Your competence will be assessed as you complete the RN Maternal Newborn Nursing ATI assessment for Care of the Developing Family, in conjunction with the clinical performance assessment that is part of this course. The course covers 4 competencies and represents 3 competency units.

### Introduction

#### Overview

This course of study includes the care of families in society; women's health throughout the life span; care of the pregnant woman; care of the laboring woman; and postpartum care of mothers, newborns, and family.

#### Competencies

This course provides guidance to help you demonstrate the following 4 competencies:

- **Competency 726.6.1: Care of the Family during the Prenatal Period**
  
  The graduate uses cognitive knowledge and clinical reasoning to plan and provide safe, quality, patient-centered care to a woman and her family between conception and labor.

- **Competency 726.6.2: Care of the Family during the Intrapartum Period**
  
  The graduate uses cognitive knowledge and clinical reasoning to plan and provide safe, quality, patient-centered care to a woman during labor and birth.

- **Competency 726.6.3: Care of the Postpartum Family**
  
  The graduate uses cognitive knowledge and clinical reasoning to plan and provide safe, quality, patient-centered care to a woman, newborn, and family after birth.

- **Competency 726.6.4: Health Promotion of the Family**
  
  The graduate uses age-appropriate health promotion and health maintenance activities and interventions to assist women and their families in safeguarding health, safety, and wellness.

### Nursing Dispositions Statement

Please review the [Statement of Nursing Dispositions](#).

### Course Instructor Assistance

As you prepare to demonstrate competency in this subject, remember that course instructors stand ready to help you reach your educational goals. As subject matter experts, mentors enjoy and take pride in helping students become reflective learners, problem solvers, and critical thinkers. Course instructors are excited to hear from you and eager to work with you.

Successful students report that working with a course instructor is the key to their success. Course instructors are able to share tips on approaches, tools, and skills that can help you apply the content you're studying. They also provide guidance in assessment preparation strategies and troubleshoot areas of deficiency. Even if things don't work out on your first try, course instructors act as a support system to guide you through the revision process. You should expect to work with course instructors for the duration of your coursework, and you are
encouraged to contact them as soon as you begin. Course instructors are fully committed to your success!

Preparing for Success

The information in this section is provided to detail the resources available for you to use as you complete this course.

Learning Resources
The learning resources listed in this section are required to complete the activities in this course. For many resources, WGU has provided automatic access through the course. However, you may need to manually enroll in or independently acquire other resources. Read the full instructions provided to ensure that you have access to all of your resources in a timely manner.

Manually Enrolled Resources

Take a moment to enroll in the learning resources listed in this section. To enroll, navigate to the “Learning Resources” tab, click the “Sections” button, and then click the “Enroll Now” button for each resource. Once your mentor approves your enrollment in the resource, you will receive an e-mail with further access instructions. Contact your mentor if you have questions.

Course Point Plus
Course Point Plus is an online, interactive learning environment containing the following e-text:


Course Point Plus Tutorials: Watch the Getting Started Training Videos.

Assessment Technologies Institute (ATI)

You will utilize the Assessment Technologies Institute in completing this course.

Joining ATI Section
You already have an account in ATI, you should have enrolled in Nursing Specialties in your previous course, you will remain in Nursing Specialties for this course. If you have not yet enrolled in Nursing Specialties, you will need to do that now. Follow the directions below on how to join an ATI class.

- Joining a Class/Section

Skills Modules and Tutorials
Throughout this course you will be asked to complete skills and pharmacology tutorials available on the ATI website. Please complete the tutorial lessons and the post-tests as assigned. You must pass the post-test with a score of 75% or better. The time you spend in the tutorials is tracked by the program. Although you can repeat the post-test multiple times, only the first two attempts will be considered as an indication of your having mastered the content. The system does not permit you to repeat a post-test for 48 to 72 hours, so plan accordingly. If you do not pass on your second attempt, contact your course instructor for instructions about how you can
further your understanding of the material. Be prepared to demonstrate your newly acquired skills in future learning labs and clinical.

**Understanding Practice Tests and Remediation**
The practice test will help prepare you for the ATI RN Maternal Newborn exam you need to pass at the end of this course. Practice tests should always be followed with the remediation exercises recommended by ATI. Plan on taking the practice test when recommended in the course of study; begin the remediation shortly after completing the test. Students who do not pass their proctored exams will be required to complete the remediation plan outlined in ATI before they can repeat their exam.

- [How to Use Tutorials](#)
- [How to Take A Practice Assessment](#)
- [Remediation Instructions](#)

**Purchase Learning Resources**

Listed below are the learning resource materials you will need to obtain if you have not already done so.

**Smart Phone/PDA Software**
(Purchased already in CASAL I)

As a WGU nursing student, you are required to purchase Unbound Medicine's Nursing Central. This software includes *Davis's Drug Guide, Davis's Laboratory and Diagnostic Tests, Diseases and Disorders*, and the *Taber's Cyclopedic Medical Dictionary*. This application is a valuable resource and is being offered at a discounted price to WGU students. It is strongly recommended that you purchase the Nurse's Pocket Guide along with Nursing Central.

