

# Heart & Hands Midwifery Intensives

## ADVANCED MODULES

### INTRODUCTION

#### HISTORY AND FORMAT:

The HEART & HANDS MIDWIFERY INTENSIVES class was founded in San Francisco in 1982, at the request of a group of doulas seeking to acquire basic midwifery skills. Over the years and by demand, the course evolved to include core academics plus intuitive and interpersonal skills essential for caregiving. The purpose of HEART & HANDS has always been to provide a strong, integrated foundation in the art and science of midwifery, laying the ground for further in-depth study.

The distance format now makes this material available to students everywhere, so that they may work and train in their own communities. These modules cover all academic material and many classroom activities of the onsite course. If they choose, distance students may attend onsite, space permitting, at a nominal charge per class. Certain classes are particularly rich in hands-on practice—ask for schedule and details.

#### HOW TO USE THESE MODULES:

Each module lists **learning objectives** (what you will be learning), **learning activities** (what you will do to learn), **items to submit** (which verify your learning), and **completion requirements** (which include the scoring system for your work). Please submit these items in Word or other word processing format, making sure to include your name and date, and the question with your response. Diagrams may be submitted by mail, scanned and emailed, or texted to me.

#### **To avoid errors, do not attempt to complete module work before doing the reading.**

Reading first makes a huge difference in the quality of your responses and your integration of the material, and over time it will be increasingly evident if you have not done so. I tell my onsite students to refrain from asking questions in class if they have not done their reading for the week; the same goes for my distance students.

*Heart & Hands: A Midwife's Guide to Pregnancy and Birth* is your **primary text; always consult it first.**

Other study resources are listed in each module. **Please use the most recent editions of all texts**, and use the index to find material that is relevant to your studies.

Work on only one module at a time, submitting any changes/corrections before going on to the next, and always include my comments as highlighted. **If you do not hear back from me within 10 days, please contact me again to make sure your work was received.**

If you feel any assignment to be culturally offensive, too basic or too advanced, please let me know and I will make some adjustment.

Please be aware that these modules require more time to complete than the beginning/intermediate modules. **Particularly as regards the case histories in modules two and three, here is a guideline:** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough!

**Regarding Completion Requirements:** In order to successfully complete each module, you must accomplish all learning activities and submit all items listed in the section "SUBMIT." **All work must be your own, and in your own words!** Your submission will be reviewed item by item and scored 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.

Please note that if you do not get a passing score after two retries, I will advise you regarding resources for addressing unmet learning objectives, with guidelines based on your areas of weakness, as cited in rubric scoring. You must then repeat the entire module.

## Heart & Hands Coursework Grading Rubric

	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 segments missing.	-All segments of module present, but some incomplete.	All segments of module present, with minor items unanswered .	-All segments of module present and answered completely.	
Demonstrates comprehension of module content and concepts	- Overall lack of comprehension.	- Numerous responses are unclear and do not reflect basic comprehension of module content and 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 demonstrate deeper knowledge and curiosity.	
Analysis	- Key terms not defined. - Connection between learning resources and learning activities not established.	-Inaccurate definition of key items. -Limited connection made between learning resources and learning activities.	-Accurate definitions of most key items. - Connection made between learning resources and learning activities.	- Accurate definitions of key items. - Complete connection made between learning resources and learning activities. - Incorporation of original ideas, with rationale.	
Critical Thinking and Integration	- Critical thinking not demonstrated. - Integration of material from previous modules not demonstrated.	- Critical thinking not demonstrated. - Some integration of material from previous modules demonstrated.	- Basic elements of critical thinking are present. - Integration of material from previous modules demonstrated.	- 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 marginally utilized.	- Evident that study sources were utilized.	- Evident that study sources were fully utilized. - Incorporation of original ideas and life experience, with analysis of these.	
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**Timeline:** The Beginning/Intermediate course of ten modules must be completed within 15 months (2 per quarter), and the Advanced Course of three modules, within 5 months (2 per quarter).

**HOW TO INTERACT WITH ME:**

My cell number is 707-695-6520. I am available during regular business hours, 10 AM to 5 PM Pacific time Monday through Friday. You may also text me at this number, or email me at [elizabeth@elizabethdavis.com](mailto:elizabeth@elizabethdavis.com).

Please do not hesitate to reach out to me! I want you to be assertive in your learning process and use me as a resource; no question or concern is too minor. My role as your instructor is to provide both praise and critique for your work, but **if there is anything you don't understand, or if you feel you need more guidance, please let me know at once.**

HEART & HANDS course work is ever evolving, largely in response to student feedback. As you complete your modules, please comment on your learning experience and feel free to give suggestions regarding content, format, and additional resources you have found helpful.

