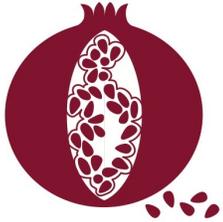


Digestion

Study Group Module



Learning Objectives

Review the following Learning Objectives as an organized beginning to your study of this module. As you read the Learning Objectives, note key words that will aid you in finding the information in the texts. When you complete the module, revisit this list and check for areas that require further investigation.

- *Identify how digestion is effected by pregnancy.*
- *Identify the digestive organs of the human body, and describe their function.*
- *Review Liver and Renal System modules.*
- *Understand and describe the processes of human digestion.*
- *Identify and describe the processes of metabolism.*
- *Identify common digestive ailments in pregnancy / postpartum and nutritional/ herbal support for them.*
- *Identify the role of probiotics in healthy digestion.*
- *Understand the concept of the human microbiome.*
- *Understand the implications of oral health and identify the basic practices of oral hygiene and support during pregnancy.*



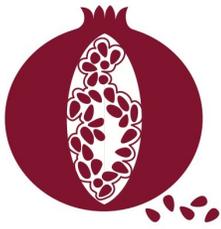
Study Sources

The following texts are recommended for completion of this module. Use them to cross reference and build a more comprehensive understanding. Using key words from the Learning Objectives, search the index. Read those pages listed, and read the chapter in which they are found. Establish a context for the information so that you understand how other topics are related. In addition, read the chapter headings in the Table of Contents, and flip through each text to familiarize yourself with the content of chapters. As you work through Study Group modules, you will eventually read each text in its entirety.

- Human Anatomy and Physiology, Marieb
- Holistic Midwifery, Vol. I, II, III (when available), Frye
- Maternal, Fetal, & Neonatal Physiology, Blackburn

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- Myles Textbook for Midwives
 - Herbal for the Childbearing Year, Weed
 - The Natural Pregnancy Book, Romm
- **See NMI website Digestion module web resources for additional information and up-to-date sources**



Related Topics

- Nutrition
- Normal pregnancy ailments
- Liver
- Renal system



Short Answer Questions

1. *Identify how digestion is effected by pregnancy.*
2. *Define alimentary canal.*
3. *What is another name for the alimentary tract?*
4. *What type of muscle makes up the GI tract?*
5. *What is the effect of increased progesterone on smooth muscle?*
6. *What is pica?*
7. *What is the incidence of nausea in pregnancy?*
8. *Define gingivitis.*
9. *Define periodontal disease.*



Questions Requiring Longer, Thoughtful Answers & Explanations

10. Digestion begins with oral health. Familiarize yourself with the following practices. Identify and discuss the key intentions behind each practice.
 - a. Brushing teeth:
 - a.1. with toothpaste,
 - a.2. baking soda
 - a.3. baking soda and hydrogen peroxide
 - b. Oil pulling
 - c. waterpik
 - d. flossing
 - e. toothpicks
 - f. use of herbal oils for gum health
 - g. use of Myrrh Gum powder or tincture
 - h. use of Xylitol
11. Explain the initial reasoning behind adding fluoride to the drinking water.
12. What is the current research regarding the use of sodium fluoride and human health?
13. How can compromised oral health cause problems in pregnancy?
14. Up to 5% of pregnant women/pregnant people develop a form of angiogranuloma, epulis. Describe what may occur with an epulis, and how a midwife can respond.
15. What effect does increased progesterone have on the GI tract?
16. How does ginger affect the GI tract?
17. What is the effect of slippery elm on the GI tract?
18. Slippery elm is a plant bark used medicinally. The traditional preparation is a simple cold infusion, but the procedure is inconvenient and time consuming. Are you aware of commonly marketed products that provide slippery elm in easily usable forms?
19. What is the cause of heartburn?
20. Name some easy remedies for heartburn.
21. Your client is in their first trimester and is really nauseous. What suggestions do you have for this?

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- 22.a. Discuss hyperemesis gravidarum
 - b. explain the support measures you can offer.
 - c. what are the indications for medical intervention?
23. How does slowed peristalsis benefit mother/gestational parent and baby during pregnancy?
24. What is the cephalic phase, or reflex phase, of gastric secretion?
25. How many permanent teeth do we usually have?
26. Why is chewing your food thoroughly so important?
27. What is the make up of saliva?
28. Where is protein digestion begun?
29. What is the major function of the large intestine?
30. Name the organs included in the digestive system. Identify the function of each organ in the digestive process.
31. Describe metabolism.
32. Explain the concept of the Human Microbiome and its relationship to health.
33. List the probiotics that are supportive of digestion.
34. Explain the healthy process of fermentation as a preparation or preservation of food.
 - 35.a. Give examples of fermented foods.
 - b. For each example, identify which bacterial culture is applied to activate that specific fermentation process.
 - c. For each example, identify the regional or ethnic origin (cultural source).
34. Do you have experience with consciously including probiotics in your diet?



Study Group Module Evaluation Sheet

We'd like to know what you think of the course work we ask you to complete. Please comment on as many modules as you can, and return this form to NMI. Thank you!

Name of Module: Digestion

Your Name: _____

1. What did you like about this module?
2. Were there any surprises for you in this module?
3. Was there anything in this module that was particularly challenging for you?
4. What will completing this module bring to your midwifery practice?
5. Do you feel you met this module's states learning objectives?
6. Did the learning activities enable you to meet the learning objectives?
7. Were the suggested learning resources (books and materials) adequate to meet the learning objectives?
8. Did you utilize additional resources?
9. Any comments/Suggestions for improving this module?

Thank you!