Access Unbound Medicine to purchase two years of access to the following products at a discount.

- Nursing Central by Unbound Medicine
- Nurse's Pocket Guide by Unbound Medicine

You will be required to have this software available on your smart phone or PDA throughout your program. You will be expected to bring your smart phone or PDA to both your learning labs and your clinical intensives.

Access "[Nursing Central iPhone Demo](#)" to view the YouTube demo.

*Note: Nursing Central can also be accessed from your desktop, but you are required to have it on your smart phone or PDA. You will automatically obtain the latest edition of Nursing Central when you purchase and download it. Every time you sync your smart phone or PDA with Unbound Medicine, you will also automatically receive the latest updates and editions.*

**Other Learning Resources**
You will use the following learning resources for this course.

**Supplemental NCLEX Study Guide**
To assist you in preparing for the NCLEX exam and to review content, the following book is available to you in e-text form. This text is supplemental and will not be linked specifically in any of the activities, but you have access to this resource in e-text form by clicking the linked title provided below:


This resource is strongly recommended to help you review content, assess your knowledge, and experience taking practice test questions. You may be asked to review sections of this resource in order to prepare for an objective assessment, or to remediate after failing to successfully pass an assessment or practice assessment.

**WGUNursesRock**
The [WGUNursesRock](#) website is an excellent resource to help you throughout your studies in the BSRN nursing program. It was developed by one of the course instructors for this program. The site includes resources to help with test taking, prioritizing your time, management, how to utilize SBAR, resources on the body systems, and pharmacology and lab values. If you are looking for more information on any of these topics don’t hesitate to check out [WGUNursesRock](#).

**Nursing Standards**
You will be able to access Nursing Professional Standards as they apply to your program through the WGU Library. Please access these documents at the following website:

- [Nursing Standards E-Reserves](#)

**Week 1: Prenatal Care**

The nurse plays a distinct role while the mother is in the healthcare system for prenatal care. The role of the nurse during this time is multifaceted, from providing direct care in the office to providing education. Office nurses have a chance to provide care over time, seeing the woman on a regular basis. An educated nurse is able to impact the woman’s knowledge as she seeks education on self-care, nutrition, childbirth, and breast-feeding. Please refer to your pacing guide to ensure that you are moving through this fast paced course in a timely manner!

- **Competency 726.6.1: Care of the Family during the Prenatal Period:**
  The graduate uses cognitive knowledge and clinical reasoning to plan and provide safe, quality, patient-centered care to a woman and her family between conception and labor.

Under this competency are the following subtopics with individual learning objectives and learning tasks:
Overview of Reproduction

In this section we will explore the normal maturation and physiological changes a woman will encounter throughout her life related to her potential for reproduction.

Learning Objective:

- Provide patient education related to normal maturation and physiological changes in women across the lifespan.

Read: The Reproductive System

Read the following:

- chapter 3 ("Anatomy and Physiology of the Reproductive System")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 3: Anatomy and Physiology of the Reproductive System” and select “Digital Textbook” link

Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.

Complete: PrepU Chapter 3

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 3: Anatomy and Physiology of the Reproductive System”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

Overview of Fertilization & Genetics
Care of the mother and infant begins even before pregnancy. Throughout the antepartal period, regular care increases the likelihood of a healthy baby. Conception is complex, and small changes can affect fertility. Through engaging in the activities of this section, you will learn about conception and fetal development.

**Learning Objective:**

- Describe the relationships among theory, practice, and research regarding prenatal genetic counseling.

**Read: Fetal Development and Genetics**

Read the following:

- chapter 10 ("Fetal Development and Genetics")

Access the reading in CoursePoint by following the steps below:

- Login to [CoursePoint Plus](#)
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 10: Fetal Development and Genetics” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Chapter 10**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to [CoursePoint Plus](#)
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 10: Fetal Development and Genetics”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Watch: Life’s Greatest Miracle**

This is a very moving film that illustrates conception to birth and takes an hour to watch. Note: This presentation does have commercials.
The professional nurse needs to be aware of the unique contributions of other healthcare and community providers in assuring patient-centered care. It is important to recognize the diverse roles of interprofessional team members, respect their knowledge and expertise, and to interact and communicate with them effectively.

**Learning Objectives:**

- Select referrals appropriate to the specific health needs of women in a variety of contexts.
- Identify the roles of members of the healthcare team involved in care of postpartum families.
- Reflect on one’s own beliefs and values as they relate to providing nursing care to diverse populations of women.
- Integrate knowledge of social and cultural diversity into the planning of care for women and their families.

**Read: Maternal, Newborn, and Women’s Health Care**

Read the following:

- chapter 1 ("Perspectives on Maternal, Newborn, and Women’s Health Care")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 1: Perspectives on Maternal, Newborn, and Women’s Health Care” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Chapter 1**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 1: Perspectives on Maternal, Newborn, and Women’s Health Care”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Research: Midwives**

Search the internet to find credible websites that will help you understand the unique role of the
certified nurse midwife. Takes notes on your findings. Also research “lay midwife,” “doula” and “lactation specialist.”

