

# Course Syllabus

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**Course Code: MW 343**

**Course Title: Postpartum Provision of Care**

**Credits: 1.0**


## **Course Description:**

This course covers management of the postpartum period from its initiation to 6-weeks including: delivery of the placenta, care of the placenta and umbilical cord, estimation and management of blood loss, continual assessment of client well-being, assisting the client to initiate and persist in breast/chest feeding, facilitation of the attachment and bonding between infant and care givers, and management of pain, constipation, and hemorrhoids. The student learns the provision of education, guidance and support to the client and family.

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**

Introduction to the *Midwives Model of Care*® (<https://www.citizensformidwifery.org/mmoc>) .  
(<http://cfmidwifery.org/mmoc/define.aspx>)

**Learning objectives**  ([https://ncm.instructure.com/courses/665/files/15606/download?download\\_frd=1](https://ncm.instructure.com/courses/665/files/15606/download?download_frd=1))  
are identified through the linking of MEAC Essential Competencies and the NCM Degree Qualification Profile.

## **Learning Activities**

Postpartum Courses

Read, listen to, watch assigned lesson materials.

Submit a written summary of current research.

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

Identify and cite high-quality sources.

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

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

Analyze a case study.

Create an infographic, handout, and/or community resource.

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. Bickley, Lynn. Bate's Guide to Physical Exam and History Taking. 12th edition. Lippincott Williams and Wilkins. 2016
2. Wylie, Linda. Essential Anatomy and Physiology in Maternity Care. Second edition. Elsevier. 2005
3. Tharpe, Nell and Farley, Cindy. Clinical Practice Guidelines for Midwifery and Women's Health. 5th edition. Jones and Bartlett Publishing. 2017
4. Varney, Helen. Varney's Midwifery, 6th Edition. Jones and Bartlett Publishers. 2018.
5. Johnson, Ruth and Taylor, Wendy. Skills for Midwifery Practice. 4th edition. Elsevier Churchill Livingston. 2016.
6. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery, 5th Edition. Morningstar Publishing Co. Wasilla. 2012.
7. Davis, Elizabeth. Heart and Hands: A midwife's guide to pregnancy and birth. 5th Edition. Celestial Arts Press. 2012

8. MEAC Abbreviated NARM Skills Form: [MEAC Abbreviated NARM Skills Form](#)

9. MEAC Essential Competencies:

<http://www.midwiferycollege.org/downloads/worddocs/Curriculum-Checklist-of-EssentialCompetencies-rev-2014.pdf>

(<http://www.midwiferycollege.org/downloads/worddocs/Curriculum-Checklist-of-EssentialCompetencies-rev-2014.pdf>) (<http://www.midwiferycollege.org/downloads/worddocs/Curriculum-Checklist-of-EssentialCompetencies-rev-2014.pdf>)

(<http://www.midwiferycollege.org/downloads/worddocs/Curriculum-Checklist-of-EssentialCompetencies-rev-2014.pdf>) 10. Midwives Model of Care®: [Midwives Model of Care®](#)

(<https://www.citizensformidwifery.org/mmoc>)

