



Course Specifications

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

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 Natural 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	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.	Case study Audio- visual presentation	
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	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.	Case study. Application of Nursing Process	
2.3	Analyze the relationship between maternal care and outcome of pregnancy and newborn condition	Audio- visual presentation	
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	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.	Case study. Application of Nursing Process Audio- visual presentation	

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>

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