**Physical and Psychological Changes in Pregnancy**
Many changes that impact a woman’s feelings of well-being occur during the course of a pregnancy. In this section you will discover what changes occur and how the woman might be assisted in the alleviation of discomforts.

**Learning Objective:**
- Discuss the various assessments and diagnostic tests performed on the fetus and the expectant mother during routine prenatal exams.

**Read: Maternal Adaptation**

Read the following:
- chapter 11 (“Maternal Adaptation During Pregnancy”)

Access the reading in CoursePoint by following the steps below:
- Login to [CoursePoint](#) Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 11: Maternal Adaptation During Pregnancy” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Chapter 11**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to [CoursePoint](#) Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 11: Maternal Adaptation During Pregnancy”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Watch: Watch & Learn Video**

Watch the Chapter 11: Maternal Adaptation During Pregnancy video:
- [Developmental Tasks of Pregnancy: 1st Trimester, Accepting the Pregnancy](#)

**Research: Medications**
Access Nursing Central on your iTouch and look up the Ferrous Sulfate.

- Review Iron requirements and food sources of iron on pages 326 of e-text.

Are you aware that there is a significant relationship between folic acid and major birth defects that affect the baby’s neurological system? It is important that women, prior to and during their pregnancy consume 400 micrograms of folic acid every day.

- Visit the website: Folic Acid
- Review the “Facts, Questions & Answers”
- Listen to the “Healthy Pregnancy” Podcast
- Take the “Test Your Knowledge” quiz

**Prenatal Nursing Assessment**

Ensuring a healthy pregnancy can impact many stakeholders. Nurses need to help the client determine the delivery date, analyze risk factors that could affect the fetus or expectant mother, and make appropriate client and family educational plans to minimize potential risks or complications.

**Learning Objective:**

- Calculate client expected delivery date.
- Analyze risk factors for the fetus and expectant mother through the assessment of health history, physical well-being, genetic risks and environmental exposure.
- Plan appropriate patient and family prenatal education to promote health and prevent complications.

**Read: Pregnancy**

Read the following:

- chapter 12 ("Nursing Management During Pregnancy")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 12: Nursing Management During Pregnancy” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Quiz**

Access PrepU and complete an adaptive, formative assessment of the reading:
1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 12: Nursing Management During Pregnancy”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Watch: Watch & Learn Videos**

Watch the following Chapter 12: Nursing Management During Pregnancy videos:

- Developmental Tasks of Pregnancy: 2nd Trimester, Accepting the Baby
- Developmental Tasks of Pregnancy: 3rd Trimester, Preparing for Parenthood

**Complete: ATI Pharmacology Made Easy: Labor & Delivery Drugs**

Begin the ATI Pharmacology Made Easy Module: Labor and Delivery Drugs. Focus your attention on tocolytic drugs:

- Complete Labor and Delivery Drugs.

**The Expectant Family**

Having a baby is a family matter. While the mother needs routine antepartum care, all members of the family are affected by the pregnancy and introduction of another member to the family. In this section, you will learn to assess the needs of the expectant family and provide care and education to meet those needs.

**Learning Objectives:**

- Assess client and family psychosocial response to pregnancy.
- Recognize cultural and attitudinal differences in childbearing practices.
- Adapt care to the cultural and attitudinal preferences of the expectant mother and family.

**Read: Family and Community**

Read the following:

- chapter 2 ("Family-Centered Community-Based Care")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 2: Family-Centered Community-Based Care” and select “Digital
Pregnancy at Risk: Pregestational Onset

Although childbearing is essentially a healthy experience, the nurse must be aware of and be able to care for complications that may exist when a woman becomes pregnant or that may develop during pregnancy. Medical problems can cause a pregnancy to be considered high risk. These patients often need special care from a medical specialist in addition to the obstetrician. In this section, you will learn about at-risk pregnancies due to pregestational problems.

Learning Objective:

- Prioritize nursing interventions for the antepartum patient with serious medical conditions that complicate pregnancy.

Read: Selected Conditions

Read the following:

- chapter 20 (“Nursing Management of the Pregnancy at Risk: Selected Health Conditions and Vulnerable Populations”)

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 20: Nursing Management of the Pregnancy at Risk: Selected Health Conditions and Vulnerable Populations” and select “Digital Textbook” link

Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.

Complete: PrepU Quiz
Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

Apply: vSim Amelia Sung Complex

Access the vSim on “Amelia Sung”:

1. Log in to CoursePoint Plus
2. Select the “Course Content” link
3. Select the “vSim for Nursing” tab
4. Select “Maternity Case 6: Amelia Sung (Complex)”
5. Follow the proscribed workflow for the vSim

Repeat the scenario until you have reached a score of 80% or higher. All assigned virtual simulations (vSims) must be completed and passed with a score of at least 80% in order to attend Learning Lab day 1. Any student who does not submit them to Taskstream by 5:00 p.m. Mountain Standard Time (MST) on the day before lab, will not attend Learning Lab day 1. Failure to meet this deadline will prevent learning lab attendance, which may result in additional consequences. A sample of what you need to submit is available in Taskstream.

Pregnancy at Risk: Gestational Onset
To best ensure childbearing remains a healthy experience, you will need to be aware of medical issues that can arise during gestational onset. In this section, you will learn about at-risk pregnancies due to gestational problems.

