

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** NURS 222    **TITLE:** Perinatal and Reproductive Health Nursing  
**Units:** 4.5 units    **Hours/Semester:** 40.0-45.0 Lecture hours; 96.0-108.0 Lab hours; and 80.0-90.0 Homework hours  
**Method of Grading:** Letter Grade Only  
**Prerequisite:** NURS 212, **Corequisite:** Concurrent enrollment in NURS 225.

2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU

3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**

Assessing the needs and problems of the family during the perinatal cycle and providing nursing care for the family unit. Also identifying reproductive health issues faced by men, women, and the transgender community and providing the nursing care and support needed by these clients. Supervised learning experiences corresponding with classroom instruction in off-campus health care facilities. (Spring only.)

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Assess educational needs of childbearing people and their families and communicate effectively when providing information regarding health promotion for childbearing people and neonates (>4/5 pts on PP teach).
2. Utilize comprehensive theoretical knowledge as a basis for the nursing process when caring for childbearing people, neonates, and clients with reproductive health issues (>75% exam score).

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

**THEORY OBJECTIVES:**

**I. OPERATIONALIZE THE NURSING PROCESS TO PROMOTE HOMEOSTASIS**

1. Describe the process of ovulation and fertilization.
2. Identify major landmarks in fetal development.
3. List the anatomical and physiological changes that occur during pregnancy.
4. Describe placental function and list the major hormones produced by the placenta.
5. Assess the needs and state appropriate nursing interventions for the pregnant people (i.e., nutrition, hygiene, exercise, relaxation, emotional support, and learning).
6. Describe the routine prenatal visit.
7. Describe psychosocial factors which affect pregnancy.
8. Identify essential parenting functions.
9. Discuss effects of pregnancy on family members including grandparents.
10. Discuss cultural/ethical/religious diversity as it affects the pregnant people/family, including grandparents.
11. Identify nursing interventions for clients with minor discomforts/problems during pregnancy.
12. Identify causes of bleeding in pregnancy and in the prenatal period; identify nursing interventions.
13. Identify hypertensive disorders in pregnancy and in the prenatal period; identify nursing interventions.
14. Identify existing cardiovascular problems which might adversely affect pregnancy.
15. Describe how diabetes affects the pregnant client and the fetus; identify nursing interventions.
16. Discuss nursing interventions for those experiencing high-risk pregnancies including those with multiple gestations, blood disorders, infections, and psychosocial problems such as abuse.
17. Discuss fetal assessment studies.
18. Identify signs and possible causes of fetal intolerance of labor; list related nursing interventions
19. Describe the normal pattern of labor, its various components, and related nursing care.
20. Recognize factors that interfere with the normal progress of labor and state appropriate nursing interventions.
21. Describe nursing interventions for the patient needing analgesic or anesthetic support.
22. List and describe the normal anatomic, physiologic and emotional/psychological changes that occur during the postpartum period.
23. Identify nursing interventions that promote a normal recovery during the postpartum period including those

pertinent to home care.

24. Identify complications of the postpartum period and state appropriate nursing interventions.
25. Discuss the use of medications in perinatal and reproductive health care.
26. List problems that may occur in the newborn during adaptation to extrauterine life.
27. Explain six normal newborn reflexes and responses.
28. Determine the fluid and nutrient requirements for the infant during the neonatal period.
29. List appropriate steps in the prevention of infection when caring for the newborn.
30. Compare the full-term and preterm infant as to characteristics of development, temperature control, respiratory function, and nutritional requirements.
31. List nursing interventions to meet the needs of the grieving individual/family/extended family members.
32. Utilize critical thinking skills when applying the nursing process to actual and simulated perinatal patient situations.
33. Discuss alterations in homeostasis relative to patients' health care and describe pertinent nursing care.
34. List signs and symptoms of common reproductive disorders for clients of all ages.
35. Describe genetic factors/abnormalities which affect reproduction and/or pregnancy.

## **II. ASSUME ROLE AS A COMMUNICATOR**

1. Identify appropriate communication methods to utilize with family and extended family members.
2. Identify verbal and non-verbal behaviors that should be observed and incorporated into the nursing care plan.

## **III. ASSUME ROLE AS A TEACHER**

1. Identify the learning needs of the patient/family throughout the perinatal cycle.
2. List examples of family planning; compare their actions, effectiveness, advantages, and disadvantages.
3. Discuss the advantages and disadvantages of different methods of infant feeding.
4. Teach safety principles to the client/extended family, including grandparents, for the care of the newborn.
5. Demonstrate methods of breast/chest self-examination techniques.
6. Identify early warning signs/symptoms of cancer in the reproductive system.
7. Identify and list learning needs common to reproductive disorders for all patients of all age groups.

