancy</p> <ol style="list-style-type: none"> <li>i. Rubin's Maternal Tasks</li> </ol> <p>VIII. Teratogens</p> <ol style="list-style-type: none"> <li>A. Definition of Teratogen</li> <li>B. Principles of Teratogenic Actions</li> <li>C. Influencing Factors</li> <li>D. Drugs <ol style="list-style-type: none"> <li>i. Principles Related to Intake</li> <li>ii. Categories</li> </ol> </li> </ol>	<p>Interactive Lecture: Guest Speaker</p> <p>Collaborative Learning – Menstrual Cycle diagram</p> <p>Group breakout &amp; discussions of Rubin's Maternal Tasks</p> <p>Collaborative Learning</p>	<p>ATI: Pharmacology Made Easy: "Female Reproductive Tract</p> <p>Next Gen NCLEX Style Questions (PHLW: pp. 179).</p>	

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<ul style="list-style-type: none"> <li>iii. Classifications with Potential Effects               <ul style="list-style-type: none"> <li>E. Recreational Drug Use</li> <li>F. Alcohol</li> <li>G. Other Teratogens</li> <li>H. Preconception Advice</li> <li>I. Teratogens and Nursing as a Profession</li> </ul> </li> <li>IX. Fetal Alcohol Syndrome               <ul style="list-style-type: none"> <li>A. Manifestations</li> <li>B. Nursing Care</li> </ul> </li> <li>X. Neonatal Opioid Withdrawal Syndrome (NOWS) (formerly Neonatal Abstinence Syndrome- NAS)               <ul style="list-style-type: none"> <li>A. Manifestations</li> <li>B. Nursing Care</li> <li>C. ESC Model</li> </ul> </li> <li>XI. COVID-19 Nursing Safety &amp; Precautions</li> <li>XII. Infertility               <ul style="list-style-type: none"> <li>A. Definitions</li> <li>B. Diagnostics</li> <li>C. Treatment Options</li> <li>D. Ethical Considerations</li> <li>E. COVID-19 Recommendations</li> </ul> </li> <li>XIII. Family Planning               <ul style="list-style-type: none"> <li>A. Behavioral Methods</li> <li>B. Natural Methods of Family Planning</li> <li>C. Hormone Therapy</li> <li>D. Intrauterine Device (IUD)</li> <li>E. Barrier Methods</li> <li>F. Spermicidal Preparations</li> <li>G. Emergency Contraceptives</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Interactive lecture: Story of John</li> <li>Beebe Policy Review</li> <li>Collaborative Learning</li> <li>“IVF: Real- Life Perspective”</li> <li>Interactive Lecture: Guest Speaker</li> <li>Self- learning Packet</li> </ul>	<ul style="list-style-type: none"> <li>Clinical Preparation: NOWS/FAS Policy &amp; Clinical Manifestations Review</li> <li>Next Gen NCLEX Style Questions (PHLW: pp. 275).</li> <li>ATI Engage: Reproductive Health Promotion, Prevention, and Care → Family</li> </ul>	<ul style="list-style-type: none"> <li>Quiz</li> <li><b>EXAM Maternity Part I (Exam #6)</b></li> </ul>

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<p>H. Surgical Sterilization I. Male Contraception</p> <p>XIV. Antepartal Nursing Management</p> <p>A. Maternal Assessment</p> <ol style="list-style-type: none"> <li>i. Client Profile</li> <li>ii. Pelvic/bimanual Examination</li> <li>iii. Determination of Due Date</li> <li>iv. Prenatal Labs and Diagnostics</li> <li>v. Prenatal Screening Tests</li> <li>vi. Ongoing Screening Tests</li> </ol> <p>B. Danger Signs of Pregnancy</p> <p>C. Prenatal Visits</p> <p>D. Teaching &amp; Counseling</p> <p>E. COVID-19 Precautions/ Standards of Care</p> <p>F. Nutrition During Pregnancy</p> <ol style="list-style-type: none"> <li>i. Recommended Weight Gain</li> <li>ii. Specific Nutrients</li> <li>iii. Pregnancy Issues</li> </ol> <p>XV. High Risk Pregnancy</p> <p>A. Multifetal Gestation</p> <ol style="list-style-type: none"> <li>i. Overview</li> <li>ii. Types <ol style="list-style-type: none"> <li>1. Monozygotic</li> <li>2. Dizygotic</li> <li>3. Conjoined</li> </ol> </li> <li>iii. Types of Placenta <ol style="list-style-type: none"> <li>1. Monochorionic</li> <li>2. Dichorionic</li> </ol> </li> <li>iv. Diagnostics</li> <li>v. Maternal Risks</li> <li>vi. Newborn Risks</li> </ol>	<p>Collaborative Learning</p>	<p>Planning and Contraception</p> <p>Next Gen NCLEX Style Questions (PHLW: pp. 193, 211).</p>	

