



Course Specifications

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|---------------|--|
| Course Title: | Maternal and Newborn Health Nursing Theory |
| Course Code: | NUR 361 |
| Program: | Bachelor of Science in Nursing |
| Department: | Nursing |
| College: | College of Applied Medical Sciences |
| Institution: | Shaqra University |

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A. Course Identification

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|--|
| 1. Credit hours: 3 hours |
| 2. Course type a. University <input type="checkbox"/> College <input type="checkbox"/> Department <input checked="" type="checkbox"/> Others <input type="checkbox"/> b. Required <input checked="" type="checkbox"/> Elective <input type="checkbox"/> |
| 3. Level/year at which this course is offered: Level 6 |
| 4. Pre-requisites for this course (if any): NUR 351 |
| 5. Co-requisites for this course (if any): NUR 362 |

6. Mode of Instruction (mark all that apply)

| No | Mode of Instruction | Contact Hours | Percentage |
|----|-----------------------|---------------|------------|
| 1 | Traditional classroom | | |
| 2 | Blended | 45 | 100% |
| 3 | E-learning | | |
| 4 | Distance learning | | |
| 5 | Other | | |

7. Contact Hours (based on academic semester)

| No | Activity | Contact Hours |
|----|-------------------|---------------|
| 1 | Lecture | 45 hours |
| 2 | Laboratory/Studio | |
| 3 | Tutorial | |
| 4 | Others (specify) | |
| | Total | 45 hours |

B. Course Objectives and Learning Outcomes

1. Course Description

This theoretical course introduces nursing students to the role of professional nurses in the delivery of nursing care to childbearing families in the hospital or in the community. Emphasis is placed on the pregnancy, labor, and neonatal stages. High risk and complications of pregnancy are addressed. Ethical and legal dilemmas, and the cultural influences and variations related to pregnancy are also emphasized.

2. Course Main Objective

The students are expected to recognize and understand the concepts and nursing management associated in providing holistic care to childbearing and childrearing families especially during antenatal, intra- natal and post- natal stages of pregnancy and immediate newborn period.

3. Course Learning Outcomes

| CLOs | | Aligned PLOs |
|------|---|----------------|
| 1 | Knowledge and Understanding | |
| 1.1 | State the various concepts involved in normal pregnancy as to reproductive system, physiology of conception, obstetrical assessment, maternal changes, process of labor and delivery, postpartum stage. | K2 K3 |
| 1.2 | Recognize the different risk conditions related to pregnancy, problems with labor and delivery, and post- partum complications based on their descriptions, assessments and interventions. | K3 |
| 1.3 | Describe principles involved in nursing care of newborn involving normal and abnormal cases. | K2 K3 |
| 1... | | |
| 2 | Skills : | |
| 2.1 | Demonstrate comprehensive understanding of normal and high risk pregnancies and newborn conditions utilizing the different evaluation tools of the course | S2 S5 S6 |
| 2.2 | Demonstrate effective approaches in rendering safe and quality nursing management involved throughout the pregnancy and newborn periods. | S3 S6 |
| 2.3 | Analyze the relationship between maternal care and outcome of pregnancy and newborn condition | S2 S4 |
| 2... | | |
| 3 | Values: | |
| 3.1 | Show responsibility, accountability and efficiency in learning and rendering care during different stages of pregnancy. | C3 |
| 3.2 | Use nursing knowledge within the legal, ethical, and regulatory standard in provision of maternal and newborn care. | C2 |
| 3.3 | | |
| 3... | | |

C. Course Content

| No | List of Topics | Contact Hours |
|----|---|---------------|
| 1 | Introduction: ❖ Course Objectives and Course Syllabus Reproductive System | 3 hours |

| | | |
|---|---|-----------|
| | <ul style="list-style-type: none"> • Female Reproductive Structures • Male Reproductive Structures • Female Reproductive Cycle <ol style="list-style-type: none"> a. Ovarian cycle b. Endometrial cycle c. Changes in cervical mucus | |
| 2 | Physiology of Conception <ul style="list-style-type: none"> • Fertilization and Implantation • Fetal Development • Fetal Environment • Fetal Circulation | 1.5 hours |
| 3 | Obstetrical Assessment <ul style="list-style-type: none"> • Gestation • Gravidity and Parity • Pregnancy Signs and Symptoms • Maternal Risk Factors • Diagnosis of Pregnancy | 1.5 hours |
| 4 | Prenatal Period (Maternal Adaptation to Pregnancy) <ul style="list-style-type: none"> • Physiological Maternal Changes • Psychological Maternal Changes • Discomforts of Pregnancy • Antepartum Diagnostic Testing • Nutrition | 3 hours |
| 5 | Risk Conditions Related to Pregnancy <ul style="list-style-type: none"> • Hemorrhagic Conditions of Early & Middle Pregnancy <ol style="list-style-type: none"> a. Abortion b. Ectopic pregnancy c. Hydatidiform Mole d. Incompetent Cervix • Hemorrhagic Conditions of Late Pregnancy <ol style="list-style-type: none"> a. Placenta previa b. Abruptio placentae • Anemia • Cardiac Disease • Chorioamnionitis • Gestational Diabetes Mellitus • Disseminated Intravascular Coagulation (DIC) • Endometritis • Fetal Death in Utero • Hepatitis B During Pregnancy • Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) During Pregnancy | 7.5 hours |

