

**Covenant School of Nursing**  
**LVN-RN Track: Course Learning Guide**

**Topic: Women's Health, Gynecological, and Obstetrical Care Part 1**

**Learning Goals/Outcomes**

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

- Incorporate key terms related to gynecological and obstetrical care into nursing practice
- Analyze the nursing actions performed to provide care for all aspects of women's gynecological and obstetrical care

Women's Health

- Review genetic factors and lifestyle choices which affect women's health adversely
- Analyze the various contraceptive choices
- Summarize preventative screenings, diagnostic procedures, treatments and nursing actions for the common conditions in women's care
- Consider the health care needs and barriers to care for women

Reproductive Anatomy and Physiology / Infertility

- Review female reproductive anatomy and function
- Identify the aspects of infertility and the implications of assisted fertility

Conception / Fetal Development

- Examine basic components of conception and embryonic, placental, and fetal development
- Differentiate methods for diagnosis of pregnancy and determination of gestational estimated date of delivery (EDD)

Antepartum Period / Prenatal Care / Antenatal Screening

- Assess the physiological and psychological changes during pregnancy
- Determine the fundamental elements of prenatal care and the indications for antenatal assessments/testing
- Explore pre-existing medical conditions and pregnancy-related complications and their impact on the pregnant patient and the fetus(es)

**Pre-Class Preparation**

Required:

Reading Saunders Comprehensive Review for the NCLEX-RN Examination, 8<sup>th</sup> ed.

- Chapter 20: Reproductive System
  - I. Female Reproductive Structures*
  - II. Male Reproductive Structures*
  - III. Menstrual Cycle (Box 20-1)*
  - V. Fertilization and Implantation*
  - VI. Fetal Development (Box 20-2)*
  - VII. Fetal Environment*
  - VII. Fetal Circulation*
  - IX. Family Planning*
- Chapter 21: Prenatal Period
  - I. Gestation (Box 21-1)*
  - II. Gravity and Parity (Box 21-2)*
  - III. Pregnancy Signs*
  - IV. Fundal Height (Box 21-3)*
  - V. Physiological Maternal Changes*
  - VI. Psychological Maternal Changes*
  - VII. Discomforts of Pregnancy*
- Chapter 22: Risk Conditions Related to Pregnancy
  - I. Bleeding During Pregnancy*
  - II. Abortion (Box 22-1)*
  - VII. Ectopic Pregnancy*
  - IX. Hepatitis B*
  - XI. Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS)*
  - XII. Hydatidiform Mole*
  - XIII. Hyperemesis Gravidarum*
- Chapter 44: Oncological and Hematological Problems
  - XIII. Cervical Cancer*
  - XIX. Ovarian Cancer*
  - XV. Endometrial (Uterine) Cancer*
  - XVI. Breast Cancer*
- Chapter 52: Cardiovascular Problems
  - IX. Myocardial Infarction*
- Chapter 54: Renal and Urinary Problems
  - XII. Cystitis (Urinary Tract Infection)*
  - XIII. Urethritis*
  - XIV. Pyelonephritis*
- Chapter 58: Neurological Problems
  - X. Stroke (Brain Attack)*

#### Additional Resources

- Benefits of contraceptive use in the United States (3.39) - <https://www.bing.com/videos/search?q=contraception+videos&&view=detail&mid=69556DDC95493E19549369556DDC95493E195439&&FORM=VDRVRV>
- 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>
- Life Before Birth - In the Womb (1 hr, 42 min) - <https://www.youtube.com/watch?v=0gAsdEUNUJY>
- Peri menopause symptoms/Signs and Symptom of Menopause (3.10 min.) <https://www.youtube.com/watch?v=egfZkjgliSQ>
- Understanding Menopause (3.16 min.) <http://www.bing.com/videos/search?q=menopause+video&view=detail&mid=BD41AEF6E315C4952395BD41AEF6E315C4952395&FORM=VIRE>
- American Pregnancy Association website-<http://americanpregnancy.org>

## Learning Activities

### Classroom Activities:

- Lecture
- Class participation
- Video

### Laboratory/Clinical:

- GYN CPE

### Online:

- Assignments listed in "HESI & Other Assignments"

## Evaluation Methods

- Unit exam

### Texas DECs

#### Knowledge

II.A. 1a, 2a, 2b,3; II.B.2, 4, 5, 6, 7, 8, 11, 12  
 II.C. 3, 4b. 5, 6, 7, 8; II.D. 1a, 1b, 1c, 3b,  
 4c,5a II.E. 1a, 1b, 2, 4a,4b, 5, 6b, 12, 13  
 II.F. 2  
 IIG. 2a, 2b, 3a, 3b IV.C, 1, 3, 5, 8

#### Clinical Judgments and Behaviors

I.A.1, 2, 3a, 3b, B.2a, 2b, 3a, 3b, 3c, 4a, 4b,  
 5.a, 5.c, 6.a, 6.b, 6.c; II.A, 1, 2.a, 2.b, 3, 4  
 II.B.1, 2, 3.a, 3.b, 4, 5, 6, 7, 8, 9  
 II.C.1, 2, 3a, 4, 5, 6, 7  
 II.D.1, 2a, 2c, 2d, 3a, 3b,3c  
 II.E.1, 2.a, 2.b, 2.c, 3.b, 4, 5.a, 6.a, 6.c, 6.d,  
 9,  
 10, 11, 12b; II.F.1a, 1b, 1c, 2a, 2b, 5a, 5b.  
 II.G.1,2a, 2b, 3, 4, 5a, 5b, 6, 7  
 II.H.6  
 III.A., 2, 3, 4, 5a  
 III.B.1, 2, 3a, 3b, 3c, 4, 5, 8, 9  
 III.C.2a, 2b  
 III.D.1, 2, 3  
 III.E.1, 3

### QSEN Competencies

Patient Centered Care, Teamwork &  
 Collaboration, Evidence Based Practice,  
 Safety, Informatics

III.F.1 IV.A.1 IV.B.1a, 2 IV.C.1a, 2b IV.D.1b, 3b, IV.E.1b, 1c, 2b, 2c, 4	
<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, Patient Education, Teamwork & Collaboration, Ethics & Legal Precepts, Evidence-Based Practice, Health Information Technology, Patient-Centered Care, Safety, Cellular Regulation, Comfort, Elimination, Fluid & Electrolyte Balance, Functional Ability, Gas Exchange, Metabolism, Mobility, Nutrition, Perfusion, Reproduction, Sleep, Coping, Human Development	Debbie Dutton, MSN, RNC-OB
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Instructional Module LVN-RN Track Learning Guide  
OB/Gyn

Topic: Women's Health /

CSON Learning Guide (adopted 5-2015 by Faculty vote) - REV 9-2016, 10-2017