### Session Information

**Session 01  Tuesday, July 16, 2019**

**Additional Reading:** Please read the following *prior* to class

- Lowdermilk et al. *Maternity and Women’s Health Care* (10th ed.)
  - Chapter 1 – 21st Century Maternity & Women’s Health Nursing
  - Chapter 2 – Community Care: The Family and Culture
  - Chapter 13 – Anatomy and Physiology of Pregnancy
  - Chapter 14 – Nursing Care of the Family During Pregnancy
- ACNM. *Pearls in Your Pocket*. 2012
- March of Dimes. 40 Reasons to go the full 40. 2012

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:30 am – 8:00 am</td>
<td>Registration and Introduction</td>
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<tr>
<td>8:00 am – 9:30 am</td>
<td>Review – Female Anatomy: Structure and Function</td>
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<td>9:45 am – 10:45 am</td>
<td>Review – Physiological Changes: Pregnancy and Labor</td>
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<tr>
<td>10:45 am – 11:45 am</td>
<td>Antenatal Assessment/Prenatal Care Overview</td>
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At the conclusion of this session the student will be able to:

- Identify, describe, or name structure of the female reproductive system.
- Identify, describe, or name pelvic landmarks.
- Identify and compare the four main types of pelvi and their respective limiting features.
- Discuss how the shape of the shape of a bony pelvis affects the movement of the infant through it during labor.

At the conclusion of this session the student will be able to:

- Describe anatomical and physiological changes in pregnancy of multiple systems (eg respiratory, endocrine)
- State five maternal high risk conditions
- Be aware of differential assessments from the normal discomforts of pregnancy.
- Describe physiological changes in the normal laboring woman and their effects.

At the conclusion of this session the student will be able to:

- Describe three pregnancy related condition which place the mother and/or infant at risk.
- Describe the following procedures and their purpose: Amniocentesis, Chorionic villi sampling, Maternal Alpha Fetal Protein, Biophysical Profile
- Identify essential elements of an initial prenatal visit and follow up visits.
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<td>1d</td>
<td>12:45 pm – 2:15 pm</td>
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At the conclusion of this session the student will be able to:

- Define Family Centered Care
- Discuss the RN’s role in establishing and maintaining family centered care

| 1e         | 2:15 pm – 3:45 pm      | Childbirth: Culture, Beliefs and Traditions |

At the conclusion of this session the student will be able to:

- State three principles of trans-cultural nursing.
- Select an appropriate translator for the family with a language barrier.
- Discuss cultural implications in obstetrics.
- Define the term “vulnerable population”.

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