| | | |
|---|---|-----------|
| | <ul style="list-style-type: none"> • Hyperemesis Gravidarum • Gestational Hypertension <ol style="list-style-type: none"> a. Mild Preeclampsia b. Severe Preeclampsia c. Eclampsia • TORCH Infections • Multiple Gestation <ol style="list-style-type: none"> a. Different types (Twins, Conjoined, Triplets, etc.) | |
| 6 | <p>Labor and Delivery</p> <ul style="list-style-type: none"> • <u>Physiology/ Process of Labor—Four P's</u> <ol style="list-style-type: none"> a. Theories of Normal Labor b. Signs of Labor c. True and False labor • Mechanisms of Labor • Four Stages of Labor • Pain Management During Childbirth • Unique Nature of Pain During Birth • Adverse Effects of Excessive Pain <ol style="list-style-type: none"> a. Physiological Pain b. Psychological Pain • Non-Pharmacological Pain Management • Nursing Care During Labor and Birth | 6 hours |
| 7 | <p>Problems with Labor and Delivery</p> <ul style="list-style-type: none"> • Physiological Maternal Changes • Premature Rupture of the Membranes • Prolapsed Umbilical Cord • Supine Hypotension (Vena Cava Syndrome) • Placental Abnormalities • Preterm Labor • Precipitous Labor and Delivery • Dystocia • Amniotic Fluid Embolism • Fetal Distress • Intrauterine Fetal Demise • Rupture of the Uterus • Uterine Inversion • Postterm Pregnancy | 4.5 hours |
| 8 | <p>Postpartum Period</p> <ul style="list-style-type: none"> • Physiological Maternal Changes • Postpartum Interventions • Postpartum Discomforts • Nutritional Counseling • Breastfeeding | 3 hours |

| | | |
|--------------|--|-----------------|
| | | |
| 9 | Postpartum Complications <ul style="list-style-type: none"> • Cystitis • Vulvar Hematoma • Postpartum Hemorrhage • Postpartum Infection • Mastitis • Pulmonary Embolism • Subinvolution • Thrombophlebitis • Perinatal Loss | 3 hours |
| 10 | Care of Newborn <ul style="list-style-type: none"> • Initial Care of the Newborn • Initial Physical Examination • Body Systems Assessment and Interventions • Newborn Reflexes • Newborn Safety • Parent Teaching • Preterm Newborn • Post-term Newborn • Small for Gestational Age • Large for Gestational Age • Respiratory Distress Syndrome • Meconium Aspiration Syndrome • Bronchopulmonary Dysplasia • Transient Tachypnea of the Newborn • Intraventricular Hemorrhage • Retinopathy of Prematurity • Necrotizing Enterocolitis • Hyperbilirubinemia • Erythroblastosis Fetalis • Sepsis • Addicted Newborn • Fetal Alcohol Syndrome • Newborn of a Mother with Human Immunodeficiency Virus (HIV) • Newborn of a Diabetic Mother • Hypoglycemia • Hypothyroidism | 9 hours |
| 11 | <ul style="list-style-type: none"> • Gynecology <ul style="list-style-type: none"> a. Family Planning b. Infertility c. Women's Health Care | 3 hours |
| Total | | 45 hours |

