**General Pregnancy and Postpartum Ailments**

National Midwifery Institute, Inc.

Study Group Coursework

*Syllabus*

Description:

This module explores common complaints, discomforts, and other occurrences during pregnancy and the early postpartum period and implores students to research multiple treatment methods and sets of advice for clients. It includes recommended reading materials in print and online, and asks students to complete short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects to deepen your hands-on direct application of key concepts.

Learning Objectives:

* Identify general pregnancy ailments and their causes.
* Identify abnormal pain or symptoms that require referral for medical attention.
* 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 exercise during pregnancy and postpartum periods.
* Research and identify herbal and home remedies for general pregnancy ailments, and ailments during the breastfeeding/chestfeeding period.
* Create a resource and referral list for assisting clients in resolving pregnancy and postpartum discomforts/ailments.
* Review informed choice/informed consent.

Learning Activities:

* Research and read appropriate study sources, seeking out additional study sources where needed
* Complete short answer questions in attached module document for assessment
* Complete long answer questions for deeper reflection in attached module document for assessment
* Complete learning activities listed in attached module document for assessment
  + Create a reference sheet for addressing the most common ailments
  + Create a local resource and referral sheet with holistic and allopathic practitioners to assist clients with ailments
* Submit work to Study Group Course Coordinator
* Reflect on feedback from Study Group Course Coordinator and re-submit work as needed

Study Sources (print):

The following texts are recommended for completion of this module. Use them to cross reference and build a more comprehensive understanding.

Using keywords 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.

* Holistic Midwifery, Vol. I, Frye
* Varney’s Midwifery
* Myles Textbook for Midwives
* Birth Emergency Skills Training, Gruenberg
* The Natural Pregnancy Book, Romm
* Herbal for the Childbearing Year, Weed
* Healing Wise, Weed
* Naturally Healthy Babies and Children, Romm
* Natural Healing After Birth, Romm
* After the Baby’s Birth, Lim

*Optional Additional Sources*

* Homeopathic Medicines for Pregnancy and Childbirth, Moskowitz
* The Essential Guide to Acupuncture in Pregnancy and Childbirth, Betts
* Aromatherapy and Herbal Remedies for Pregnancy, Birth, and Breastfeeding, Clark
* Midwifery, Prenatal, Herbs, and Breastfeeding, Tricks of the Trade Volume VI, Midwifery Today
* Nutritional Almanac, Kirschmann
* Natural Healing in Gynecology, Nissim

Study Sources (online):

See NMI website General Pregnancy and Postpartum Ailments module web resources section for current online study sources for this module.

Related Modules:

* Postpartum Care
* Breastfeeding/Chestfeeding
* Gender and Sexuality
* Urinary Tract Infection
* Preterm Labor
* Digestion
* Holistic and Traditional Health and Healing

Submitting Module for Assessment:

Study Group modules are accepted electronically in PDF format *only*. We encourage you to submit modules as you complete them throughout each quarter of enrollment.

Please e-mail your completed Study Group module to:

Erin Ryan, Study Group Course Work Instructor nmistudygroup@nationalmidwiferyinstitute.com

Once your module has been e-mailed to us, you will receive an e-mail confirmation that we have received it. Study Group modules are reviewed and returned in digital format as PDF documents. Modules can take up to 1 month from submission to be reviewed and returned to you. We will return your module as an e-mail attachment. Each module includes an Evaluation Sheet at the end of the pdf. The module’s page on the student portal also includes a link to a fillable online module evaluation sheet. Please take the time to fill out the module evaluation sheet and return it to us for each module, it helps us to improve our course work.

Please follow these formatting guidelines when submitting modules:

* Your first initial and last name in title of PDF, along with name of module. Example: “ERyanFirstStage.pdf”
* Title of module on the document’s front page
* Your name on the document’s front page
* Provide the text of each question, followed by a blank line and then your thoughtful answer (without the question, you have commentary without context)
* Blank line between the answer for a question and the next question: question, blank line, answer, blank line, question, blank line, answer…
* Please leave margin space for our comments!
* Don’t use script or cursive writing style text
* Font size not smaller than 12
* Credit sources of direct quotes

Completion Requirements and Feedback:

