

Covenant School of Nursing
Instructional Module 6 Learning Guide
Topic: Human Reproduction and Contraception

Learning Goals, Outcomes

Upon completion of this lesson, you will be able to:

- Explain the normal anatomy and functions of the female and male reproductive systems and changes of each system with sexual maturity
- Examine basic components of the menstrual cycle in relation to conception and contraception
- Discuss the nurse's role in contraceptive counseling and education
- Explain factors a couple should consider when choosing a method of contraception
- Analyze the various contraceptive mechanism of action, advantages, disadvantages, and side effects, for each method of contraception
- Compare and contrast contraceptive needs at both ends of the reproductive spectrum, in adolescent and perimenopause

Pre-Class Preparation

Required:

- Foundations of Maternal Newborn and Women's Health Nursing (7th ed.)
Chapter 3: Reproductive Anatomy and Physiology pgs.45-59
Chapter 25: Family Planning pgs. 693-716
- HESI Comprehensive Review for the NCLEX-RN Examination (6th ed.)
Ch. 6 Maternity Nursing - The Menstrual Cycle pp. 241-243 and Table 6-10 Contraception Methods pp. 279-280

Additional Resources:

- Videos
Ovulation & the menstrual cycle (4.05) - <https://www.youtube.com/watch?v=WGJsrGmWeKE>
Types of contraception (5.53) - <http://www.nhs.uk/Video/Pages/Typesofcontraception.aspx>
The ultimate guide to pregnancy (50min) - <https://www.youtube.com/watch?v=Pgh7--1MVbo>

Learning Activities

Classroom Activities:

- Lecture
- Discussion
- Contraceptive Role Play

Laboratory, Clinical Activities:

- Clinical/Community Rotations

Evaluation Methods

- HESI Proctored Exam
- Unit 4 Exam

Texas DECs	QSEN Competencies
<p>Knowledge IA 1a-c, 2, 3, 4, IB 1a-d, 2a & b, 3, 4, 7a-c, 8, IC 2, 3, ID 1, 3, 4, IIA 1a & b, 2a & b, 3, 4, IIB 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, IIC 1a & b, 2a & b, 3, 4a & b, 5, 6, 7, 8, IID 1a-e, 2, 3a & b, 4a-c, 5a & b, IIE 1a & b, 2, 3a & b, 4a & b, 5, 6a & b, 7, 8, 9, 10, 11a-c, 12, 13, IIF 1, 2, IIG a & b, 2a & b, 3a & b, IIH 3a & b, 4a & b, 5, 6, 7 IIIA1, 2, 3, 4, 5, 6, IIIB 1a & b, 2, 3, 4, 5, IIIC 1, 2, IIID 1a-c, IVA 1a & b, 2, 3a & b, 4a & b, 5a & b, IVB 1a & b, 2a & b, 3a & b, 4, IVC 1, 2, 3, 4a & b, 5, 6, 7, 8 IVD 1, 2, 3a, 4, IVE 1a & b, 2, 3, IVF 3, 4a & b, IVG 1, 2, 3a-c, 4a & b. Clinical Judgment IA 1, 2, 3a & 3b, IB 2a-c, 3 a-c, 5a &c,6a-c, 7, 8 & 9, IC 2, 3a & b, 5, 6a-b, I D 1-5 IIA 1, 2a-b, 3, 4, IIB 1, 2, 3a & b, 4, 5, 6, 7, 8, 9, IIC 1, 2, 3a & b, 4, 5, 6, 7, IID 1, 2a-d, 3a-c, 4, IIE 1, 2a-d, 3a & b, 4, 5a & b, 6a-d, 7a-c, 8, 9, 10, 11, 12a & b, 13, IIF 1a-c, 2a & b, 3a & b, 4, 5a-c, 6, IIG 1, 2a & b, 3, 4, 5a & b, 6, 7, 8, IIH 1, 2, 3, 4, 5a & b, 6, IIIA 2, 3, 4, 5a & b, 6, 7, IIIB 1, 2, 3a-c, 4, 5, 6, 7, 8, 9, IIIC 1, 2a & b, 3, IIID 1, 2, 3, IIIE 1, 3, IIIF 1, 2, 3a, IVA 1, 2a & b, 3, IVB 1a & b, 2, 3a-c, 4a & b, 5a & b, IVC 1a-c, 2a-c, 3a & b, 4, IVD 1a-c, 2, 3a & b, 4, 5, 6a & b, 7, IVE 1a-d, 2a-c, 3a-c, 4, IVF 1a-c, 2, IVG 1, 2, 3a & b, 4</p>	<p>Safety Patient Centered Care, Teamwork & Collaboration, Evidence Based Practice, Safety</p>
IM Student Learning Outcomes	NCLEX Test Plan
<p>1/2/3/4/5/6/7/8</p>	<p>Safe & Effective Care Environment, Health Promotion & Maintenance, Psychosocial Integrity, Physiological Integrity</p>
Concepts	Faculty
<p>Clinical Judgment, Communication, Health Promotion, Patient Education, Ethics & Legal Precepts, Evidence-Based Practice, Health Information Technology, Patient-Centered Care, Safety, Cellular Regulation, Comfort, Nutrition, Reproduction, Coping, Grief, Human Development</p>	<p>Donna Neel, MSN, RNC-OB, C-FFM, CA/CP SANE, AFN-BC, SANE A</p>
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