D. Teaching and Assessment

1. Alignment of Course Learning Outcomes with Teaching Strategies and Assessment Methods

| Code | Course Learning Outcomes | Teaching Strategies | Assessment Methods |
|------|---|--|--|
| 1.0 | Knowledge and Understanding | | |
| 1.1 | State the various concepts involved in normal pregnancy as to reproductive system, physiology of conception, obstetrical assessment, maternal changes, process of labor and delivery, postpartum stage. | Modified group teaching Group discussion Assignment Application of nursing process Case study Audio- visual presentation | Short and long exams and Midterm exams Observation Assignment Oral exams |
| 1.2 | Recognize the different risk conditions related to pregnancy, problems with labor and delivery, and post- partum complications based on their descriptions, assessments and interventions. | | |
| 1.3 | Describe principles involved in nursing care of newborn involving normal and abnormal cases. | | |
| 2.0 | Skills | | |
| 2.1 | Demonstrate comprehensive understanding of normal and high risk pregnancies and newborn conditions utilizing the different evaluation tools of the course | Modified group teaching Group discussion Assignment Application of nursing process Case study. Application of Nursing Process Audio- visual presentation | Quizzes Lecture participation Written Assignments Written Examination Conducting seminars in Schools |
| 2.2 | Demonstrate effective approaches in rendering safe and quality nursing management involved throughout the pregnancy and newborn periods. | | |
| 2.3 | Analyze the relationship between maternal care and outcome of pregnancy and newborn condition | | |
| 3.0 | Values | | |
| 3.1 | Show responsibility, accountability and efficiency in learning and rendering care during different stages of pregnancy. | Modified group teaching Group discussion Assignment Application of nursing process Case study. Application of Nursing Process Audio- visual presentation | Quizzes Lecture participation Written Assignments Written Examination Conducting seminars in Schools |
| 3.2 | Use nursing knowledge within the legal, ethical, and regulatory standard in provision of maternal and newborn care. | | |

2. Assessment Tasks for Students

| # | Assessment task* | Week Due | Percentage of Total Assessment Score |
|---|------------------|------------|--------------------------------------|
| 1 | Quiz | During the | 10% |

| # | Assessment task* | Week Due | Percentage of Total Assessment Score |
|---|--|---------------------------|--------------------------------------|
| | | lecture period | |
| 2 | First Midterm exam (Written) | 7 th week | 15% |
| 3 | 2 nd Midterm exam (Written) | 12 th week | 15% |
| 4 | Assignment | During the lecture period | 5% |
| 5 | Class participation and behavior | During the lecture period | 5% |
| 6 | Final exam | 15 th week | 50% |

*Assessment task (i.e., written test, oral test, oral presentation, group project, essay, etc.)

E. Student Academic Counseling and Support

Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice :

Six hours per week to discuss the problems faced by the students and try to find solutions and identify the progress of students and guide them to scientific methods and scientific excellence in practice.

F. Learning Resources and Facilities

1. Learning Resources

| | |
|---------------------------------------|---|
| Required Textbooks | <p>Murray, S., Mckinney, E., (2018). Foundations of Maternal- Newborn and Women's Health Nursing (ed 7). Elsevier Saunders</p> <p>Lowdermilk, D., Perry, S., Cashion, K., & Alden, K. (2020). Maternity & Women's Health Care (ed 12). St. Louis: Elsevier</p> <p>Linda Anne Silvestri. (2020). Elsevier Saunder's Comprehensive Review for the NCLEX-RN Examination 8th ed. Elsevier Saunders</p> |
| Essential References Materials | <p>Mckinney, E., James, S., S., Nelson, K., & Ashwill, J. (2013). Maternal-child nursing (ed. 4). St. Louis: Elsevier</p> <p>Hockenberry, M., & Wilson, D. (2015). Wong's essential of pediatric nursing (ed 10). St. Louis: Mosby.</p> |
| Electronic Materials | <p>https://lms.su.edu.sa/login/index.php</p> <p>www.choosemyplate.gov/moms-pregnancy-breastfeeding</p> <p>www.postpartum.net</p> |

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|---------------------------------|--|
| Other Learning Materials | www.sciencedirect.com www.pubmed.com |
|---------------------------------|--|

2. Facilities Required

| Item | Resources |
|--|--|
| Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.) | Classroom for lecture-discussion |
| Technology Resources (AV, data show, Smart Board, software, etc.) | Computer, Audio-Visual , LCD projector |
| Other Resources (Specify, e.g. if specific laboratory equipment is required, list requirements or attach a list) | Internet applications |

G. Course Quality Evaluation

| Evaluation Areas/Issues | Evaluators | Evaluation Methods |
|--|---|---------------------|
| Effectiveness of teaching and assessment | Program Head Students | Direct |
| Quality of learning Resources | Head of Quality Control Program Head Students | Direct and indirect |
| | | |
| | | |
| | | |
| | | |

Evaluation areas (e.g., Effectiveness of teaching and assessment, Extent of achievement of course learning outcomes, Quality of learning resources, etc.)

Evaluators (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)

H. Specification Approval Data

| | |
|----------------------------|------------|
| Council / Committee | |
| Reference No. | 13 |
| Date | 16/05/1442 |