Learning Objective:

- Prioritize nursing interventions for the antepartum patient with serious medical conditions that complicate pregnancy.

Read: Pregnancy at Risk

Read the following:

- chapter 19 (“Nursing Management of the Pregnancy at Risk: Pregnancy-Related Complications”)

Access the reading in CoursePoint by following the steps below:
• Login to CoursePoint Plus
• Select “Course Content” tab,
• Select “Digital Textbook”
• Locate “Chapter 19: Nursing Management of the Pregnancy at Risk: Pregnancy-Related Complications” and select “Digital Textbook” link

Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.

**Complete: PrepU Quiz**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Engage: Community Chatter Questions for Focus:**

Go to the community chatter page and discuss the following concepts with your peers:

• Differentiate between chronic hypertension, preeclampsia-eclampsia, preeclampsia superimposed on chronic hypertension, and gestational hypertension.
• Describe expected assessment findings for a patient with preeclampsia.
• Identify common diagnostic tests and anticipated findings for a patient with preeclampsia.

**Apply: vSim Olivia Jones Complex**

Access the vSim on “Olivia Jones”:

1. Log in to CoursePoint Plus
2. Select the "Course Content" link
3. Select the “vSim for Nursing” tab
4. Select “Maternity Case 2: Olivia Jones (Complex)”
5. Follow the proscribed workflow for the vSim

Repeat the scenario until you have reached a score of 80% or higher. All assigned virtual simulations (vSims) must be completed and passed with a score of at least 80% in order to attend Learning Lab day 1. Any student who does not submit them to Taskstream by 5:00 p.m. Mountain Standard Time (MST) on the day before lab, will not attend Learning Lab day 1. Failure to meet this deadline will prevent learning lab attendance, which may result in additional consequences. A sample of what you need to submit is available in Taskstream.
Week 2: Intrapartum Care

Labor and birth are sensitive times for the woman and child as the chance for labor-related complications remains high. This section will discuss the intrapartal nursing assessment as well as birth and the family.

- **Competency 726.6.2: Care of the Family during the Intrapartum Period**
  The graduate uses cognitive knowledge and clinical reasoning to plan and provide safe, quality, patient-centered care to a woman and her family during labor and birth.

Under this competency are the following subtopics with individual learning objectives and learning tasks:

- Birth and the Family
- Intrapartal Nursing Assessment
- Complications: Labor-related
- Simulation Preparation Lab

**Birth and the Family**

Labor presents additional risks for the mother and fetus. The nurse can provide support to the family during this time, which can help decrease fear and stress, both of which can have a negative effect on labor progress.

**Learning Objective:**

- Differentiate between evidence-based and non-evidence-based practices used in intrapartum care.

**Read: Labor and Birth**

Read the following:

- chapter 13 ("Labor and Birth Process")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 13: Labor and Birth Process” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Quiz**

Access PrepU and complete an adaptive, formative assessment of the reading:
1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 13: Labor and Birth Process”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3. 

**Apply: Stages of Labor and Delivery**

Follow the link below and complete the Stages of Labor and Delivery activity:

- [Stages of Labor and Delivery](#)

**Apply: vSim Brenda Patton Core:**

Access the vSim on “Brenda Patton”:

1. Log in to CoursePoint Plus
2. Select the “vSim for Nursing” tab
3. Select “Maternity Case 3: Brenda Patton (Core)”
4. Follow the proscribed workflow for the vSim

Repeat the scenario until you have reached a score of 80% or higher. All assigned virtual simulations (vSims) must be completed and passed with a score of at least 80% in order to attend Learning Lab day 1. Any student who does not submit them to Taskstream by 5:00 p.m. Mountain Standard Time (MST) on the day before lab, will not attend Learning Lab day 1. Failure to meet this deadline will prevent learning lab attendance, which may result in additional consequences. A sample of what you need to submit is available in Taskstream.

**Intrapartal Nursing Assessment**

It is important that the nurse regularly and often assess the mother and fetus during the intrapartal period. The nurse should assess the mother’s reaction to labor, her pain level, and her understanding of what is occurring. The nurse can encourage family members to assist in comfort measures for the laboring mother and to offer her encouragement.

**Learning Objectives:**

- Apply pharmacological and non-pharmacological measures to promote comfort during labor and delivery.
- Prioritize appropriate nursing interventions during normal labor and birth.
- Assess fetal well-being through fetal heart monitoring during labor.
- Implement appropriate nursing interventions to care for the intrapartum patient and family during labor and birth.

