

# NURS 7083 FOUNDATIONS OF PERINATAL CARE

## Credit Points 10

**Coordinator** Elisha Stein ([https://directory.westernsydney.edu.au/search/name/Elisha Stein/](https://directory.westernsydney.edu.au/search/name/Elisha%20Stein/))

**Description** This subject provides students with an understanding of the biological and physiological aspects of human reproduction, pregnancy, labour and birth. Students will apply a primary health care approach to working with women and their families during pregnancy and childbirth. Students will consider psychosocial and cultural aspects of pregnancy, birth and breastfeeding, and the role of the midwife in maintaining a woman and family focus within a continuity-of-care model. Childbirth in our culturally diverse maternity health system will be explored, analysed and discussed. The experiences of Aboriginal and Torres Strait Islander women across health services will also be examined. Concepts introduced during the intensive week will be covered in greater complexity across the term.

**School** Nursing & Midwifery

**Discipline** Midwifery

**Student Contribution Band**

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Postgraduate Coursework Level 7 subject

**Co-requisite(s)** NURS 7084

## Restrictions

Students must be enrolled in program 4805 Graduate Diploma in Midwifery.

## Learning Outcomes

After successful completion of this subject, students will be able to:

1. Describe the normal anatomical and physiological changes and processes related to growth and development of the foetus and pregnant woman and relate this to stages of pregnancy, labour and birth and postnatal period.
2. Develop plans for safe midwifery practice, including digital health information management, screening, assessment and care of women during pregnancy, labour and birth.
3. Critically assess evidence-based knowledge of the biological, physiological, psychological and social needs of women pre-conceptually, during pregnancy, labour and birth and postnatal period to facilitate an optimal experience for the woman and her family.
4. Critically analyse the impact of birth on a woman's sense of self and her emotional, psychological, social and cultural needs and her family.
5. Utilise current evidence-based findings when planning care with the woman and her family.
6. Examine effective communication strategies relevant to midwifery practice, including with women, families and colleagues.
7. Reflect on professional requirements for midwifery practice, including safe midwifery standards.
8. Critically evaluate the socio-cultural, economic, political and personal context of infant feeding decisions in Australia

## Subject Content

### Intensive Week Workshop theory

- Assessment and screening during pregnancy / Antenatal Care Guidelines / Midwifery CoC
- Health promotion for women in pregnancy including nutrition, oral health care, physical activity, pelvic floor health
- Assessment and monitoring of maternal and fetal welfare in pregnancy, labour and birth (CTG interpretation)

### Midwifery Care – Pregnancy

- Apply legal and ethical aspects associated with pregnancy, labour and birth e.g., documentation and consent including using digital information management.
- Sexual and reproductive health choices in early pregnancy
- Partnership in care/continuity of midwifery care and midwifery led antenatal care
- Options for childbirth education and preparation for birth and parenting
- Role of partners in maternity care

### Midwifery Care - Labour & birth

- Midwifery care to support the individual needs of women in labour and birth
- Initiation and maintenance and progress of labour
- Birth process – mechanism of labour / fetal position & descent / role of oxytocin
- Midwives' role in assessing and monitoring labour and birth
- Promoting physiological labour and birth
- Rationale for active labour, upright positions and movement
- Physiology of pain, perception of pain and pain control theories
- Midwifery care for comfort e.g., massage, complementary therapies, heat and water, Nitrous Oxide, sterile water injections for back pain.
- Supporting birth discussions
- Preparation for birth and birth plans
- Midwives role in supporting the birthing woman (including waterbirth)
- Physiological and active third stage

### Midwifery Care – Postnatal

- The midwives' role in postnatal care

### Newborn assessment

- Working with women and their families post birth
- Options for postnatal education and preparation for parenting
- Newborn care and Immunisation
- Nutritional requirements of the newborn
- Initiation and support of breastfeeding

### Infant feeding decisions in Australia

- Politics of breastfeeding
- WHO code for the marketing of breast milk substitutes
- Baby Friendly Health Initiative in Australia
- Supporting women in their feeding decision

### Cultural Awareness

- Traditions around pregnancy, birth and mothering
- Aboriginal and Torres Strait Islander and CALD women's experiences of childbirth
- Working in partnership with women, LGBTQI+ people and families
- Women's experiences of maternity care & women with lived experiences stories – consumer participation
- Cultural factors effecting postnatal care Health Informatics and Health Technology Legislation Governing Professional Practice Regulatory and Professional Framework

## **Special Requirements**

Essential equipment

Computer and internet access.