

Herpes

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.

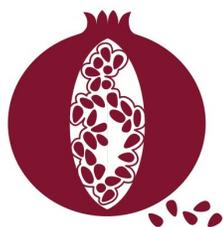
- Identify the route of herpes transmission.
- Identify a history of herpes while obtaining the health history of clients.
- Identify the symptoms of an initial herpes outbreak.
- Identify the risks to a fetus as a result of an initial herpes outbreak.
- Identify the symptoms and appearance of a herpes lesion.
- Understand how to culture a suspected herpes lesion.
- Identify lab work used to diagnose herpes infection.
- Identify precautions to prevent infection of herpes.
- Identify the risks of herpes in pregnancy.
- Identify the controversy surrounding the management of a labor when the client has an active herpes outbreak.
- Identify the standards of practice in your community regarding screening for and responding to active herpes in labor.
- Understand the concept of asymptomatic viral shedding.
- Identify the options, through informed choice, available to a client in labor who has an active herpes outbreak.
- Identify supportive measures to avoid herpes outbreaks.
- Identify current drug therapies available for the prevention of secondary herpes outbreaks during pregnancy.
- Identify herpes risks to newborns and the prevention of infection.
- Identify indications for cesarean section during a herpes outbreak.
- Review informed consent/informed choice.
- Draft practice guidelines for responding to herpes in your own practice.
- Demonstrate screening methods for detecting herpes and appropriate monitoring, risk assessment and use of informed consent for clients with a history of herpes.



Study Sources

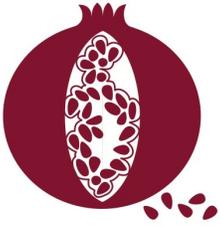
The following texts are recommended for completion of this module. Use them to cross reference and build a more comprehensive understanding. Using key words from the Learning Objectives, search the index. Read those pages listed, and read the chapter in which they are found. Establish a context for the 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.

- Understanding Diagnostic Tests in the Childbearing Year, Frye
 - Holistic Midwifery, Vol. I, Frye
 - Varney's Midwifery
 - Myles Textbook for Midwives
 - Assessment and Care of the Well Newborn, Thureen, Deacon, O'Neill, Hernandez
 - Natural Healing in Gynecology, Nissim
 - Our Bodies, Ourselves, Boston Women's Health Book Collective
 - The Natural Pregnancy Book, Romm
 - Nutritional Almanac, Kirschmann
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- See NMI website Herpes module web resources for additional information and up-to-date sources



Related Topics

- Charting and Practice Guidelines
- Gender and Sexuality
- Cesarean and VBAC
- Well Person Care
- Pharmacology for Midwives
- Grieving



Short Answer Questions

General Questions on HSV

1. What is the herpes simplex virus (HSV)?
2. How is the herpes simplex virus contracted?
3. Describe the symptoms and appearance of a herpes lesion in an adult and in an infant.
4. What is asymptomatic or “silent” viral shedding?
5. What is the significance of hand washing in relation to the spread of herpes?
6. Describe the procedure of collecting a lab specimen for a herpes culture.
7. What are the currently available tests for herpes? What are their limitations? Why is it important to understand the limitations of a test?
8. Describe the symptoms of an initial herpes outbreak in an adult and in an infant.
9. Is there any difference in treatment and planning with HSV-1 and HSV-2:
 - a. for a non-pregnant person?
 - b. a pregnant person?
 - c. infected partner when pregnant person does not have HSV?
10. What is the current drug therapy recommended for suppression of recurrent herpes? Is this safe in pregnancy?
11. Is herpes a lifetime infection?

HSV and Pregnancy

12. You are reviewing your new client’s health history. She tells you that she has a history of genital herpes. What questions do you ask?
13. If a client’s partner has a history of herpes but client is HSV negative, how do you advise them?
14. How do you counsel clients on herpes risk and testing if they have an open/polyamorous relationship?
15. What advice can you offer clients to prevent recurrent herpes outbreaks?
16. What are the risks to the in-utero fetus as a result of an initial herpes outbreak?

17. How commonly will a neonate contract herpes if:
- the pregnant person has had a herpes outbreak earlier in their life, but no outbreak during pregnancy or birth?
 - the pregnant person has an active herpes outbreak at term and cesarean delivery? Does an intact or broken bag of waters change this statistic?
 - the pregnant person has active herpes outbreak at term and a vaginal delivery?
18. What are the risks to an infant born to mother/gestational parent during a primary herpes outbreak?
20. What is the current treatment protocol for neonates who contract herpes?
21. How commonly will a neonate who contracts herpes experience morbidity and mortality as a result of the herpes, if they remain untreated vs treated with an antiviral pharmaceutical?
22. What is the recommended course of action for the midwife attending a client during labor if there is a history of recurrent herpes?
23. What are the options, through informed choice, available to a client with an active herpes outbreak who is in labor?
24. What measures may a midwife take to protect themselves from potential herpes exposure with a client with a herpes outbreak? Does this change if clients wants a water birth?
25. What measures can a midwife take if they are having an outbreak of oral herpes and working with clients?
26. How can you prevent newborns from getting herpes infections from oral herpes lesions that their parents may have?



Questions Requiring Longer, Thoughtful Answers & Explanations

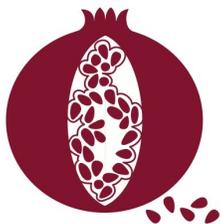
27. What is the controversy surrounding the management of a labor in which the client has an active herpes outbreak?



Projects

Send completed projects with the rest of your course work for this module.

28. Please read a current research article on HSV and submit a one paragraph summary (in your own words).
29. What are the standards of practice in your community for monitoring herpes during pregnancy?
30. Create a client information sheet addressing self care and prevention of recurrent herpes outbreaks. Include information regarding Lysine and L-arginine foods.
31. Create practice guidelines for herpes in your own practice. Include reference to gathering a complete health history, screening, dietary and prevention instruction, evaluation in labor, informed consent, and your consultation and transport plan. Submit this draft along with this module, and include it later in your Practice Guidelines projects (in the Charting and Practice Guidelines Module.)



Skills Review

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:
 - J. Provides education, counseling and/or referral, where appropriate for:
 7. Sexually transmitted diseases
2. General Health care Skills:
 - A. Demonstrates Universal Precautions
 - D. Demonstrates the use of instruments and equipment including:
 19. Speculum
 - 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



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 this module and return this form to NMI along with your completed module.

Name of Module: Herpes

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 stated 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!