**Read: Labor and Birth**

Read the following:
• chapter 14 ("Nursing Management During Labor and Birth")

Access the reading in CoursePoint by following the steps below:

• Login to CoursePoint Plus
• Select “Course Content” tab,
• Select “Digital Textbook”
• Locate “Chapter 14: Nursing Management During Labor and Birth” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Quiz**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 14: Nursing Management During Labor and Birth”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Watch: Watch & Learn Videos**

Watch the Chapter 14: Nursing Management During Labor and Birth video:

• **Vaginal Birth**

**Engage: Monitoring Fetal Heart Rate**

Watch the video below:

• **“Electronic Fetal Monitoring”**

**Complete: ATI Pharmacology Made Easy: Labor & Delivery Drugs: Pain Management during Labor**

Some women wish to be actively engaged in the labor and delivery process using complementary and alternative methods of pain control, such as breathing and massage. Others prefer to have their pain eased through interventions such as analgesics and epidurals. The nurse should collaborate with each patient to ensure that her birth plan is followed while being alert to interventions that could have a negative effect on the fetus. As you complete the activities, focus on Analgesics, Prostaglandins and Narcotic Antagonists Drugs:

• **ATI Testing**
Complications: Labor-Related
The need for certain procedures during childbirth can be controversial. In this section, you will learn about a few of the procedures women may have during childbirth. Remember that your role is to advocate for the patients whenever possible and support them in their decisions.

Learning Objective:

- Prioritize nursing interventions for the intrapartum patient with serious medical conditions that complicate delivery.

Read: Labor and Birth at Risk

Read the following:

- chapter 21 ("Nursing Management of Labor and Birth at Risk")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 21: Nursing Management of Labor and Birth at Risk” and select “Digital Textbook” link

Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.

Complete: PrepU Quiz

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 21: Nursing Management of Labor and Birth at Risk”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

Watch: Watch & Learn Videos

Watch the Chapter 21: Nursing Management During Labor and Birth video:

- Scheduled Cesarean Delivery

Apply: vSim: Carla Hernandez Complex

Access the vSim on “Carla Hernandez”: 
1. Log in to CoursePoint Plus
2. Select the “vSim for Nursing” tab
3. Select “Maternity Case 8: Carla Hernandez (Complex)”
4. Follow the proscribed workflow for the vSim

Repeat the scenario until you have reached a score of 80% or higher. All assigned virtual simulations (vSims) must be completed and passed with a score of at least 80% in order to attend Learning Lab day 1. Any student who does not submit them to Taskstream by 5:00 p.m. Mountain Standard Time (MST) on the day before lab, will not attend Learning Lab day 1. Failure to meet this deadline will prevent learning lab attendance, which may result in additional consequences. A sample of what you need to submit is available in Taskstream.

**Review: Drugs**

Using Nursing Central and your e-text to review and take notes on the following drugs:

- Pitocin
- Cervidil
- Penicillin G

Include the following for each drug: correct dosage, mechanism of action, reason for use, contraindications, pregnancy category and effect on the fetus, common adverse effects, serious adverse effects, nursing assessment, and patient education factors.

**Practice: Maternal Newborn 1**

This practice test covers antepartum and intrapartum care. Now would be a good time to test your knowledge and prepare for your final assessment at the end of this course. Access your ATI account, My eLearning, and select the Tutorial Tab. Click on the Learning System RN, select the Practice Tests, and find Maternal Newborn 1.

- [ATI RN Learning System Practice Test: Maternal Newborn 1](#)

**Apply: ATI Pharmacology Made Easy: Labor & Delivery Drugs**

Return to the ATI Pharmacology Made Easy Module: Labor and Delivery Drugs. Focus on Anticonvulsants and Electrolyte Replacement.

- [ATI Testing](#)

**Prepare: Simulation Lab**

Your clinical learning lab is a simulation lab. To prepare for your simulated patient care experience in the clinical learning lab, it is important for you to work through all of the assigned vSim scenarios.

Your instructor will be able to answer questions you have related to the procedures and process related to your vSim experience.

**Week 3: Postpartum Care**
Immediately following successful delivery of a child, there is much care that needs be taken to ensure proper health for mother and child.

- **Competency 726.6.3: Care of the Postpartum Family:**
  The graduate uses cognitive knowledge and clinical reasoning to plan and provide safe, quality, patient-centered care to a woman, newborn, and family after birth.

Under this competency are the following subtopics with individual learning objectives and learning tasks:

- The Postpartal Family: Adaptation and Nursing
- The Postpartum Family at Risk
- Physiologic Responses of the Newborn to Birth
- Nursing Assessment of the Newborn
- The Newborn at Risk: Birth-Related Stressors
- Discharge Plan for New Mother

**The Postpartal Family: Adaptation and Nursing**

What does a family need when they return home with their newborn? Everything! The nurse’s role is to access the needs of the parents, infant, and siblings. The nurse will provide education, offer encouragement, and make any necessary referrals. Both the mother and infant may be at risk after delivery. It is during this time that postpartum hemorrhage, a life-threatening condition, can occur. It is also a delicate time for the infant. In this section, you will learn about the postpartal family at risk.

**Learning Objectives:**

- Apply pharmacological and non-pharmacological measures to promote comfort during the postpartum period.
- Prioritize appropriate nursing interventions during the postpartum period.
- Adapt care to the cultural and attitudinal preferences of the postpartum mother and family.
- Provide discharge teaching to postpartum families.

**Read: The Postpartum Period**

Read the following:

- chapter 15 (“Postpartum Adaptations”)
- chapter 16 (“Nursing Management During the Postpartum Period”)

Access the readings in CoursePoint by following the steps below:

- Login to [CoursePoint Plus](#)
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 15: Postpartum Adaptations” & “Chapter 16: Nursing Management..."
During the Postpartum Period” and select “Digital Textbook” link

Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.

