

Course Syllabus

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Course Title: Antepartum Nutrition

Credits: 0.5

Course Description: The Nutrition course provides student midwives with information regarding nutrition during the antepartum period. The course covers the education of clients regarding nutritional and non-allopathic dietary supplements and teaches midwives to individualize each recommendation. This course also includes identifying individual nutritional patterns, RDA recommendations, effects of malnutrition (both maternal and fetal), and facilitating access to better nutrition during pregnancy.

This course uses current research in midwifery and obstetrics to broaden the student's understanding of the NARM skills and MEAC essential competencies learned under clinical supervision.

Learning Objectives

Learning objectives are identified through the linking of MEAC Essential Competencies and the NCM Degree Qualification Profile.

Learning Activities

Antepartum Courses

Read, listen to, watch assigned lesson materials.

Submit a written summary of current research.

Complete oral and/or written formative didactic assessments with final summative submission.

Identify and cite high-quality sources.

Use articulated reasoning while participating in an oral presentation, facilitated discussions and skills demonstrations.

Submit a portfolio.

Analyze a case study.

Optional: Participate in a skills demonstration and/or
role-playing activity.

Optional: Develop a study aid.

Complete a final exam.

Note: The clinical requirement of NARM /Clinical Skills is completed at any time throughout the ASM apprenticeship during actual clinical practice and is NOT a requirement to complete this academic course. Typical clinical manifestations of knowledge learned in this course are identified in the learning objective document above.

Learning Materials / Resources:

Please use textbooks less than 5 years old or most recent edition.

1. Fraser, DM, et al. Myles Textbook for Midwives. 15th ed. Churchill Livingstone Press. 2009 (http://www.worldcat.org/title/myles-textbook-for-midwives/oclc/308240960&referer=brief_results).
2. Page, L.A. and McCandish, R. The New Midwifery: Science and Sensitivity in Practice. 2nd Edition. Churchill Livingstone Elsevier. 2006. (<http://www.worldcat.org/title/new-midwifery-science-and-sensitivity-in-practice/oclc/926895345?referer=br&ht=edition>)
3. Lammi-Keefe et al. Handbook of Nutrition in Pregnancy. Humana Press. 2018.
4. Romm, Aviva Jill, MD. Natural Pregnancy Book: Herbs, Nutrition and Other Holistic Choices. Celestial Arts. 2003. (http://www.worldcat.org/title/natural-pregnancy-book-herbs-nutrition-and-other-holistic-choices/oclc/51728683&referer=brief_results)
5. Frye, Anne. Holistic Midwifery: A comprehensive Textbook for Midwives and Home Birth Practice, Vol I, Care During Pregnancy. Labrys Press. 2010. (<http://www.worldcat.org/title/holistic-midwifery-a-comprehensive-textbook-for-midwives-in-homebirth-practice/oclc/50199830/editions?editionsView=true&referer=br>)
6. Varney et al.. Varney's Midwifery. 5th edition. Jones and Bartlett Learning. 2015. (<http://www.worldcat.org/title/varneys-midwifery/oclc/913506930?referer=br&ht=edition>)
7. MEAC Abbreviated NARM Skills Form. (<http://www.midwiferycollege.org/AcademicProgram/Downloads/ASM/Clinical/Form-NARMSkills.pdf>)
8. MEAC Core Competencies for Midwives (<http://students%20must%20find%201%20article/study%20less%20than%205%20years%20old.%20Recomm>)
9. Midwives Model of Care®. (<http://cfmidwifery.org/mmoc/define.aspx>)
 1. 1. NARM Comprehensive Skills, Knowledge, and Abilities Essential for Competent Midwifery Practice Verification Form 201a (<http://narm.org/pdf/files/AppForms/Form201a.pdf>)
 2. MEAC Core Competencies for Midwives (<http://meacschools.org/wp-content/uploads/2014/12/Curriculum-Checklist-of-Essential-Competencies-rev-2014.pdf>)
 3. (<http://meacschools.org/wp-content/uploads/2014/12/Curriculum-Checklist-of-Essential-Competencies-rev-2014.pdf>) Midwives Model of Care (<http://cfmidwifery.org/mmoc/define.aspx>)

Students must find 1 article/study less than 5 years old. Recommended internet links as needed

for latest developments in midwifery care:

1. [Help Evaluating Articles](#)
2. [Citation Guidance](#)
3. [Places to Find Research Articles](#)

Evaluation Tools / Methods




The minimum passing grade for all courses is a cumulative 80% / B-. Grades are not recorded until both the student and preceptor submit end of trimester evaluations and in the case of general education courses supervision is completed.

All assignments for this course are evaluated using the following criteria:

1. Responses to each didactic assessment are evaluated utilizing the NCM rubrics and degree level profile.
2. Answers should reflect a thorough review of the current literature regarding best current practices in midwifery care.
3. Non-plagiarized paraphrased answers from the text which demonstrate appropriate comprehension of the learning objective. (Formative Assessment) Students and preceptors are encouraged to work together until the student masters the information. (Summative Assessment)
4. Random evaluation of cited sources and page numbers for each written assignment.

Course credit: One Academic credit equals approximately 15 hours of formal time plus 30 hours of additional study or homework. Formal time is defined as the amount of time taken to answer the Learning Objectives to the level of 80% for midwifery courses and 70% for general education courses and to complete any learning activities to the preceptor's satisfaction, including any time spent face to face with the preceptor. Informal time includes any time spent actively reading relevant sources and textbook/s, researching Learning Objectives, and studying for examinations.

Course Summary:

Date	Details	Due
	 Amino Acid Mnemonic (https://ncm.instructure.com/courses/649/assignments/25878)	
	 Antepartum Nutrition Final Test Multiple Attempts (https://ncm.instructure.com/courses/649/assignments/25921)	
	 Client Recipes (https://ncm.instructure.com/courses/649/assignments/25880)	