11. *Help Evaluating Articles (visit the digital library)*

12. *Citation Guidance (visit the digital library)*

13. *Places to Find Research Articles (visit the digital library)*

### **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 text which demonstrate appropriate comprehension of the learning objective. (Formative Assessment) *Students and Online Learning Coordinators work together until the student masters the information. (Summative Assessment)*
4. Group sharing within NCM is acceptable and encouraged. Students are allowed to use each other's answers by indicated "Group Share" and submission of the answer on all group identified assignments.
5. NCM's [Integrity Code](#)  
([https://docs.google.com/document/d/14PvgiDU4MJEKRZZiUQRFhNBeDL\\_KFqZzATPkDvuQYzA/edit?usp=sharing](https://docs.google.com/document/d/14PvgiDU4MJEKRZZiUQRFhNBeDL_KFqZzATPkDvuQYzA/edit?usp=sharing)) is the basis for a "completed" score earned on all assignments which are allowed to be completed in the community with the student's active preceptor(s).
6. 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
	 <b><u>Abortion: Emotional Recovery</u></b> ( <a href="https://ncm.instructure.com/courses/665/assignments/26891">https://ncm.instructure.com/courses/665/assignments/26891</a> )	
	 <b><u>Breastfeeding and Maternal Tuberculosis</u></b> ( <a href="https://ncm.instructure.com/courses/665/assignments/26895">https://ncm.instructure.com/courses/665/assignments/26895</a> )	
	 <b><u>Close to the Heart: Breastfeeding our children, honoring our values</u></b> ( <a href="https://ncm.instructure.com/courses/665/assignments/26896">https://ncm.instructure.com/courses/665/assignments/26896</a> )	
	 <b><u>Community preceptor: MW343-003 - What is the minimum amount of time a midwife should be present after the birth of the baby and placenta? Why?</u></b> ( <a href="https://ncm.instructure.com/courses/665/assignments/26916">https://ncm.instructure.com/courses/665/assignments/26916</a> )	
	 <b><u>Community preceptor: MW343-009 - Discuss 2 ways in which a midwife can provide individualized care during the postpartum period.</u></b> ( <a href="https://ncm.instructure.com/courses/665/assignments/26926">https://ncm.instructure.com/courses/665/assignments/26926</a> )	
	 <b><u>Community preceptor: MW343-015 - What topics should be covered with a client at the 6-week postpartum visit?</u></b> ( <a href="https://ncm.instructure.com/courses/665/assignments/26932">https://ncm.instructure.com/courses/665/assignments/26932</a> )	

 Community preceptor: MW343-028 - Describe the state regulations regarding filing a birth certificate in the state where you intend to practice. Are there any regulations specifically regarding births that happen out of hospital?  
(<https://ncm.instructure.com/courses/665/assignments/26944>)


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 Community preceptor: MW343-040 - Discuss when it is appropriate to counsel about sex and contraception postpartum.  
(<https://ncm.instructure.com/courses/665/assignments/26956>)

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 Community preceptor: MW343-042 - Describe a scenario postpartum that would require a consult with a social services provider.  
(<https://ncm.instructure.com/courses/665/assignments/26958>)


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 Community preceptor: MW343-049 - Discuss recommendations that can be given to parents who feel exhausted and overwhelmed during the postpartum period.  
(<https://ncm.instructure.com/courses/665/assignments/26981>)


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 Grading Policy- MUST READ  
(<https://ncm.instructure.com/courses/665/assignments/28031>)


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 Group assignment: Hepatitis B facts  
(<https://ncm.instructure.com/courses/665/assignments/26900>)


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 Group assignment: Hepatitis C facts  
(<https://ncm.instructure.com/courses/665/assignments/26902>)


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 Group assignment: MW343-012 - What topics should be covered with a client at the 24-hour postpartum visit?  
(<https://ncm.instructure.com/courses/665/assignments/26929>)


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 Group assignment: MW343-013 - What topics should be covered with a client at the 3-day postpartum visit?  
(<https://ncm.instructure.com/courses/665/assignments/26930>)


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 Group assignment: MW343-014 - What topics should be covered with a client at the 1 or 2-week postpartum visit?  
(<https://ncm.instructure.com/courses/665/assignments/26931>)


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 Group assignment: MW343-017 - Explain the nutritional needs of a client during the postpartum period and how these needs are affected by chest/breastfeeding.  
(<https://ncm.instructure.com/courses/665/assignments/26934>)


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 Group assignment: MW343-018 - Discuss hydration during the postpartum period. How is it different from pregnancy?  
(<https://ncm.instructure.com/courses/665/assignments/26935>)


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 Group assignment: MW343-030 - Give an example of an informed consent that might be given to parents who do not wish to file for a social security card or birth certificate.  
(<https://ncm.instructure.com/courses/665/assignments/26946>)








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 Group assignment: MW343-032 - Discuss the management of excessive perspiration postpartum.  
(<https://ncm.instructure.com/courses/665/assignments/26948>)

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 Group assignment: MW343-046 - What are 3 ways to reduce pain and swelling of the vagina and perineal tissues postpartum?  
(<https://ncm.instructure.com/courses/665/assignments/26968>)