Complete: PrepU Quiz

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 15: Postpartum Adaptations”
5. Select “Chapter 16: Nursing Management During the Postpartum Period”
6. Choose number of quiz questions
7. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

Watch: Breastfeeding

Watch the Chapter 16: Nursing Management During the Postpartum Period video:

- Assisting a Client with Breastfeeding

Watch the video below:

- How to Breastfeed

The Postpartum Family at Risk

Many risks exist during the postpartum period for both the mother and child, and the potential for complications needs to be acutely monitored to ensure a safe and healthy start for mother and child.

Learning Objectives:

- Assess client for symptoms of postpartum complications.

Read: Postpartum Risks

Read the following:

- chapter 22 ("Nursing Management of the Postpartum Woman at Risk")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
Select “Course Content” tab,
Select “Digital Textbook”

Locate “Chapter 22: Nursing Management of the Postpartum Woman at Risk” and select “Digital Textbook” link

Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.

Complete: PrepU Quiz

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 22: Nursing Management of the Postpartum Woman at Risk”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

Apply: vSim Fatime Sanogo Complex

Access the vSim on “Fatime Sanogo Complex”:

1. Log in to CoursePoint Plus
2. Select the “Course Content” link
3. Select the “vSim for Nursing” tab
4. Select “Maternity Case 6: Fatime Sanogo (Complex)"
5. Follow the proscribed workflow for the vSim

Repeat the scenario until you have reached a score of 80% or higher. All assigned virtual simulations (vSims) must be completed and passed with a score of at least 80% in order to attend Learning Lab day 1. Any student who does not submit them to Taskstream by 5:00 p.m. Mountain Standard Time (MST) on the day before lab, will not attend Learning Lab day 1. Failure to meet this deadline will prevent learning lab attendance, which may result in additional consequences. A sample of what you need to submit is available in Taskstream.

Engage: Community Chatter Question for Focus:

Go to the community chatter page and discuss the following with your peers.

- What are the risk factors for postpartum hemorrhage?

Apply: ATI Pharmacology Made Easy: Labor & Delivery Drugs

Access the ATI Pharmacology Made Easy: Labor and Delivery Drugs. Continue the tutorial and focus on the Oxytocic Drugs.
Physiologic Responses of the Newborn to Birth

The ductus arteriosus that allows the fetus’s circulation to bypass the lungs in utero will close after birth. How and when does this happen? What other physiologic changes take place as the newborn transitions to life outside the womb?

Learning Objective:

- Identify the newborn’s physiologic response to birth.

Read: Newborn Transitioning

Read the following:

- chapter 17 ("Newborn Transitioning")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
  - Locate “Chapter 17: Newborn Transitioning” and select “Digital Textbook” link

Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.

Complete: PrepU Quiz

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 17: Newborn Transitioning”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

Nursing Assessment of the Newborn

Nurses who work in birth care environments must be able to ensure safe, quality care and promote emotional bonding for both mother and baby. The first minutes of the infant’s life are critical.

Learning Objectives:

- Evaluate the postpartum family’s ability to care for the newborn.
Provide client and family education related to care of the newborn. 

**Read: Nurses and Newborns**

Read the following:

- chapter 18 ("Nursing Management of the Newborn")

Access the reading in CoursePoint by following the steps below:

- Login to [CoursePoint Plus](#)
- Select “Course Content” tab,
- Select “Digital Textbook”

Locate “Chapter 18: Nursing Management of the Newborn” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Quiz**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 18: Nursing Management of the Newborn”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Complete: Apgar Scores**

You will be expected to know how to assess an Apgar score in learning lab and clinical. Refer to the chart on page 546 in your Ricci’s *Essentials of Maternity, Newborn, and Women’s Health Nursing* 3rd edition e-textbook. This chart would be useful to have on a 3x5 index card for use in learning lab and the clinical setting. Complete the activities listed below to develop competence in assigning Apgar scores to neonates:

- “Apgar Scoring in the Newborn”
- “Apgar Scoring Challenge”

**Research: Newborn Medications**

There are immediate needs that the newborn has, such as care of the eyes, administration of vitamin K, and cord care. In addition, the infant needs to bond with the mother and receive proper nutrition. The nurse plays a significant role in helping the parents understand the needs of their newborn.
For each medication review the following: correct dosage, mechanism of action, reason for use, contraindications, common adverse effects, serious adverse effects, nursing assessment, and patient education factors. Take notes on these medications:

- Vitamin K
- Erythromycin Ophthalmic Ointment
- Naloxone Hydrochloride

**The Newborn at Risk: Birth-Related Stressors**

Not all pregnancies end with a healthy baby. Genetic problems and maternal conditions such as diabetes, hypertension, and poor nutrition or addiction can put the newborn at risk. Some incidents, such as a prolapsed cord, a placenta that separates early, or abnormal position of the baby occur at birth with no precondition or warning.

**Learning Objective:**

- Identify birth-related stressors that place the newborn at risk.

