**Heart & Hands Midwifery Intensives**

**ADVANCED MODULES**

**Module One: Medical/Health History, Applied, Non-Pregnant Client Assessment and Care**

***DESCRIPTION***

This module covers practical application of medical/health history taking and review, as covered in beginning/intermediate module two. It also covers care of non-pregnant clients (incorporating The Midwives Model of Care™) regarding routine assessments, treatment of common gynecological problems with appropriate referral, and informing clients of currently available forms of family planning.

***LEARNING OBJECTIVES***

1. Demonstrate the ability to take a comprehensive health and obstetric, gynecologic, and reproductive health history
2. List common gynecological problems, with indications for consultation or referral
3. List all currently available forms of family planning
4. Give rationale for, methodology and interpretation of, Pap smear
5. Cite indications for vaginal/cervical cultures
6. Give rationale for, methodology and interpretation of, bimanual assessment
7. Give rationale for, methodology and interpretation of, breast examination

***LEARNING ACTIVITIES***

1. Review Heart & Hands, Chapter 2
2. Read Varney’s Midwifery (all topics in learning objectives)
3. Read, Botanical Medicine for Women’s Health (all topics in learning objectives)
4. *Medical/Health History Project—*using appendix C, Heart & Hands, take and review the complete medical/health history of a female person. Ask for feedback after the process regarding: A. your thoroughness in addressing their responses and concerns, B. your communication and listening skills, and C. whether they received adequate information to understand your evaluation and recommendations regarding their health status
5. Prepare a written summary of:
   1. Concerns regarding the female person’s health status
   2. Indications for consultation/referral
   3. Recommendations
   4. Plan (as co-developed with female person)
   5. Indications for follow-up
   6. F. Female person’s feedback, as detailed in 4) above
6. Do breast exam worksheet/self-exam
7. View the following:<http://innovating-education.org/2017/07/teach-speculum-care-without-stirrups/>

***OPTIONAL LEARNING ACTIVITIES***

1. Perform at least two breast exams, documenting results and teaching appropriate self-exam techniques
2. Assist a midwife in performing:
   1. A Pap smear or vaginal culture
   2. A routine gynecological exam (bimanual and breast exam)
3. Ask for client feedback during and after these procedures, regarding their physical and emotional comfort, your technique, and whether they received adequate information to understand what you were looking for in each assessment

***SUBMIT***

1. *Medical History Project—*completed forms and summary, with female person’s name omitted/deleted
2. Breast exam worksheet
3. Completed module post-test
4. Short essay on the Midwifery Model of Care™ and non-pregnant client assessment
5. Report on optional learning activities, including client feedback and any questions or concerns you may have
6. Module Evaluation Sheet

***COMPLETION REQUIREMENTS***

In order to successfully complete this module, you must complete all learning activities and submit all items as listed above. Your work will be reviewed item by item and with the rubric below. A passing score is 7.5/10. You will have two opportunities to correct any errors/omissions in your work, at which point a final score will be assigned.

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| --- | --- | --- | --- | --- | --- |
|  | Level 1 (0 Points) not adequate | Level 2 (1 Points) developing adequacy | Level 3 (1.5 point) 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 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  definition of key items,  -Limited  connection made between learning resources and learning activities, | -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 |  |
| Critical Thinking and Integration | -Critical thinking not demonstrated,  -Integration of material from previous modules  not demonstrated | -Elements of Critical thinking are present,  -Some integration of materials from previous modules demonstrated | -Critical thinking demonstrated  -Integration of material from previous modules  demonstrated | -Outstanding critical thinking demonstrated  -Full integration of material from previous modules demonstrated. |  |
| 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 |  |

**Worksheet**

**BREAST EXAM**

1. Which area of the breast is most vulnerable to abnormal, cancerous growths? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Which point in the menstrual cycle is best for self-examination of the breasts, and why?

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3. What is fibrocystic breast tissue, and how is it identified? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. What is the cardinal rule to help identify normal from abnormal tissue in performing breast exam? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. According to instructions in Heart & Hands, chapter 2, examine and then diagram your breast tissue below, showing masses, lumps, and underlying structure in detail (make a circle for each breast, then fill in structure) :

**Module One: Medical/Health History, Applied,**

**Non-Pregnant Assessment and Care**

Post-Test

1. Cite possible causes of the following gynecological problems, with indications for consultation or referral:
   1. Pain with intercourse
   2. Bleeding with intercourse
   3. Breast discharge (other than milk or colostrum)
   4. Sexual dysfunction
   5. Breast pain (non-lactating)
   6. Pelvic pain
   7. Painful menstruation
2. List all currently available forms of family planning
3. Describe the process of bimanual assessment step-by-step, citing normal/abnormal findings and treatment/response
4. Describe appropriate technique for performing a Pap smear, and outline the scoring system of Pap results, with appropriate response
5. Define HPV, and explain its role in cytological abnormalities of the cervix
6. Cite common means of diagnosis and treatment of the following vaginal/cervical infections:
   1. Herpes
   2. Group B strep
   3. Chlamydia
   4. Bacterial infection
   5. Trichomoniasis
   6. Condyloma
7. SHORT ESSAY: List three principles of the Midwifery Model of Care™, and discuss how these can be applied to non-pregnant client assessment

**Module One: Medical/Health History, Applied,**

**Non-Pregnant Assessment and Care**

Module Evaluation Sheet

1. What did you like about this module?
2. Were there any surprises for you in this module?
3. Was there anything in his module that was particularly challenging for you?
4. Do you feel you met this module’s stated learning objectives?
5. Did the leaning activities enable you to meet the learning objectives?
6. Were the suggested learning resources (books and materials) adequate to meet the learning objectives? Did you utilize additional resources?
7. Any comments/suggestions for improving the module?