

**Covenant School of Nursing**  
**Instructional Module 6 Learning Guide**  
**Topic: Antepartum Nursing**

**Learning Goals, Outcomes**

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

- Examine the physiologic and psychological changes during pregnancy
- Compute gravida, para, and estimated date of delivery
- Differentiate presumptive, probable, and positive signs of pregnancy
- Relate the common discomforts of pregnancy and measures to prevent or relieve them
- Describe the preconception, initial, and subsequent prenatal assessments
- Describe the various types of education for the childbearing family
- Explain the importance of adequate nutrition, weight gain, and nutritional risk factors during pregnancy
- Consider variables that influence adaptation to pregnancy for the childbearing family
- Discuss the impact intimate partner violence has on pregnancy outcomes

**Pre-Class Preparation**

Required:

- Foundations of Maternal-Newborn and Women's Health Nursing 7<sup>th</sup> Edition
- Chapter 2: Social, Ethical and Legal Issues - Intimate partner violence and Human Trafficking pgs. 29-34
- Chapter 6: Maternal Adaptation to Pregnancy pgs. 100-126
- Chapter 7: Antepartum Assessment, Care and Education pgs. 127-153
- Chapter 8: Nutrition for Childbearing pgs. 154-170
- Chapter 15: Nursing Procedure 15.1 Leopold's Maneuvers pgs.383-384
- HESI Comprehensive Review for the NCLEX-RN Examination (6th ed): Ch. 6. Antepartum Nursing Care: Activities during First & Subsequent Prenatal Visits pp. 247-249, Psychosocial Responses to Pregnancy pg. 247 and Nutrition pp. 250
- HESI Clinical Skills: Skills for Nursing Collection-Maternal Newborn Collection - review and complete the skills test
- Admission Assessment: Obstetric Patient
- Leopold's maneuvers

Additional Resources:

- American Pregnancy Association website-<http://americanpregnancy.org>

**Learning Activities**

Classroom Activities:

- Lecture
- Discussion
- Videos
- Unfolding Case Studies

Laboratory and Clinical Activities:

- OB Clinical/Community Rotations
- Deliberate Practice

Out of Classroom Work

- HESI Clinical Skills: Skills for Nursing Collection-Maternal Newborn Collection – review and complete the skills test
- Admission Assessment: Obstetric Patient
- Leopold's Maneuver

**Evaluation Methods**

- HESI Proctored Exam
- Clinical Performance Evaluation
- Unit 2 Exam

| <b>Texas DEC's</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>QSEN Competencies</b>                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Knowledge</b><br>IA 1c, 3, IB1d, 2b, 3, 7a-c, IC 1, 2, 3, 5a, ID 3, 4<br>IIA 1a-b, 2a-c, 3, IIB 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, IIC<br>1a-b, 2a-b, 3, 4a-b, 5, 6, 7, 8, IID 1a-e, 2, 3a-b, 4a, 5a-b,<br>IIE 1a-b, 2, 3a-b, 4a-b, 5, 6a-b, 7, 8, 11a-b, 12, 13, IIF2,<br>IIG 1a-b, 2a-b, 3a-b, IIH 3a<br>IIIA 2, 3, IIIB 1a-c, 2, 3a,<br>IVA 1a-b, 2, 4a, IVB 1a-b, 2a-b, 4, IVC 1, 3, 4a-b, 5, 6,<br><b>Clinical Judgement</b><br>IA3b, IB2a-c, 3a-c, 5a, 6b-c, 7, 8, IC 1, 2, 3c, 4,<br>IIA 1, 2a-c, 3, IIB1, 2, 3a-b, 4, 5, 6, 7, 8, 9a-b, IIC1, 2,<br>3a, 4, 5, 6, 7, IID 1, 2a-d, IIE 1, 2a-c, 3a-b, 5a-b, 6a-d,<br>7a-c, 9, 10, 11, 12a-b, 13, IIF1a-c, 2a-b, 3a-b, 4, 5a-c, 6,<br>IIG1, 2a-b, 3, 4, 5a-b, 6, 7, IIH6,<br>IIIA 3, 4, IIIB 1, 3a-c, 4, 5, IIIC1, 2a,<br>IVA 1, 2a-b, 3, IVB 1a-b, 2, 3a-c, 5a-b, IVC 1a-c, 2a-b,<br>3a-b, 4. | Patient Centered Care, Teamwork & Collaboration,<br>Evidence Based Practice, Safety, Informatics                                                         |
| <b>IM Student Learning Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>NCLEX Test Plan</b>                                                                                                                                   |
| 1/2/3/4/5/6/7/8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Safe & Effective Care Environment, Health Promotion & Maintenance, Psychosocial Integrity, Physiological Integrity                                       |
| <b>Concepts</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Faculty</b>                                                                                                                                           |
| Clinical Judgment, Communication, Health Promotion,<br>Patient Education, Teamwork & Collaboration, Ethics &<br>Legal Precepts, Evidence-Based Practice, Health<br>Information Technology, Patient-Centered Care, Safety,<br>Cellular Regulation, Comfort, Elimination, Fluid &<br>Electrolyte Balance, Functional Ability, Gas Exchange,<br>Metabolism, Mobility, Nutrition, Perfusion, Reproduction,<br>Sleep, Coping, Human Development                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Donna Neel, MSN, RNC-OB, C-EFM, CA/CP SANE, AFN-BC, SANE A</b>                                                                                        |
| <b>Date originated: 6/29/15</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Revision Dates: 11/15/15, 5/26/16, 12/1/16,<br/>           11/27/17, 5/4/18, 12/4/18, 6/27/19, 12/11/19,<br/>           1/25/21, 5/21/21, 1/14/22</b> |