**Read: Newborns with Special Needs**

Read the following:

- chapter 23 ("Nursing Care of the Newborn with Special Needs")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”

- Locate “Chapter 23: Nursing Care of the Newborn with Special Needs” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Quiz**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 23: Nursing Care of the Newborn with Special Needs”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.
Apply: ATI Pharmacology Made Easy: Labor & Delivery Drugs

Access the ATI Pharmacology Made Easy 2.0: Labor and Delivery Drugs. Continue the tutorial and focus on Corticosteroid Drugs.

- ATI Testing

Apply: ATI RN Learning System Practice Test: Maternal Newborn 2

This practice test covers the Postpartum and Newborn Care. Now would be a good time to test your knowledge and prepare for your final assessment at the end of this course. Access your ATI account, My eLearning, and select the Tutorial Tab. Click on the Learning System RN, select the Practice Tests, and find Maternal Newborn 2.

- ATI Testing

Research: Postpartum Pain Medications

For each medication listed below, review the following: correct dosage, mechanism of action, reason for use, contraindications, common adverse effects, serious adverse effects, nursing assessment, and patient education factors. Take notes on these medications:

- Ibuprofen
- Tylenol #3
- Percocet
- Morphine

Discharge Plan for New Mother

There is a lot to think about when putting together an effective teaching plan for a new mother.

Learning Objectives:

- Provide discharge teaching to postpartum families.

Review: Resources

Here are some resources that you might find helpful in creating a patient teaching plan:

- A Guide for Nurses: Teaching Healthcare Effectively to Patients
- The Teach-Back Video
- Patient education and the nursing process: meeting the patient’s needs

Scenario: Discharge Plan

S.H. is a new mother scheduled to be discharged the next day with her first newborn. S.H. is 22 years old with a high school education. Her husband is on active duty in the military and will not be returning home for three months. She lives on the base, away from her family, but has a close friend who is the mother of two-year-old twins. S.H. is very anxious and you notice that her hands tremble when she tries to handle her newborn. She tells you that she has never been around babies or had any experience in caring for children. She worries that her baby isn’t
getting enough breast milk and she blames herself for not knowing how to breastfeed. She
complains of breast and nipple pain and is wondering if it is worth it to try and breastfeed. She
says she cannot get in a comfortable position and she is sure she doesn't produce enough
milk. You observe tears running down her cheeks.

Go to the community chatter and post your thoughts about teaching this new family.

**Week 4: Family Planning**

Birth in the United States is big business, and an event that was once thought of as “normal” is
now approached from a medical perspective. While the greatest technology in the world is
accessible for saving moms and babies, U.S. infant and maternal mortality rates are higher than
those of many other developed countries.

- **Competency 726.6.4: Health Promotion of the Family:**
  The graduate uses age-appropriate health promotion and health maintenance activities
  and interventions to assist women and their families in safeguarding health, safety, and
  wellness.

Under this Competency are the following subtopics with individual learning objectives and
learning tasks listed below:

- Special Reproductive Concerns: Genetics & Family Planning
- Health Promotion of Women across the Lifespan

**Special Reproductive Concerns: Genetics & Family Planning**

Genetic testing allows families to determine their risks for transmitting inherited conditions to
their children before conception and may guide family planning decisions. After conception,
tests may be performed to determine if the fetus has a particular condition. Advice is often
sought from nurses concerning genetic and prenatal testing.

**Learning Objective:**

- Compare and contrast evidence-based contraceptive methods in terms of cost,
effectiveness, and availability.

**Read: Reproductive Issues**

Read the following:

- chapter 4 ("Common Reproductive Issues")

Access the reading in CoursePoint by following the steps below:

- Login to CoursePoint Plus
- Select “Course Content” tab,
- Select “Digital Textbook”
- Locate “Chapter 4: Common Reproductive Issues” and select “Digital Textbook” link

*Be familiar with the key terms and be able to answer the Learning Objectives. Pay attention to tables, boxes and inserts within the chapter and key concepts.*

**Complete: PrepU Quiz**

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to [CoursePoint Plus](#)
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 4: Common Reproductive Issues”
5. Choose number of quiz questions
6. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

**Research: Contraception**

Research one form of contraception, and identify what you would teach a patient about the effectiveness or the proper use of the contraceptive method. Go to the community chatter and post your findings, your source of information, and what you would teach.

**Health Promotion of Women Across the Lifespan**

While the health of a women is of particular focus during a pregnancy, it is critical to promote healthy living throughout the lifespan. This includes minimizing the risk of acquiring an STI, avoiding situations where violence and abuse are present, and receiving proper regular screenings to ensure proper health.

Learning Objectives:

- Describe the diagnostic testing and health screenings appropriate for women across the lifespan.
- Recognize leadership strategies that promote women’s health quality improvement in the community.

