

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

**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
- Define key terms used in antepartum assessments/tests
- Describe common laboratory tests and the significance of results to the pregnant woman
- Explain the nursing responsibilities & patient education related to each assessment/test
- Identify indications for fetal screening and diagnostic procedures
- Discuss the purpose of each screening and diagnostic procedure

**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, 132-table 7.1, 133-table 7.2  
Chapter 8: Nutrition for Childbearing pgs. 154-170  
Chapter 9: Assessing the Fetus pgs. 178-198  
Chapter 15: Nursing Procedure 15.1 Leopold's Maneuvers pgs.383-384
- *HESI Comprehensive Review for the NCLEX-RN Examination (6<sup>th</sup> ed):*  
Ch. 6: Maternity Nursing pgs. 207-208; Item F. Obtain Laboratory Data, 210-211; Fetal & Maternal Assessment Techniques-Ultrasonography, Chorionic Villi Sampling (CVS) and Amniocentesis, 214-216; Additional Antepartum Tests-Nonstress test, Contraction stress test, Biophysical profile.  
Antepartum Nursing Care: Activities during First & Subsequent Prenatal Visits pp. 247-249, Psychosocial Responses to Pregnancy pg. 247 and Nutrition pp. 250  
Appendix-Common Laboratory Tests
- 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>
- My Evolve

**Learning Activities**

Classroom Activities:

- Lecture
- Discussion
- Videos
- Unfolding Case Studies

Laboratory and Clinical Activities:

- OB Clinical/Community Rotations
- OB Skills Deliberate Practice Lab

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  
Biophysical Profile

**Evaluation Methods**

- HESI Proctored Exam
- Clinical Performance Evaluation
- Unit 1 Exam

<b>Texas DECs</b>	<b>QSEN Competencies</b>
<b>Knowledge</b> IA 1a-c, 2, 3, 4 IB 1a-e, 2a-b, 3, 4, 7a-c, IC 1, 2, 3 ID 1, 3, 4 IIA 1a-b, 2a-c, 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, 5a-b, IIE 1a-b, 2, 3a-b, 4a-b, 5, 6a-b, 7, 8, 9, 11a-b, 12, 13, IIF 1, 2, IIG 1a-b, 2a-b, 3a-b, IIH 3a-c, 6 IIIA 2, 3, 4 IIIB 1a-c, 2, 3a, 4 IIID 1c IVA 1a-b, 2, 4a-b, 5a IVB 1a-b, 2a-b, 4 IVC 1, 3, 4a-b, 5, 6, 7 IVD 2 IVE 3 <b>Clinical Judgement and Behaviors</b> IA 1, 2, 3 a-b, IB 1, 2a-c, 3a-c, 4a-b, 5a-c, 6a-c, 7, 8, 9, 10, IC 1, 2, 3c, 4, 5, 6a-b IIA 1, 2a-c, IIB1, 2, 3a-b, 4, 5, 6, 7, 8, 9a-b, IIC1, 2, 3a, 4, 5, 6, 7, IID 1, 2a-d, 3a-c, IIE 1, 2a-c, 3a-b, 4, 5a-b, 6a-d, 7a-c, 8, 9, 10, 11, 12a-b, 13, IIF1a-c, 2b, 3a-b, 4, 5a-c, 6, IIG1, 2a-b, 3, 4, 5a-b, 6, 7, IIH3, 6, IIIA 3, 4, IIIB 1a-c, 3a-c, 4, 5, 9 IIIC1, 2a-b IVA 1, 2a-b, 3, IVB 1a-b, 2, 3a-c, 5a-b, IVC 1a-c, 2a-c, 3b, 4 IVD 4	Patient Centered Care, Teamwork & Collaboration, 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, 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	<b>Rachel Soliz MSN RN CLC CPST</b>
<b>Date originated: 6/29/15</b>	<b>Revision Dates: 11/15/15, 5/26/16, 12/1/16, 11/27/17, 5/4/18, 12/4/18, 6/27/19, 12/11/19, 1/25/21, 5/21/21, 1/14/22, 7/30/22, 1/19/23, 6/5/23</b>