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<p>1. Twin to Twin Transfusion Syndrome</p> <p>vii. Antepartal Management</p> <p>viii. Intrapartal Management</p> <p>ix. Postpartum Management</p> <p>B. Pregestational Disease and Pregnancy</p> <p>i. Anemia</p> <p>ii. Chronic Hypertension</p> <p>iii. Obesity</p> <p>iv. Asthma</p> <p>v. Multiple Sclerosis</p> <p>vi. Seizures</p> <p>vii. Diabetes</p> <p>C. Heart Disease in Pregnancy</p> <p>D. The Pregnant Adolescent</p> <p>E. Advanced Maternal Age</p> <p>F. Gestational Risks</p> <p>i. Hyperemesis Gravidarum</p> <p>ii. Incompetent Cervix</p> <p>iii. Premature Rupture of Membranes (PROM)</p> <p>iv. Premature Labor</p> <p>G. Gestational Hypertensive Disorders</p> <p>i. Gestational Hypertension</p> <p>ii. Pre-eclampsia</p> <p>iii. Eclampsia</p> <p>iv. HELLP Syndrome</p> <p>XVI. Intrapartum Care</p> <p>A. Factors of Labor</p> <p>i. Passageway- Pelvis</p> <p>ii. Passenger- Fetus</p> <p>iii. Fetopelvic Relationships</p> <p>1. Lie</p>	<p>Interactive Lecture: Guest Speaker</p> <p>Collaborative Learning</p> <p>Hand's on Leopold's maneuvers- Leopold's SIM Belly</p>	<p>Next Gen NCLEX Style Questions (PHLW: pp. 201).</p> <p>ATI: Real Life RN – Maternal Newborn 4.0: Gestational Diabetes</p> <p>Engage Maternal newborn and Women's Health RN – <i>Preterm Labor</i> - Unfolding Case Study Group Activity</p> <p>Next Gen NCLEX Style Questions (PHLW: pp. 255).</p> <p>Next Gen NCLEX Style Questions (PHLW: pp. 337).</p>	<p>Quiz</p> <p><b>EXAM Maternity Part II (Exam #7)</b></p>

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<ul style="list-style-type: none"> <li>2. Attitude</li> <li>3. Presentation</li> <li>4. Presenting Part               <ul style="list-style-type: none"> <li>a. Engagement</li> <li>b. Station</li> </ul> </li> <li>5. Position</li> <li>6. Leopold's Maneuvers</li> <li>iv. Powers- Forces of Labor</li> <li>v. Psyche- Psychological State</li> <li>B. Phenomena of Labor               <ul style="list-style-type: none"> <li>i. Premonitory Signs</li> <li>ii. Causes (Theories)</li> <li>iii. Stages                   <ul style="list-style-type: none"> <li>1. First stage (dilation)</li> <li>2. Second Stage (expulsion)</li> <li>3. Third Stage (placental)</li> <li>4. Fourth Stage (recovery)</li> </ul> </li> <li>iv. Cardinal Movements</li> </ul> </li> <li>KVII. Intrapartal Nursing Assessment and Care               <ul style="list-style-type: none"> <li>A. True vs. False Labor</li> <li>B. Systemic Effects of Labor</li> <li>C. Evaluation of Labor Progress</li> <li>D. Promotion of Maternal/ Fetal Well Being                   <ul style="list-style-type: none"> <li>i. Positioning</li> <li>ii. Comfort</li> <li>iii. Breathing</li> <li>iv. Fetal Monitoring</li> </ul> </li> <li>E. Promotion of Labor Progress</li> <li>F. Danger Signs</li> <li>G. Preparation of Birth                   <ul style="list-style-type: none"> <li>i. Delivery of the Fetus                       <ul style="list-style-type: none"> <li>1. Umbilical Cord</li> <li>2. Ritgen Maneuver</li> </ul> </li> </ul> </li> </ul> </li> </ul>	<p>Visual-based active learning: Labor Chain, Balloon dilation &amp; effacement</p> <p>Cooperative &amp; collaborative learning: Balloon contractions</p>	<p>ATI Skills Module: Leopold's Maneuver</p> <p>Clinical Preparation: Factors of Labor</p> <p>Next Gen NCLEX Style Questions (PHLW: pp. 328,401).</p> <p>ATI Skills Module: Stages of Labor</p> <p>Next Gen NCLEX Style Questions (PHLW: pp. 388).</p>	