In order to complete this module for graduation purposes from National Midwifery Institute you must review all resources, complete the attached short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects, and submit them as detailed above. Upon return to you, your coursework may have feedback or ask for additional information or exploration on certain topics. Your work will be evaluated in the following Rubric (pasted below). You must achieve a minimum score of **7.5** in order to move on to your next module, though we encourage all students to strive for a **10.**

|  | **Level 1**  **(0 Points)**  **Not Adequate** | **Level 2**  **(1 Point) Developing Adequacy** | **Level 3**  **(1.5 points)**  **Meets Basic Expectations** | **Level 3**  **(2 points) Exceeds Expectations** | **Student Score** |
| --- | --- | --- | --- | --- | --- |
| **Completion of module prompts and elements** | -Module not completed | -Major Elements of module are missing | -All aspects of module elements present, with some minor questions unanswered or missing | -All aspects of module elements present and answered completely |  |
| **Demonstrates Comprehension of module content and concepts** | - Lack of comprehension | - Responses are unclear and do not reflect basic comprehension of module concepts | - Responses are clear and reflect basic comprehension of module content and concepts | - Responses are clear, well written, and reflect in-depth comprehension of module content and concepts. Added subpoints and additional reflections demonstrate a deeper knowledge and curiosity. |  |
| **Analysis** | - Key terms not defined | -Inaccurate definitions of key items  -Limited connections made between evidence, subtopics and clinical experience | -Accurate definitions of key items  -Connections made between evidence, subtopics and clinical experience -Incorporation of original ideas and incorporates some clinical experience  in responses where possible | - Accurate definitions of key items  -Strong connections made between evidence, subtopics and clinical experience |  |
| **Evidence** | - No research evidence used | -Research not used  -Research not clearly connected to questions asked in module | -Research is present but limited -Research presented is weak or not relevant to communities served by midwives | -Research is abundant -Research is compelling and relevant to communities served by midwives |  |
| **Engagement with Learning Resources** | -Evident study sources were not utilized | -Evident study sources were partially utilized | -Evident that study sources were fully utilized | -Evident that study sources were fully utilized and independent research was undertaken -Full incorporation of original ideas, personal analysis and incorporates relevant clinical experience in all areas possible |  |

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 forms *Form 52 - Assessment of Student’s Midwifery Skills* and *Form 53 - 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 ongoing 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 postpartum

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

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*Short Answer Questions*

1. 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 is borscht?

What insights can you offer her and what recommendations do you make?

2. 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?

3. Tracy tells you later that day that she now can see some red blood in her stool. How do you respond?

4. How much diarrhea is cause for concern?

5. Discuss fevers in pregnancy.

1. How high can one’s temperature get before you would recommend intervention?
2. What drug intervention would you recommend for a simple fever?
3. List non-allopathic remedies for addressing a simple fever, appropriate to pregnancy.
4. At what point do you switch from non-allopathic to drug interventions, and why?

6. Your pregnant client reports abdominal pain. What is your response? List the possible causes that you will consider.

7. How often do uterine fibroids cause symptoms?

8. What symptoms are associated with uterine fibroids?

9. Why do some people experience an increase in the occurrence of nosebleeds during pregnancy?

10. Why do some people experience fainting or dizziness during pregnancy?

11. What resources do you utilize when advising clients regarding the use of over-the-counter medications during pregnancy?

12. What resources do you utilize when advising clients regarding the use of herbal remedies during pregnancy?

Continued…..

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*Long Answer Questions for Deeper Reflection*

13. Jay calls you at 12 weeks postpartum and reports “I haven’t been able to get back my regular morning runs because I pee my pants when I run...is this normal?” How do you respond?

14. How do you advise pregnant clients regarding exercise?

15. How do you differentiate between nausea and hyperemesis? How monitor and respond to hyperemesis gravidarum?

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*Projects/Learning Activities*

16. Give detailed instructions for clients reporting the following concerns during pregnancy. Be sure to include multiple suggestions taking into account different healing modalities. NOTE IF THERE IS SOMETHING TO RULE OUT BEFORE ADVISING REMEDIES.

1. Heartburn
2. Gas and intestinal cramping
3. Intestinal cramping not related to gas
4. Constipation
5. Diarrhea
6. Loose stools
7. Back pain
8. Leg cramps
9. Nausea
10. Round ligament pain
11. Sciatica
12. Edema
13. Varicose veins
14. Hemorrhoids
15. Nosebleeds
16. Stretch marks
17. Itchiness
18. Sleeplessness / Insomnia
19. Fatigue or low energy
20. Breathlessness
21. Coughs and colds
22. Sinus headache
23. Flu
24. Headache
25. Yeast infections on skin
26. Vaginal yeast infection
27. Urinary incontinence
28. Tender breasts

17. Create a local resource and referral list for assisting clients in resolving pregnancy

and postpartum concerns. Include the following *at a minimum* (where available):

• pregnancy and postpartum support groups

• massage therapists

• chiropractors

• pelvic floor physiotherapists

• acupuncturists

• homeopaths

• herbalists

• naturopaths

• swimming pools open year-round

• prenatal and postpartum exercise classes

• dietician