## **IV. ASSUME ROLE AS A LEADER/MANAGER**

1. Cite one example of appropriate counseling resources in reference to reproductive dysfunction.
2. Cite examples of available support groups for expectant or new parents/grandparents.
3. Describe various expanded roles for perinatal nurses.

## **V. ASSUME ROLE AS A MEMBER WITHIN THE PROFESSION OF NURSING**

1. Identify essential qualities of a nurse caring for patients experiencing childbearing.
2. List community functions of the nurse caring for clients experiencing childbearing or reproductive disorders.
3. Identify trends in perinatal nursing.
4. Identify ethical and legal issues relating to perinatal nursing.
5. Identify essential qualities of a nurse caring for clients experiencing reproductive disorders/cancers.
6. Describe the role of the patient advocate in the perinatal setting.

## **CLINICAL OBJECTIVES**

**See Attached Clinical Evaluation Tool**

## **6. COURSE CONTENT:**

### **Lecture Content:**

1. Introduction to maternity and reproductive health nursing care
2. Care of the family during normal pregnancy/antepartum period
3. Fetal assessment
4. Care of the family during labor and delivery/intrapartum period
5. Pain management through analgesia and anesthesia
6. Care of the family during the postpartum period
7. Care of the neonate
8. Care of the high risk neonate
9. Care of the family with complications during pregnancy
10. Care of the family during complications of labor and/or delivery
11. Care of the family during complications of the postpartum period
12. Assessing and caring for clients with disorders of the female or male reproductive system
13. Care for families with infertility and/or genetics issues
14. Care of the Transgender Patient

### **Lab Content:**

1. Labor and Delivery observation: Paper due one week after experience regarding either observing a vaginal

- or surgical delivery.
- 2. Providing nursing care for a patient and their newborn on the Postpartum unit.
- 3. Neonatal Assessment: Paper due one week after completion of head to toe physical/gestational-age assessment.
- 4. Formal teaching presentation to a new mother with paper due one week after presentation.
- 5. Post conference: Opportunity to review, discuss, and analyze events that were observed during the clinical day.
- 6. Cultural Variation presentation: Oral presentation at Post Conference

#### 7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Discussion
- E. Guest Speakers
- F. Individualized Instruction
- G. Observation and Demonstration
- H. Other (Specify): Instruction includes classroom presentations, related discussion of patient scenarios, focusing on critical thinking skills. Students view media or computer related instruction to enhance classroom presentations or focus on other content. The postconference setting in clinical provides an avenue for small group discussion of the events of the day and reinforce the concurrent theory content.

#### 8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

##### **Writing Assignments:**

Postpartum Teaching Presentation and Paper-APA format, and  
Labor and Delivery Paper-APA format, and  
Newborn assessment presentation (video or live), or  
Perinatal cultural presentation (PowerPoint/slides/APA format), or  
Nursing journal article presentation (live/in-class)

##### **Reading Assignments:**

Nursing Journal articles are assigned per lecture. Copies of articles can be found in Canvas.  
All reading assignments are listed in the Study Guide of the syllabus.

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Group Projects
- F. Lab Activities
- G. Papers
- H. Quizzes
- I. Simulation
- J. Written examination
- K. • Multiple choice theory examinations with "alternate question" format included • Clinical evaluation tool based on satisfactory completion of clinical objectives • Written papers related to care of the laboring woman and assessment of the newborn reflect the use of the nursing process and related critical thinking skills.

#### 10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Potter, P., Perry, A., Stockert, P., & Hall, A.. *Fundamentals of Nursing*, 10th ed. Philadelphia, PA: Elsevier, 2021
- B. Perry, S., Lowdermilk, D., Cashion, K., Alden, K., Olshansky, E., Hockenberry, M., Wilson, D., & Rodgers, C.. *Study Guide for Maternal Child Nursing Care*, 7th ed. St. Louis, MO: Elsevier, 2023

- C. Ackley, B., Ladwig, G., & Makic, M. B.. *Nursing Diagnosis Handbook: An Evidence-Based Guide to Planning Care*, 12th ed. Maryland Heights, MO: Elsevier, 2022
- D. Perry, A., Potter, P., & Ostendorf, W.. *Clinical Nursing Skills and Techniques*, 10th ed. Philadelphia, PA: Elsevier, 2022
- E. Perry, S., Lowdermilk, D., Cashion, K., Alden, K., Olshansky, E., Hockenberry, M., Wilson, D., & Rodgers, C.. *Maternal Child Nursing Care*, 6th ed. St. Louis, MO: Elsevier, 2018
- F. Zerwekh, J. & Garneau, A.. *Nursing Today-Transitions and Trends*, 9th ed. Philadelphia, PA: Elsevier, 2018
- G. Ignatavicius. D., Workman, M., & Rebar, C.. *Medical-Surgical Nursing: Patient-Centered Collaborative Care*, 10th ed. Philadelphia, PA: Elsevier, 2021

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**Course Originator:** Jessie Tohme