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<ul style="list-style-type: none"> <li>3. Episiotomy</li> <li>ii. Delivery of the Placenta               <ul style="list-style-type: none"> <li>1. Assessment of Placenta</li> <li>2. Fourth Stage Nursing Care</li> </ul> </li> <li>iii. Promoting Maternal Hemostasis</li> </ul> <p>VIII. Labor Interventions</p> <ul style="list-style-type: none"> <li>A. Induction of Labor               <ul style="list-style-type: none"> <li>i. Indications</li> <li>ii. Methods                   <ul style="list-style-type: none"> <li>1. Alternative Methods</li> <li>2. Amniotomy</li> <li>3. Membrane Stripping</li> <li>4. Dilators</li> <li>5. Cervidil</li> <li>6. Prepidil</li> <li>7. Cytotec</li> <li>8. Oxytocin</li> </ul> </li> <li>iii. Nursing Care</li> </ul> </li> </ul>	<p>Amniohook Amnicot Foley Bulb method</p>	<p>Next Gen NCLEX Style Questions (PHLW: pp. 305).</p> <p>ATI Pharmacology Made Easy: “Drug Therapy that Induces Labor Contractions”</p>	
<p>XIX. Complications of Labor and Delivery</p> <ul style="list-style-type: none"> <li>A. Preterm Labor and Delivery               <ul style="list-style-type: none"> <li>i. Prevention</li> <li>ii. Diagnosis</li> <li>iii. Care Management</li> </ul> </li> <li>B. Post term Pregnancy               <ul style="list-style-type: none"> <li>i. Risks</li> <li>ii. Care Management</li> </ul> </li> <li>C. Dysfunctional Labor (Dystocia)               <ul style="list-style-type: none"> <li>i. Uterine</li> <li>ii. Abnormal Labor Pattern</li> <li>iii. Alterations in Pelvic Structure</li> <li>iv. Fetal Origin</li> <li>v. Shoulder Dystocia</li> </ul> </li> </ul>	<p>Interactive Lecture: Guest Speaker</p>	<p>Clinical Preparation: Complications of Labor and Postpartum Adaptations</p> <p>Next Gen NCLEX Style Questions (PHLW: pp. 416).</p> <p>ATI Video Case Study: “Complications of Pregnancy”</p>	