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Date	Details	Due
	 <u>Group assignment: MW343-047 - What activity restrictions, if any, should be recommended to a parent in the first 6 weeks following the birth of their baby?</u> <a href="https://ncm.instructure.com/courses/665/assignments/26972">https://ncm.instructure.com/courses/665/assignments/26972</a>	
	 <u>Group assignment: MW343-051 - Give an example of exercises that can be done postpartum to restore abdominal muscle tone.</u> <a href="https://ncm.instructure.com/courses/665/assignments/26989">https://ncm.instructure.com/courses/665/assignments/26989</a>	
	 <u>Group assignment: MW343-052 - Give an example of exercises that can be done postpartum to restore the tone of the pelvic floor.</u> <a href="https://ncm.instructure.com/courses/665/assignments/26992">https://ncm.instructure.com/courses/665/assignments/26992</a>	
	 <u>Group assignment: Write a handout to educate your client on self-care of following SAB or TAB, including rest, nutrition, and identifying complications.</u> <a href="https://ncm.instructure.com/courses/665/assignments/27013">https://ncm.instructure.com/courses/665/assignments/27013</a>	
	 <u>Journal Article Summary</u> <a href="https://ncm.instructure.com/courses/665/assignments/26904">https://ncm.instructure.com/courses/665/assignments/26904</a>	
	 <u>MW343-001 - Discuss the management of third stage. What events occur during this time and what is the midwife's role in facilitating these events?</u> <a href="https://ncm.instructure.com/courses/665/assignments/26905">https://ncm.instructure.com/courses/665/assignments/26905</a>	
	 <u>MW343-001 - Discuss the management of third stage. What events occur during this time and what is the midwife's role in facilitating these events?</u> <a href="https://ncm.instructure.com/courses/665/assignments/27896">https://ncm.instructure.com/courses/665/assignments/27896</a>	

 MW343-002 - Why is it important to discuss the postpartum period before the birth? Explain the midwife's role in making a postpartum plan with the family.  
(<https://ncm.instructure.com/courses/665/assignments/26911>)


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 MW343-002 - Why is it important to discuss the postpartum period before the birth? Explain the midwife's role in making a postpartum plan with the family.  
(<https://ncm.instructure.com/courses/665/assignments/28439>)


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 MW343-004 - Discuss what is done with the placenta after it is delivered. Why is it important to include the parents in the decision making about the disposal of the placenta?  
(<https://ncm.instructure.com/courses/665/assignments/26920>)


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 MW343-004 - Discuss what is done with the placenta after it is delivered. Why is it important to include the parents in the decision making about the disposal of the placenta?  
(<https://ncm.instructure.com/courses/665/assignments/27897>)

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 MW343-005 - Discuss how the midwives model of care is different from the medical model in regards to the first three hours after birth.  
(<https://ncm.instructure.com/courses/665/assignments/26922>)

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 MW343-005 - Discuss how the midwives model of care is different from the medical model in regards to the first three hours after birth.  
(<https://ncm.instructure.com/courses/665/assignments/28440>)

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 MW343-006 - Discuss how attachment and bonding between infant and parents can be facilitated.  
(<https://ncm.instructure.com/courses/665/assignments/26923>)


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 MW343-007 - Discuss how attachment and bonding between infant and parents can be facilitated.  
(<https://ncm.instructure.com/courses/665/assignments/27898>)


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 MW343-007 - Discuss how attachment and bonding between infant and parents can be facilitated...  
(<https://ncm.instructure.com/courses/665/assignments/26924>)


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 MW343-008 - Discuss ways that attachment and bonding can be facilitated between infant and other family members (siblings, grandparents, close friends, etc...).  
(<https://ncm.instructure.com/courses/665/assignments/26925>)


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 MW343-008 - Discuss ways that attachment and bonding can be facilitated between infant and other family members (siblings, grandparents, close friends, etc...).  
(<https://ncm.instructure.com/courses/665/assignments/27899>)


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 MW343-009 - Discuss 2 ways in which a midwife can provide individualized care during the postpartum period.  
(<https://ncm.instructure.com/courses/665/assignments/27901>)


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 MW343-010 - Discuss the role of informed consent in the postpartum period. Give an example of a postpartum scenario in which the principles of informed consent should be applied.  
(<https://ncm.instructure.com/courses/665/assignments/26927>)


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 MW343-010 - Discuss the role of informed consent in the postpartum period. Give an example of providing informed consent within a postpartum scenario.  
(<https://ncm.instructure.com/courses/665/assignments/28441>)


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 MW343-011 - Why is postpartum follow-up just as important as prenatal care?  
(<https://ncm.instructure.com/courses/665/assignments/26928>)


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 MW343-011 - Why is postpartum follow-up just as important as prenatal care?  
(<https://ncm.instructure.com/courses/665/assignments/27900>)


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 MW343-016 - If someone is choosing to chest/breastfeed, how can support or assistance be provided? What are some tangible examples?  
(<https://ncm.instructure.com/courses/665/assignments/26933>)


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 MW343-019 - What complications can arise from inadequate hydration postpartum?  
(<https://ncm.instructure.com/courses/665/assignments/26936>)


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 MW343-020 - Discuss how to refer a client for assistance with chest/breastfeeding.  
(<https://ncm.instructure.com/courses/665/assignments/26937>)


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 MW343-020 - Discuss how to refer a client for assistance with chest/breastfeeding. What resources are available?  
(<https://ncm.instructure.com/courses/665/assignments/27902>)


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 MW343-021 - Discuss 3 methods for facilitating the postpartum woman's parenting.  
(<https://ncm.instructure.com/courses/665/assignments/26938>)


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 MW343-023 - Discuss what anticipatory guidance and instructions should be given postpartum regarding breastfeeding.  
(<https://ncm.instructure.com/courses/665/assignments/26939>)


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 MW343-023 - Discuss what anticipatory guidance and instructions should be given postpartum regarding chest/breastfeeding.  
(<https://ncm.instructure.com/courses/665/assignments/27903>)


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 MW343-024 - Discuss what anticipatory guidance should be given postpartum regarding the emotional adjustment of the birthing parent.  
(<https://ncm.instructure.com/courses/665/assignments/26940>)


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 MW343-024 - Discuss what anticipatory guidance should be given postpartum regarding the emotional adjustment of the birthing parent.  
(<https://ncm.instructure.com/courses/665/assignments/27904>)


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 MW343-025 - Discuss what anticipatory guidance and instructions should be given postpartum regarding the physiological adjustment of the mother.  
(<https://ncm.instructure.com/courses/665/assignments/26941>)


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 MW343-025 - Discuss what anticipatory guidance and instructions should be given postpartum regarding the physiological adjustment of the mother.  
(<https://ncm.instructure.com/courses/665/assignments/27905>)


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 MW343-026 - Discuss what anticipatory guidance should be given postpartum regarding the adjustment of siblings to a new baby.  
(<https://ncm.instructure.com/courses/665/assignments/26942>)


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 MW343-026 - Discuss what anticipatory guidance should be given postpartum regarding the adjustment of siblings to a new baby.  
(<https://ncm.instructure.com/courses/665/assignments/27907>)

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 MW343-027 - Discuss what anticipatory guidance should be given postpartum regarding the relationship between intimate partners.  
(<https://ncm.instructure.com/courses/665/assignments/26943>)


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 MW343-027 - Discuss what anticipatory guidance should be given postpartum regarding the relationship between intimate partners.  
(<https://ncm.instructure.com/courses/665/assignments/27906>)


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 MW343-029 - Describe the procedure for filing for a social security card in the state where you intend to practice.  
(<https://ncm.instructure.com/courses/665/assignments/26945>)


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 MW343-031 - Discuss the occurrence of postpartum cramps (after-pains) and what advice should be given to the postpartum parent regarding the management of this discomfort.  
(<https://ncm.instructure.com/courses/665/assignments/26947>)


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 MW343-031 - Discuss the occurrence of postpartum cramps (after-pains) and what advice should be given to the postpartum parent regarding the management of this discomfort.  
(<https://ncm.instructure.com/courses/665/assignments/27908>)

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 MW343-033 - Discuss the management of breast engorgement. Give the rationale for each step.  
(<https://ncm.instructure.com/courses/665/assignments/26949>)


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 MW343-034 - Discuss the management of sore/cracked nipples.  
(<https://ncm.instructure.com/courses/665/assignments/27909>)


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 MW343-034 - Discuss the management of sore/cracked nipples.  
(<https://ncm.instructure.com/courses/665/assignments/26950>)


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 MW343-035 - Explain how good breast support is affected and what the rationale is.  
(<https://ncm.instructure.com/courses/665/assignments/26951>)


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 MW343-036 - Name 5 steps that can lead to a successful chest/breastfeeding relationship.  
(<https://ncm.instructure.com/courses/665/assignments/26952>)

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 MW343-037 - Discuss 3 common complaints that may occur with breast-feeding during the first week postpartum. Describe what advice you would give the mother in resolving these issues.  
(<https://ncm.instructure.com/courses/665/assignments/26953>)

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 MW343-037 - Discuss 3 common complaints that may occur with chest/breastfeeding during the first week postpartum. Describe what recommendations you would give to resolve these issues.  
(<https://ncm.instructure.com/courses/665/assignments/28442>)


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 MW343-038 - Discuss the management of constipation postpartum.  
(<https://ncm.instructure.com/courses/665/assignments/26954>)


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 MW343-038 - Discuss the management of constipation postpartum.  
(<https://ncm.instructure.com/courses/665/assignments/27910>)


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 MW343-039 - Discuss the management of hemorrhoids postpartum.  
(<https://ncm.instructure.com/courses/665/assignments/26955>)


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 MW343-041 - Describe normal changes in a sexual relationship that might occur during the postpartum period and why these changes often occur.  
(<https://ncm.instructure.com/courses/665/assignments/26957>)


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 MW343-041 - Describe normal changes in a sexual relationship that might occur during the postpartum period and why these changes often occur.  
(<https://ncm.instructure.com/courses/665/assignments/27911>)


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 MW343-043 - Explain LAM (lactation amenorrhea method). Discuss how it can be used to prevent pregnancy postpartum as well as its risks.  
(<https://ncm.instructure.com/courses/665/assignments/26959>)


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 MW343-044 - How do sleep patterns change during the postpartum period? Give an example of how you might counsel new parents on the importance of adequate rest in the first 6 weeks postpartum.  
(<https://ncm.instructure.com/courses/665/assignments/26961>)


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 MW343-044 - How do sleep patterns change during the postpartum period? Give an example of how you might counsel new parents on the importance of adequate rest in the first 6 weeks postpartum.  
(<https://ncm.instructure.com/courses/665/assignments/28444>)







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 MW343-045 - Why is it important to discuss sleeping arrangements during the postpartum period? What important information can be gathered by inquiring about these arrangements?  
(<https://ncm.instructure.com/courses/665/assignments/26965>)


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 MW343-045 - Why is it important to discuss sleeping arrangements during the postpartum period? What important information can be gathered by inquiring about these arrangements?  
(<https://ncm.instructure.com/courses/665/assignments/27912>)


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Date	Details	Due
	 <u>MW343-048 - Discuss the feelings of grief or sadness that are normal during the postpartum period.</u> <a href="https://ncm.instructure.com/courses/665/assignments/27913">https://ncm.instructure.com/courses/665/assignments/27913</a>	
	 <u>MW343-048 - Discuss the feelings of grief or sadness that are normal during the postpartum period.</u> <a href="https://ncm.instructure.com/courses/665/assignments/26976">https://ncm.instructure.com/courses/665/assignments/26976</a>	
	 <u>MW343-050 - Discuss the importance of social interaction with peers postpartum.</u> <a href="https://ncm.instructure.com/courses/665/assignments/26987">https://ncm.instructure.com/courses/665/assignments/26987</a>	
	 <u>MW343-050 - Discuss the importance of social interaction with peers postpartum. What does that look like in a pandemic?</u> <a href="https://ncm.instructure.com/courses/665/assignments/27914">https://ncm.instructure.com/courses/665/assignments/27914</a>	
	 <u>MW343-053 - Why is it important to restore pelvic floor tone after the birth of the baby?</u> <a href="https://ncm.instructure.com/courses/665/assignments/26995">https://ncm.instructure.com/courses/665/assignments/26995</a>	
	 <u>MW343-054 - Discuss the practice of “confinement” or resting for 40 days after the birth of the baby. What is the rationale for this practice and what relevance does it have for modern birthing people during the postpartum period?</u> <a href="https://ncm.instructure.com/courses/665/assignments/26999">https://ncm.instructure.com/courses/665/assignments/26999</a>	



 MW343-054 - Discuss the practice of “confinement” or resting for 40 days after the birth of the baby. What is the rationale for this practice and what relevance does it have for modern birthing people during the postpartum period?  
(<https://ncm.instructure.com/courses/665/assignments/27915>)


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 Optional: Create a Set of Flashcards to Study for the NARM Exam  
(<https://ncm.instructure.com/courses/665/assignments/27009>)

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 Postpartum Provision of Care Multiple Attempts  
(<https://ncm.instructure.com/courses/665/assignments/27175>)

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 Updated Knowledge and Technology  
(<https://ncm.instructure.com/courses/665/assignments/27011>)

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 What do COMMUNITY and GROUP mean?- MUST READ  
(<https://ncm.instructure.com/courses/665/assignments/28298>)

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