Please be aware that this course work is non-refundable, non-transferable, and not for resale.

Thank you for being part of the Heart & Hands program. Enjoy your studies!  
Sincerely yours,  
Elizabeth Davis

# Heart & Hands Midwifery Intensives

## ADVANCED MODULES

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# Heart & Hands Midwifery Intensives

## ADVANCED MODULES

### *REQUIRED READING:*

1. Heart & Hands: A Midwife's Guide to Pregnancy and Birth 5th edition, REVISED AND UPDATED, Davis, Elizabeth (Ten Speed Press) 2019.
2. Varney's Midwifery. 6<sup>th</sup> Edition, [Tekoa L. King](#), Mary C. Brucker, Kathryn Osborne, Cecilia M. Jevitt (Jones and Bartlett) 2018.
3. Botanical Medicine for Women's Health, Romm, Aviva Jill (Churchill Livingstone) 2017.
4. Understanding Diagnostic Tests in the Childbearing Year, 7<sup>th</sup> edition, Frye, Anne (Labrys Press) 2007.
5. Women's Bodies, Women's Wisdom (Revised), Northrup, Christiane (Bantam Books) 2010.

### *ALSO RECOMMENDED:*

6. The Women's Wheel of Life, Davis, Elizabeth and Leonard, Carol (Bad Beaver Publishing, 2012).

## ONLINE RESOURCES

*FOR RESEARCH PURPOSES:* (Note: Please let me know of others you would recommend!)

[www.midwifethinking.com](http://www.midwifethinking.com)

[www.evidencedbaedbirth.com](http://www.evidencedbaedbirth.com)

[www.gentlebirth.org/archives](http://www.gentlebirth.org/archives)

[www.midirs.org/midwifery-studies/](http://www.midirs.org/midwifery-studies/)

[www.journals.elsevier.com/midwifery](http://www.journals.elsevier.com/midwifery)

[www.midwiferyjournal.com](http://www.midwiferyjournal.com)

[www.cochranelibrary.com](http://www.cochranelibrary.com)

[www.contemporaryobgyn.net](http://www.contemporaryobgyn.net)

*PODCASTS:*

[www.freebirthsociety.com](http://www.freebirthsociety.com)

[www.indiebirth.org/podcastarchive](http://www.indiebirth.org/podcastarchive)

<https://evidencebasedbirth.com/evidence-based-birth-podcast>

<http://www.drstuspodcast.com>

**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) Describe methodology and interpretation of Pap smear
- 5) Cite indications for vaginal/cervical cultures
- 6) Describe methodology and interpretation of bimanual assessment
- 7) Describe methodology and interpretation of breast examination

**LEARNING ACTIVITIES**

- 1) Review Heart & Hands, Chapter 2
- 2) Read selected sections of Varney's Midwifery (see learning objectives, items 2-5)
- 3) Read selected sections of Botanical Medicine for Women's Health and Women's Bodies, Women's Wisdom (see post-test, items 1 and 2)
- 4) *Medical/Health History Project*—using the Medical/Health History form (Heart & Hands, Appendix) 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:
  - a) Concerns regarding the female person's health status
  - b) Indications for consultation/referral
  - c) Recommendations
  - d) Plan (as co-developed with female person)
  - e) Indications for follow-up
  - f) Female person's feedback, as detailed in item 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:
  - a) A Pap smear or vaginal culture
  - b) A routine gynecological exam (bimanual and breast exam)
- 3) Ask for feedback during and after these procedures regarding the person's 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/Health History Project*—completed forms and summary, with female person's name omitted/deleted
2. Breast exam worksheet
3. Completed module post-test
4. Report on optional learning activities, including feedback you received and any questions or concerns you may have
5. 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 scored with the rubric found in the **Introduction to the Modules**: you must achieve 7.5 out of 10 to pass. Please also see **Regarding Completion Requirements** in the **Introduction to the Modules**, which further explains the process for remediating a non-passing score.



# Worksheet

## BREAST EXAM

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

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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 Client Assessment and Care Post-Test**

- 1) Cite possible causes of the following gynecological problems, with indications for consultation or referral:
  - a) Pain with intercourse
  - b) Bleeding with intercourse
  - c) Breast discharge (other than milk or colostrum)
  - d) Sexual dysfunction
  - e) Breast pain (non-lactating)
  - f) Pelvic pain
  - g) Painful menstruation
- 2) Choose one topic from the list of gynecological problems above and, based on recommendations in Botanical Medicine for Women's Health, Women's Bodies, Women's Wisdom, personal experience, or other sources you have found useful, provide alternative remedies for potential causes, as appropriate
- 3) List all currently available forms of family planning

*NOTE: With regard to items 4 and 5 below, all internal exams and procedures must be performed only with the client's continued consent, gently and with sensitivity to the client's response, and with appropriate universal precautions. As this was covered in the Beginning Modules, it is not necessary to repeat this information here.*

- 4) In brief, describe the basic hand maneuvers of a bimanual exam, citing normal/abnormal findings and appropriate response
- 5) In brief, list the steps of performing a Pap smear, citing normal/abnormal findings and appropriate response
- 6) Define HPV, and explain its role in cytological abnormalities of the cervix
- 7) Cite indications for vaginal/cervical cultures (if not covered in item 1, above).
- 8) **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?

**Heart & Hands Midwifery Intensives**  
**ADVANCED MODULES**

## **Module Two: Prenatal Care, Applied**

### ***DESCRIPTION***

This module covers readiness to perform routine prenatal examinations. It also covers legal implications and appropriate content of professional disclosure and informed consent documents, and appropriate techniques for charting. Prenatal and intrapartum case histories are presented for analysis, and the importance of working effectively with peers and professional colleagues in care-giving and problem-solving situations is emphasized.

### ***LEARNING OBJECTIVES***

***To demonstrate comprehensive knowledge of prenatal caregiving:***

- 1) Demonstrate readiness to perform routine prenatal examination, including physical assessment of mother/gestational parent and baby, prenatal history and appropriate response, client education, recognition of abnormal findings/indications for referral, and charting techniques
- 2) Know the legal implications and appropriate content of professional disclosure and informed consent documents, and cite appropriate techniques for charting
- 3) Do case review/differential diagnosis of prenatal complications
- 4) Do case review/differential diagnosis of intrapartum complications
- 5) Give guidelines for working effectively with peers and professional colleagues in caregiving and problem-solving situations

### ***LEARNING ACTIVITIES***

- 1) Review Heart & Hands, Chapters 2, 3, 4, and 5
- 2) Read Heart & Hands, Chapter 8, "Charting," "Informed Consent," "Professional Disclosure," and Appendix A, the *MANA Statement of Values and Ethics*
- 3) Obtain copies of at least two midwives' professional disclosure and informed consent documents, and write a 2-3 page written analysis/comparison. (Note: midwives in the same community may use almost identical forms; try to obtain those that are contrasting.)
- 4) Draft a set of guidelines for collaborative care and problem-solving with professional colleagues
- 5) Write up prenatal cases (enclosed), using Heart & Hands and Varney's Midwifery 6<sup>th</sup> Edition
- 6) Write intrapartum cases (enclosed), using Heart & Hands and Varney's Midwifery 6<sup>th</sup> Edition

### **OPTIONAL LEARNING ACTIVITIES**

- 1) Assist a midwife in performing routine prenatal assessments on several clients, and document with appropriate charting techniques and notation
- 2) 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
- 3) Ask for midwife's feedback on your prenatal assessments and charting technique

### **SUBMIT**

- 1) Copies of midwives' forms, as cited above, with written analysis/comparison
- 2) Completed prenatal cases
- 3) Completed intrapartum cases
- 4) Guidelines for collaborative care and problem solving with professional colleagues
- 5) Report on optional learning activity, including client feedback, midwife's 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 scored with the rubric found in the **Introduction to the Modules**: you must achieve 7.5 out of 10 to pass. Please also see [Regarding Completion Requirements](#) in the **Introduction to the Modules**, which further explains the process for remediating a non-passing score.

# Worksheet

## PRENATAL CASE 1

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

A potential client, 18 years old, G4, P0, consults with you at 27 weeks, with fundal height at 21 cm and “swearing” the LMP is correct. Based on these findings, what are your concerns? What additional information do you need, and what tests might you order? What is your care plan at this point?

# Worksheet

## PRENATAL CASE 2

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

A potential client, G3, P2, consults with you at 29 weeks gestation: last pregnancy ended in fetal demise at 41 weeks, with the hospital experience so negative that client has not sought care in this pregnancy until now. Fundal height is 31 cm, blood pressure 130/84, with complaints of chronic yeast infection. What are your concerns at this point? Your recommendations? Your care plan?

# Worksheet

## PRENATAL CASE 3

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

Your client is thirty-five years old, G3, P1. Upon initial exam at 18 weeks, you note a large transformation zone at the cervix, with history of occasional spotting earlier in pregnancy. Prenatal course is normal to 28 weeks (although fundus was a bit large for dates at the last prenatal) when client calls to report heavy spotting after intercourse, with back pain noted since the bleeding began. What might you suspect, and how will you proceed? Specifically, what questions will you ask to formulate a diagnosis and care plan? (*Hint: placenta can be implanted posteriorly.*)



# Worksheet

## INTRAPARTUM CASE 1

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

A twenty-eight year old primigravida has had a prolonged latent phase of labor—52 hours. The active phase has also been slow and difficult, but after 22 hours of active labor, dilation is finally complete. What sorts of problems might arise in second and third stage labor, as well as postpartum, and why? Be detailed.

# Worksheet

## INTRAPARTUM CASE 2

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

Your client, G1, P1, has just given birth at 38 weeks after a lengthy labor. You have been waiting 35 minutes for the placenta, with firm uterus but no sign of placental separation. Suddenly there is a large gush of blood. The cord does not appear to lengthen, and heavy bleeding follows. What will you do, in what order, and why?

## **Module Two: Prenatal Care, Applied 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?

**Heart & Hands Midwifery Intensives**  
**ADVANCED MODULES**

**Module Three: Labor and Postpartum Care,  
and Labwork, Applied**

***DESCRIPTION***

This module presents additional intrapartum and postpartum cases for analysis. The grieving process is introduced, along with appropriate techniques for postpartum grief counseling. The module also covers strategies for midwife-client conflict resolution and the legal implications of unresolved or inappropriately handled conflict. Venipuncture, and its utilization in perinatal lab work, is covered as well.

***LEARNING OBJECTIVES***

***To demonstrate comprehensive knowledge of intrapartum and postpartum caregiving and selected midwifery skills:***

- 1) Do case review and differential diagnosis of intrapartum complications
- 2) Do case review and differential diagnosis of postpartum complications
- 3) Understand the grieving process (stages of grief/ Grief Wheel)
- 4) Know appropriate techniques for postpartum grief counseling
- 5) Give strategies for midwife-client conflict resolution, and cite legal implications of unresolved, or inappropriately handled conflict
- 6) Query experienced midwives on professional practice issues
- 7) Know rationale and methodology for performing venipuncture

***LEARNING ACTIVITIES***

- 1) Review Heart & Hands, Chapter 6
- 2) Read Varney's Midwifery (all topics in learning objectives)
- 3) Research several models of the grieving process
- 4) Read Understanding Diagnostic Tests in the Childbearing Year, 7<sup>th</sup> edition for information on blood collection tubes and screening
- 5) Watch video on venipuncture (takes a minute to load)
  - a) <https://video.search.yahoo.com/search/video?p=youtube+venipuncture&fr=yhs-invalid#id=3&vid=37a7f2b66f2a7d3d9ff55690fcf3f2e9&action=view>
- 6) Read Heart & Hands, Chapter 8, "Peer Review"
- 7) Write up intrapartum cases (enclosed), using Heart & Hands and Varney's Midwifery, 6<sup>th</sup> Edition
- 8) Watch video on biological nurturing:
  - a) <https://www.biologicalnurturing.com/video/bn3clip.html>
- 9) Write up postpartum cases (enclosed), using Heart & Hands and Varney's Midwifery, 6<sup>th</sup> Edition
- 10) Interview a midwife in your community, regarding:

- a) *Liability issues*: general opinion, the role of informed consent, any personal threats of legal action/lawsuit and outcome, and views on self-protection.
- b) *Medical backup*: verbal or written agreements, and views on maintaining good backup relations.
- c) *Peer review*: participation/frequency, and opinions/experience of the peer review process.

Please add your opinion of each response, above.

### **OPTIONAL LEARNING ACTIVITIES**

- a) Assist a midwife in performing routine venipuncture, and, with client name omitted, submit a copy of lab results with analysis/interpretation
- b) 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 doing
- c) Ask for midwife's feedback on your venipuncture technique

### **SUBMIT**

- 1) Completed intrapartum cases
- 2) Completed postpartum cases
- 3) Midwife interview
- 4) Venipuncture worksheet
- 5) Report on optional learning activity, including client feedback, midwife's feedback, and any questions or concerns you may have
- 6) Completed module post-test
- 7) Self-Assessment Worksheet
- 8) 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 scored with the rubric found in the **Introduction to the Modules**: you must achieve 7.5 out of 10 to pass.

Please also see [Regarding Completion Requirements](#) in the **Introduction to the Modules**, which further explains the process for remediating a non-passing score.

# Worksheet

## INTRAPARTUM CASE 3

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

Your client, G1, P0, and seemingly mild-mannered during pregnancy, is now 4 cm dilated and expressing great fear and hatred towards the birth and any attempts you make at support. Client's mother, the only one client wants near, is tense and negative towards you. Client's husband and sister are also present, along with husband's best friend, his wife and their six-year old daughter. The latent phase has been long (you have been there five hours already, as requested), and client is experiencing back labor. You estimate the baby to be at least nine pounds. What will you do, in what order, and why? How will you document in the chart? And what could have been done prenatally to avoid this scenario?

# Worksheet

## INTRAPARTUM CASE 4

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

This client, G3, P2, has been in active labor for six hours with little progress. Membranes have been ruptured for 36 hours (GBS negative), first internal exam 2 hours ago, dilation 6 cm, station -3, LOP, head not applied to cervix (you could barely reach it to make this assessment). Describe your care plan for now and for later, should progress continue to be slow. Include specific recommendations, procedures, and techniques.

# Worksheet

## POSTPARTUM CASE 1

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

This client's labor was complicated by malpresentation and internal maneuvers to effect rotation, 700 ccs EBL, and a deep second-degree perineal laceration (repaired). At the day-one check up, client's temperature is 101.5 degrees. Cite your concerns, describe your process of differential diagnosis, and outline your care plan in detail.



# Worksheet

## POSTPARTUM CASE 2

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

Your client, who you checked at 24 hours postpartum, calls at 42 hours to report a combination of lethargy and irritability in the newborn. Baby sleeps for four-hour periods and is hard to wake (despite client's attempts to get baby nursing), and once awake, cries with a high-pitched wail. What is your primary concern, what might be causative factors, and how will you proceed in differential diagnosis of other possible conditions? Describe your plan of care.

# Worksheet

## POSTPARTUM CASE 3

***How to approach these case histories:*** Do not jump to conclusions! Instead, consider all possible causes of irregular findings, indicate how you would rule them out, and be aware that several irregular conditions can exist concurrently. However, you must also prioritize your care plan/response to address any findings requiring urgent attention. This will require you to draw from all your reading, posttests, and projects thus far in your studies. Take your time, and be thorough

*Please read case carefully, consult texts as needed, and then answer the questions as asked.*

You are doing a three-day postpartum check up on a client whose milk came in about 12 hours ago after an emotionally and physically challenging labor. Despite client's attempts to get the baby to nurse, a combination of engorgement and anxious advice from relatives has made this difficult. Client's breasts look red and inflamed in parts, and client's temperature is 102 degrees. What are your concerns, your process of diagnosis, and your plan of care for both client and family? Be detailed.

# Worksheet

## VENIPUNCTURE/LABWORK

1. Describe how to identify an appropriate vein for venipuncture once the tourniquet is in place

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2. Once you have identified a good vein, describe how to:  
Prepare the site

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Secure the vein

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Hold your equipment

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Penetrate the vein

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3. After completing your blood draw, you should remove \_\_\_\_\_ before removing \_\_\_\_\_ and then finish by \_\_\_\_\_.

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4. List several difficulties commonly encountered in venipuncture, with likely solutions:

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5. List common perinatal screen performed on blood collected in the following tubes:  
Tiger top

Lavender top

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Gray top

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Red top

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6. How do you handle tubes once blood has been collected in them?

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7. How should you label your tubes before returning them to the lab?

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# Worksheet

## SELF-ASSESSMENT

Please evaluate your work in the Heart & Hands Advanced Modules in terms of your progress since the Beginning Modules, as regards the following:

1) Academic proficiency:

2) Self-awareness/personal growth:

3) Independent, critical thinking:

4) Technical knowledge/proficiency:

5) Ability to self-direct learning:

6) Greatest strengths as a student:

7) Greatest weaknesses as a student:

8) Priorities regarding further education/training:

**Module Three: Labor and Postpartum Care,  
and Labwork, Applied  
Post-Test**

- 1) Describe the process of grieving, **as you know it**. Compare your experience to at least one model of grieving accessed through research.
- 2) Cite appropriate techniques for postpartum grief counseling
- 3) Describe an effective approach to client-midwife conflict resolution, citing legal implications of unresolved, or inappropriately handled, conflict

## **Module Three: Labor and Postpartum Care, and Labwork, Applied 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?