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<p>D. Obstetrical Emergencies</p> <ul style="list-style-type: none"> <li>i. Meconium- Stained Amniotic Fluid</li> <li>ii. Prolapsed Umbilical Cord</li> <li>iii. Uterine Rupture</li> <li>iv. Anaphylactoid Syndrome of Pregnancy (formerly Amniotic Fluid Embolus)</li> </ul> <p>E. Cord Insert &amp; Placental Variations</p> <ul style="list-style-type: none"> <li>i. Velamentous insertion</li> <li>ii. Succenturiate placenta</li> <li>iii. Battledore insertion</li> </ul> <p>F. Hemorrhagic Complications</p> <ul style="list-style-type: none"> <li>i. Vasa Previa</li> <li>ii. Placenta Previa</li> <li>iii. Abruptio Placenta</li> <li>iv. Postpartum Hemorrhage</li> <li>v. DIC</li> </ul> <p>G. Emergency Delivery</p> <p>XX. Obstetrical Procedures</p> <ul style="list-style-type: none"> <li>A. Version <ul style="list-style-type: none"> <li>i. External (Cephalic)</li> <li>ii. Internal (Podalic)</li> </ul> </li> <li>B. Episiotomy vs. Laceration</li> <li>C. Forceps Delivery</li> <li>D. Vacuum Extractor</li> <li>E. Breech Extraction</li> <li>F. Cesarean Section &amp; COVID-19 Precautions</li> <li>G. Vaginal Birth After Cesarean (VBAC)</li> </ul> <p>XXI. Analgesia and Anesthesia During Labor and Delivery</p> <ul style="list-style-type: none"> <li>A. Physiology of Pain During Labor and Delivery</li> <li>B. Methods <ul style="list-style-type: none"> <li>i. Natural Childbirth</li> <li>ii. Pharmacological Intervention</li> </ul> </li> </ul>	<p>ECV video</p> <p>“60 seconds with a Doula” video</p> <p>Episiotomy care: Song for post-op education</p> <p>Vacuum/ Forcep Demonstration</p> <p>Return demonstration of epidural/ spinal positioning</p>	<p>Next Gen NCLEX Style Questions (PHLW: pp. 500).</p>	

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<ul style="list-style-type: none"> <li>iii. Regional Analgesia and Anesthesia</li> <li>iv. General Analgesia and Anesthesia</li> <li>C. Factors Determining Choice of Anesthesia</li> <li>D. Nursing Care</li> </ul> <p data-bbox="128 443 210 472">XXII.</p> <ul style="list-style-type: none"> <li>Birth Injuries <ul style="list-style-type: none"> <li>A. Soft Tissue Injuries</li> <li>B. Ocular Injuries</li> <li>C. Fetal Monitoring Injuries</li> <li>D. Nervous System Injuries</li> <li>E. Musculoskeletal Injuries</li> </ul> </li> </ul> <p data-bbox="128 735 210 764">XIII.</p> <ul style="list-style-type: none"> <li>Postpartum Care <ul style="list-style-type: none"> <li>A. Physiological Adaptation <ul style="list-style-type: none"> <li>i. Postpartum Terminology</li> <li>ii. Anatomic and Physiologic Changes <ul style="list-style-type: none"> <li>1. Reproductive</li> <li>2. Cardiovascular</li> <li>3. Respiratory</li> <li>4. Urinary</li> <li>5. Gastrointestinal</li> <li>6. Musculoskeletal</li> <li>7. Integumentary</li> </ul> </li> <li>iii. Assessment</li> </ul> </li> <li>B. Post Delivery Care <ul style="list-style-type: none"> <li>i. Reproductive</li> <li>ii. Urinary</li> <li>iii. Gastrointestinal</li> <li>iv. Musculoskeletal</li> <li>v. Rest and Sleep</li> <li>vi. Early Ambulation</li> <li>vii. Preventing Complications</li> <li>viii. Postpartum Exercise</li> </ul> </li> </ul> </li> </ul>		<p data-bbox="1398 881 1709 984">Next Gen NCLEX Style Questions (PHLW: pp. 462).</p>	

CONTENT/ HOURS	TEACHING STRATEGIES	SUPPORTING ACTIVITIES	EVALUATION METHODS
<ul style="list-style-type: none"> <li>ix. Promoting Maternal Wellness</li> <li>x. Discharge Planning</li> <li>C. Postpartum Complications               <ul style="list-style-type: none"> <li>i. Late Postpartal Hemorrhage</li> <li>ii. Postpartum Infection</li> <li>iii. Thromboembolic Disease</li> <li>iv. Breast Complications</li> <li>v. Bladder Complications</li> </ul> </li> </ul>			<p>Quiz</p> <p><b>EXAM Maternity Part III (Exam #8)</b></p>