

MODULE THREE: PRENATAL CARE, PART 11

Please finish all assignments and answer all items. Work that is either incomplete or incorrect will be returned to you for completion/correction.

LEARNING OBJECTIVES

To understand essential components of routine prenatal caregiving:

- 1) Identify key stages of fetal development
- 2) Define terms regarding relationship of the fetus to the maternal pelvis, including position, lie, attitude, presentation, presenting part, and denominator
- 3) Explain appropriate techniques and rationale for assessing fundal height
- 4) Know how to perform Leopold's maneuvers/abdominal palpation
- 5) Cite the significance of, appropriate techniques for, and appropriate response to abnormal findings of the following additional assessments made by Leopold's maneuvers/abdominal palpation: estimated fetal weight; amniotic fluid volume; uterine structure; multiple gestation
- 6) Know fetal heart auscultation techniques for beat-per-minute rate and general variability, with appropriate response to abnormal findings
- 7) Know appropriate techniques for determining location and quantity of maternal edema, with appropriate response to abnormal findings
- 8) Cite minimum daily nutritional requirements in pregnancy, with good food sources for each
- 9) Demonstrate techniques for nutritional counseling respective of ethnic and dietary preferences/restrictions
- 10) Identify appropriate frequency of prenatal assessments, and critical aspects of caregiving--physical and emotional--trimester-by-trimester
- 11) Describe purpose and features of home visits in prenatal caregiving

LEARNING ACTIVITIES

- 1) Review Heart & Hands, Chapter 2 (from nutrition to end), read boxed section on fetal development, and read selected sections of Chapter 3 for post-test item 2)
- 2) Read Myles Textbook for Midwives (all topics in learning objectives)
- 3) Watch video on Leopold's Maneuvers (see Videos section of NMI Student Portal for links)
- 4) Do work sheet, Relationship of Fetus to Maternal Pelvis

- 5) Using information from Heart & Hands, Chapter 2, the Nutrition Almanac, and Orgasmic Birth, Chapter 3, prepare *detailed* written analysis of 3-day diets provided, paying close attention to *eating patterns* and “client behind the diet” (each diet has a particular challenge, or quirk). Be sure to address:
 - A. Nutritional deficiencies: be specific and exact regarding grams, units, etc. in current diet
 - B. Counseling approach and suggested modifications respective of the “client behind the diet”
- 5) Interview two midwives in your community, regarding:
 - A. Philosophy of caregiving
 - B. Expectations of clients
 - C. Nutritional and tobacco / alcohol / drug use screening guidelines
 - D. Content and structure of prenatal visits (time spent, routine assessments, topics for discussion)
 - E. Emphasis of care trimester-by-trimester

OPTIONAL LEARNING ACTIVITIES

- 1) Practice Leopold’s maneuvers / abdominal palpation on a woman / person at least 27 weeks pregnant, noting fetal lie, presentation, position and attitude, estimated fetal weight, amniotic fluid volume, uterine abnormalities, multiple gestation
- 2) Practice taking and recording fetal heart tones on a woman / person at least 22 weeks pregnant, noting beat-per-minute rate, general variability and any abnormal findings
- 3) Assess and record fundal height on a woman / person at least 20 weeks pregnant
- 5) Journal work: write briefly on your experience of prenatal assessments above, noting both perceptive and intuitive insights

SUBMIT

- 1) Work sheet, Relationship of Fetus to the Maternal Pelvis
- 2) Written 3-day-diet analyses
- 3) Summary of midwife interviews, noting differences and similarities
- 4) Completed module post-test

- 5) Any questions or concerns arising from optional learning activities
- 6) Module Evaluation Sheet

MODULE THREE: PRENATAL CARE, PART 11, POST-TEST

Please respond to these items as concisely as possible:

- 1) *Briefly* describe the key phases of fetal development
- 2) Give rationale, appropriate techniques, and response to abnormal findings for:
 - A. Fundal height assessment
 - B. Leopold's maneuvers
 - C. Estimated fetal weight
 - D. Estimated amniotic fluid volume
 - E. Evaluation of uterine structure
 - F. Evaluation for multiple gestation
- 3) Give techniques for auscultating fetal heart tones as regards:
 - A. How to locate
 - B. Normal range
 - C. Normal variability
 - D. Abnormal findings and appropriate response
- 4) *Briefly* describe the difference between physiological and pathological edema in pregnancy
- 5) Cite minimum daily nutritional and fluid requirements in pregnancy
- 6) Cite appropriate frequency of prenatal visits, and the most crucial aspects of caregiving, in each trimester of pregnancy
- 7) Describe the purpose and features of home visit(s) in prenatal caregiving

Diet A

Monday

9 AM banana
1 PM mango
3 PM salad, spinach, red leaf lettuce, onion, parsley, raw mushroom, tomatoes, sprouts, zucchini, beets,
tofu burger slice bread with almond butter
5 PM grapes
8 PM spaghetti squash with margarine and honey

Tuesday

9 AM grapes apple cider
11 AM avocado, sprouts, 1 block tofu, 1 slice bread with soy margarine, soy braggs, tomato
12 PM 1 cookie
1 PM pear
3 PM tomato cucumber, salad w/parsley, onion, oil and vinegar, avocado, sprouts, tomato, onion on whole grain bread (2 slices)
vegetable juice, carrot, parsley, celery, spinach
5:30 PM 1 baked potato with margarine and honey
9 PM cup peppermint tea
10 PM bunch grapes
2:30 AM 2 figs, 1 bite dried pear

Wednesday

7 AM peach
8 AM 1/2 banana
9 AM 1/2 slice tofu. Tomato, sprouts, 1 small avocado w/braggs, 1/2 slice bread with almond butter,
11 AM 2 sour cherry candies
1 PM 5 dolmas (rice wrapped in grape leaves)
2 PM 1 baklava
peach juice 1 Calistoga water
3 PM 3 gulps orange juice
3:30 1 grapefruit
6 PM 1 avocado, slice bread with almond butter
7 PM 1 piece trident gum
1 AM 1 plum, bunch grapes

Diet B (same meal once a day for three days)

Black-eyed peas
White rice
Bacon ends
Fried cabbage

Diet C

Sunday

1 carrot
3 glasses milk
peanut butter and jelly on whole wheat
deviled egg
3 slices veggie pizza
3 glasses apple juice
2 celery sticks
bowl black-eyed peas
1 slice poppy seed cake
(2 green golds, 2 tienchi boosts, 1 wildfire, 3 garlics, 6 spirulina tablets)

Monday

Granola with milk
Carrot
2 glasses water
scrambled egg
slice whole wheat toast
hash browns
strawberry yogurt (1 cup)
avocado sandwich with cheese, sprouts. Lettuce, tomato,
tortilla chips and guacamole
glass milk
slice veggie pizza
slice cantaloupe
(1 OB-1, 1 san shi dan, 3 garlics, 4 spirulina)

Tuesday

Granola with milk
2 glasses OJ
glass apple juice
2 glasses milk
2 bananas
24 strawberries
2 bowls boysenberry sherbet
2 toasts with butter
salad with tomatoes, sprouts. Cucumbers, sunflower seeds, lettuce, sprouts, and cheese
green apple
(1 OB-1, 1 jolli tea, 2 green golds, 2 tienchi boosts, 1 wildfire, 3 garlics, 1 san shi dan)

Diet D (hint: Asian woman, Irish husband)

Day one

Soft rice, half bowl, vegetable soup, 1 egg, 1/2 cup milk, 1 plum, 1/2 cup milk, beans, watermelon, fish, 1 cup plum juice

Day two

1/2 cup plum juice, vegetable soup (canned), 1 egg, 1/2 cup plum juice, 1/2 cup cranberry juice, 1/2 cup milk, beans, 1/2 cup vegetable juice, soft rice, 2 dried plums, a little fish, 1/2 cup plum juice, 1/2 cup lemon juice

Day three

1/2 cup plum juice, soft rice, 3 dried plums, 1 slice French bread, 1/2 cup milk, turkey, a little potato, 1 cup cranberry juice, lot of strawberry, 1 cup cranberry juice, 1/2 cup plum juice, 1/2 cup water

