**General Pregnancy and Post Partum Ailments**

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 which 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 general pregnancy ailments and their causes.
* Identify abnormal pain or symptoms that require referral for medical attention.
* Review emotional, psycho-social and sexual variations that may occur during pregnancy.
* Identify indications for counseling regarding adjustments to pregnancy and parenting.
* Review Urinary Tract Infection and Preterm Labor modules.
* Identify the benefits and appropriate parameters for maternal exercise during pregnancy and post partum periods.
* Research and identify herbal and home remedies for general pregnancy ailments.
* Research and identify herbal and home remedies for colds, flu, coughs and congestion, appropriate to pregnancy.
* Identify over-the-counter products appropriate for pregnancy and nursing for use in coughs and flu.
* Create a resource and referral list for assisting clients in resolving pregnancy and post partum discomforts/ailments.
* Review informed choice/informed consent.

**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. (the exception is Nutrition Almanac which is useful primarily for digestive physiology and nutrition content).

* Holistic Midwifery, Vol. I, III (when available), Frye
* Varney’s Midwifery
* Myles Textbook for Midwives
* The Natural Pregnancy Book, Romm
* Nutritional Almanac, Kirschmann
* Herbal for the Childbearing Year, Weedu, Nissim
* Healing Wise, Weed
* Everybody’s Guide to Homeopathic Medicines, Cummings and Ullman
* Homeopathic Medicines for Pregnancy and Childbirth, Moskowitz
* Naturally Healthy Babies and Children, Romm

**Related Topics**

* Post Partum Care
* Breastfeeding
* Female Sexuality
* UTI
* Preterm Labor

**General Pregnancy and Post Partum Ailments Questions**

Your client Sandra gave birth five days ago. During your visit you notice she has lost weight. When you ask her about her diet, she reports that she has some stomach cramping and isn’t very hungry. She has eaten mainly cold foods since her birth, and cramping has followed. You heat up some soup and she eats it. You recommend that she stick to warm foods only, and to try ginger tea in addition.

Two days later, in the morning, she calls to report bad cramping in the night. It is intestinal, not uterine. Her bleeding is normal. Her baby is nursing well and often. But she doesn’t want to eat at all due to the cramping in her belly. She reports that she made herself eat yesterday and is drinking water with no problems. When you ask about her bowel movements, they are normal. You ask more about her food intake yesterday; what did she eat? She says she finished the borscht, eating about four bowls throughout the day, and ate two baked potatoes for dinner. What insights can you offer her and what recommendations do you make?

1. Your client Tracy calls to report she feels lousy. She has a fever of 100.2 and has had diarrhea since this morning. She is 32 weeks pregnant. How do you respond?
2. How much diarrhea is too much?
3. How high can her temperature get before you would recommend intervention?
4. What drug intervention would you recommend for a simple fever?
5. List non-allopathic remedies for addressing a simple fever, appropriate to pregnancy.
6. Tracy tells you later that day that she now can see some red blood in her stool. How do you respond?
7. Your pregnant client reports abdominal pain. What is your response?
8. List the possible causes that you will consider.
9. How often do uterine fibroids cause symptoms?
10. What symptoms are associated with uterine fibroids?
11. Why do some women experience an increase in the occurrence of nosebleeds during pregnancy?
12. Why do some women experience fainting or dizziness during pregnancy?
13. What resources do you utilize when advising clients regarding the use of over-the-counter medications?
14. There are many natural remedies on the market. Which over-the-counter products do you recommend to clients when addressing their prenatal concerns or discomforts?
15. Post partum concerns/discomforts? Nursing and newborn concerns?

**Essay**

1. What advice do you have for a pregnant or nursing woman who expresses concern about the changes in her sexual relationship with her partner?
2. How do you advise pregnant clients regarding exercise?
3. Detail your instructions to clients who report nausea and vomiting during their first trimester. How do you monitor for hyperemesis gravidarum?
4. Give detailed instructions for clients reporting the following concerns during pregnancy:

Heartburn

Gas and intestinal cramping

Intestinal cramping not related to gas

Constipation

Diarrhea

Loose stools

Back pain

Leg cramps

Round ligament pain

Sciatica edema

Varicose veins

Hemorrhoids

Nosebleeds

Stretch marks

Itchiness

Anxiety

Mood swings

Sleeplessness

Fatigue or low energy

Breathlessness

Coughs and colds

Sinus headache

Flu

Headache

Yeast infections on skin

Vaginal yeast infection

Urinary incontinence

Tender breasts

**Projects**

(send completed projects with the rest of your course work for this module)

Create a local resource and referral list for assisting clients in resolving pregnancy and post partum concerns. Include the following:

pregnancy and post partum support groups

massage therapists

chiropractors

acupuncturists and/or homeopaths

swimming pools open year-round

exercise classes

prenatal yoga classes

therapists and counselors

hypnotherapist

nutrition counselor

**Skills**

Following are excerpts from the NMI forms for assessment of midwifery skills, which include all skills identified and required by NARM. Review the following skills and consider how they each relate to the content of this module. If you are currently working with a preceptor, take this opportunity to focus on these areas. During Supervised Primary Care you will formally evaluate these skills together using the NMI form Preceptor Evaluation/Student Self-Assessment of Midwifery Skills.

1. Midwifery Counseling, Education and Communication:

A. Provides interactive support and counseling and/or referral services to the mother regarding her relationships with her significant others and other health care providers C. Provides education and counseling based on maternal health/reproductive/family history and on-going risk assessment

E. Educates the mother and her family/support unit to share responsibility for optimal pregnancy outcome

F. Educates the mother concerning the natural physical and emotional processes of pregnancy, labor, birth and post partum

H. Provides individualized care

J. Provides education, counseling and/or referral, where appropriate for:

4. Diet, nutrition and supplements

11. Postpartum care concerning complications and self-care

2. General Health care Skills:

F. Uses alternate health care practices (non-allopathic treatments) and modalities

1. Herbs

2. Hydrotherapy (baths, compresses, showers, etc.)

G. Refers to alternate health care practitioners for non-allopathic treatments