**Read: STIs and Abuse**

Read the following:

- chapter 5 (“Sexually Transmitted Infections”)
- chapter 9 (“Violence and Abuse”)

Access the readings in CoursePoint by following the steps below:

- Login to [CoursePoint Plus](#)
- Select “Course Content” tab,
- Select “Digital Textbook”
Complete: PrepU Quiz

Access PrepU and complete an adaptive, formative assessment of the reading:

1. Log in to CoursePoint Plus
2. Select the “PrepU” tab
3. Select “Take a Practice Quiz”
4. Select “Chapter 5: Sexually Transmitted Infections”
5. Select “Chapter 9: Violence and Abuse”
6. Choose number of quiz questions
7. Click “Quiz Me”

Review your Performance Results. Your goal is to reach a Mastery Level of 3.

Research: Women’s Health Screening

Visit the following websites and explore the screening recommendations for immunizations and breast health.

- Screening Tests and Vaccines
- Vaccinations for Adults

Complete: ATI Pharmacology Made Easy: Post-Test

Complete the entire Pharmacology Made Easy tutorial assigned. This includes the introduction, the specific class of drugs, general mechanisms of action, specific drugs within a class, side effects, and general nursing interventions. Take notes and watch any videos that may be included. A comprehensive review of a Pharmacology Made Easy tutorial should take at least 90 minutes. Take the post-test. If you do not obtain a minimum score of 75%, you will be allowed to repeat the test one more time. At least 48 hours (sometimes 72 hours) is required before you can repeat the test. If you fail to obtain the minimum score in two attempts, notify the course instructor immediately and develop a remediation plan using the remediation resources listed.

- ATI Testing

Practice Exam and Remediation

Take the ATI RN Maternal Newborn Online Practice 2013 B Assessment. Regardless of your score, you should plan on completing the recommended remediation exercises in ATI. However, if your score is below a 75%, you are required to complete the recommended remediation exercises. If you have never created a remediation plan in ATI, access the tutorial:

- How to Create ATI Focused Review
Note: To download this video, right-click the following link and choose "Save as...": download video.

Note: There are two practice assessments.

- RN Maternal Newborn Online Practice 2013 B
- RN Maternal Newborn Online Practice 2013 A

Your performance on the practice exam will help your mentor determine whether or not you are prepared to take the proctored exam. The mentor will not consider scores obtained after repeated attempts of a practice exam.

The cut score for the ATI Maternal Newborn objective assessment is level 2.

**Weeks 5-6 Clinical Intensive: Scheduling and Preparation**

Being fully prepared will help you have a meaningful and rich experience. Read through this section carefully and consult your mentor if you have questions or concerns.

**Clinical Intensive**

Follow the activities below to prepare for your Clinical Intensive experience.

**Requirements to Progress to OB Clinical**

Students are encouraged to complete the course of study to prepare them for lab/simulation and clinical intensive.

At a minimum: Students are required to do the following to be authorized to progress to OB clinical intensive.

1. Per policy student is to complete and pass all components of the previous clinical course.
2. Students should complete the following in ATI: learning system maternal newborn test, labor & delivery drugs in the pharmacology tutorial.
3. Participate in the lab simulation day.
4. Attempt their pre-assessment prior to 1st day of clinical.

**Scheduling of Clinical Intensive**

You will be notified of your assigned clinical site, clinical coach and clinical instructor. Your coach will work with you one-on-one in clinical. If you have not been notified two weeks prior to your clinical time frame, please contact your mentor immediately.

You will receive a very important email that contains your clinical coach’s name and your schedule for this clinical rotation.

Please make sure that you access your PassPort account and create your clinical field experience for this clinical rotation. This is where you will complete your required journals. You
will also want to email a request for recommendation to your clinical instructor. Please review the following tutorials for PassPort as needed:

- Tutorial: Accessing PassPort
- Tutorial: Creating a Clinical Form
- Tutorial: How to use your Clinical Experience Form
- Tutorial: Requesting a Recommendation

Make sure that you read the following in preparation for your clinical intensives:

- Clinical Journal guidelines
- Post Conference guidelines
- Key Behaviors OB/Care of the Developing Family
- Skills List for OB/Care of the Developing Family
- Quick Reference Guide for Clinical Rotations

Go to the Nursing Prelicensure Program Community and search for your cohort and clinical course and post your requirements.

Download Unbound Medicine's (Nursing Central /Nursing Pocket Guide) to your smart device to use as a resource during your clinical rotation.

**Final Steps**

Congratulations on completing the activities in this course! This course has prepared you to complete the assessments associated with this course. If you have not already been directed to complete the assessments, schedule and complete your assessments now.

**ATI Exam**

**Accessing Outside Vendor Assessments**

Complete the following outside vendor assessment:

- ATI RN Maternal Newborn 2013

Refer for this exam through the Assessment tab in this course. WGU considers the achievement of Level 2 to be the demonstration of competency for ATI exams, regardless of any numerical score representation. The achievement of a Level 2 or greater is necessary in order to demonstrate competency and thus, successfully pass the assessment.

For directions on how to receive access to outside vendor assessments, see the “Accessing Objective and Outside Vendor Assessments” page.

**Student Support**

WGU values your input! Please submit any feedback you have using the following form:
Access the WGU Library 24 hours a day, 7 days a week:

Visit the Student Success Center to access a variety of topics that will help you succeed at WGU:

Contact the Center for Writing Excellence (CWE) for help with any part of the writing or revision process: