

Herpes

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 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 woman 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 standards of practice in your community regarding cervical cultures to monitor herpes during pregnancy.
- Identify the options, through informed choice, available to a woman 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.

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. (the exception is *Nutrition Almanac* which is useful primarily for nutritional content).

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

Related Topics

- ◇ STIs and HIV
- ◇ Health History
- ◇ Female Sexuality
- ◇ Cesarean and VBAC
- ◇ Well Woman Care
- ◇ Pharmacology for Midwives
- ◇ Grieving

Herpes Questions

1. How is the herpes simplex virus spread?
2. What is the significance of hand washing in relation to the spread of herpes?
3. Is there any difference in treatment and planning with HSV-1 and HSV-2?
4. Is herpes thought to spread by crossing the placenta?
5. What are the statistics for neonatal herpes infection?
6. Describe the symptoms and appearance of a herpes lesion.
7. Describe the symptoms of an initial herpes outbreak.
8. What are the risks to a fetus as a result of an initial herpes outbreak?
9. Describe the procedure of collecting a lab specimen for a herpes culture.
10. What is the accuracy of herpes cultures? Serology tests?
11. 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 her?
12. If a client's partner has a history of herpes, how do you advise them?
13. What advice can you offer clients to prevent recurrent herpes outbreaks?
14. What is asymptomatic or "silent" viral shedding?
15. What is the recommended course of action for the midwife attending a client during labor if she has a history of recurrent herpes?
16. What is the current drug therapy recommended for suppression of recurrent herpes?

Continued...

Herpes Questions, continued

17. What are the risks to an infant born to mother during a primary herpes outbreak?
18. What are the risks to infants born to mothers with recurrent herpes, both inactive and active at birth?
19. What are the options, through informed choice, available to a woman with an active herpes outbreak who is in labor?
20. How can you prevent newborns from getting herpes infections from oral herpes lesions that their parents may have?
21. What are the symptoms of neonatal herpes infection?

Essay

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

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

1. What is the recent research on herpes? Find an article, read it, send it in.
2. What are the standards of practice in your community for monitoring herpes during pregnancy?
3. Create a client information sheet addressing self care and prevention of recurrent herpes outbreaks. Include information regarding Lysine and L-arginine foods.
4. 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 and include it later in your Practice Guidelines projects (in the Charting and Practice Guidelines Module.)

Herpes Skills

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:

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