

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 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

1. Student reads appropriate sections from the Learning Materials/Resources.
2. Student answers the questions listed in the didactic assessments by researching the learning materials/resources for the course and correctly citing the sources and page numbers for each of their answers.
3. Student presents the answers to the questions listed in the didactic assessments for review by preceptor.
4. Student participates in preceptor elaboration/discussion of didactic assessments.
5. Student participates in recommended role-playing and/or clinical interactions

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) .(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) (<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) .(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) .(<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) .(<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) (<http://www.midwiferycollege.org/AcademicProgram/Downloads/ASM/Clinical/Form-NARMSkills.pdf>)
- 8.

Evaluation Tools / Methods:

The minimum passing grade for all courses is a cumulative 80% / B-. Students and preceptors are encouraged to work together until the student masters the information.























Grades are not recorded until both the student and preceptor submit end of trimester evaluations and in the case of a general education course supervision, if required, is completed.

The student's final grade for the course is based on preceptor evaluation of the following:

- 1. The preceptor evaluates each answer based on NCM rubrics and NCM's degree level profile.
- 2. Student's answers should reflect a thorough review of the current literature regarding best current practices in midwifery care.
- 3. Each answer should be formed in the student's own words or paraphrased from the text. The answer should be minimal, not a rewrite of the entire text, but enough to show appropriate comprehension of the learning objective.
- 4. Student identification of sources and page numbers for each of the didactic assessments. (Preceptor should do a random check to determine that sources cited are correctly identified.)

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 assignments to the level of 80% 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
Tue Jul 25, 2017	<div><div></div><div>Office Hours (https://ncm.instructure.com/calendar?event_id=120&include_contexts=course_142)</div><div>8am to 9am</div></div>
	<div><div></div><div>A Note on Community Building Activities (https://ncm.instructure.com/courses/142/assignments/6672)</div></div>
	<div><div></div><div>Amino Acid Mnemonic (https://ncm.instructure.com/courses/142/assignments/6826)</div></div>
	<div><div></div><div>Client Recipes (https://ncm.instructure.com/courses/142/assignments/13600)</div></div>
	<div><div></div><div>Exams and Quizzes (https://ncm.instructure.com/courses/142/assignments/6673)</div></div>
	<div><div></div><div>Fetal Brain Development Nutrition (https://ncm.instructure.com/courses/142/assignments/6825)</div></div>
	<div><div></div><div>Food and Nutritional Intake log (https://ncm.instructure.com/courses/142/assignments/6828)</div></div>
	<div><div></div><div>Highly Recommended Optional Enrichment Activities (https://ncm.instructure.com/courses/142/assignments/13599)</div></div>
	<div><div></div><div>Journal Article Summary (https://ncm.instructure.com/courses/142/assignments/6674)</div></div>
	<div><div></div><div>MW308-001 - Prenatal nutrition requires specific instruction as to the intake of calories and protein. Please discuss the current standard recommendations regarding calories and protein intake during pregnancy. (https://ncm.instructure.com/courses/142/assignments/6629)</div></div>
	<div><div></div><div>MW308-002 - Describe the three groups of organic compounds (macronutrients) that are essential to nutrition. (https://ncm.instructure.com/courses/142/assignments/6632)</div></div>
	<div><div></div><div>MW308-003 - Discuss the essential vitamins. List at least 10 vitamins that are essential during pregnancy and include the following details for each. (https://ncm.instructure.com/courses/142/assignments/6635)</div></div>
	<div><div></div><div>MW308-004 - Discuss minerals in prenatal nutrition. (https://ncm.instructure.com/courses/142/assignments/6638)</div></div>
	<div><div></div><div>MW308-005 - Explain why sufficient protein intake will not always provide enough calories. (https://ncm.instructure.com/courses/142/assignments/6640)</div></div>
	<div><div></div><div>MW308-006 - What is a complete protein? Give at least 5 examples and include foods that can be combined to form a complete protein. (https://ncm.instructure.com/courses/142/assignments/6643)</div></div>
	<div><div></div><div>MW308-007 - Discuss the benefits of consuming nutrients from food versus supplements. (https://ncm.instructure.com/courses/142/assignments/6645)</div></div>
	<div><div></div><div>MW308-008 - Discuss enzymes. How are they essential to the body's processes, how is their function associated with vitamins? (https://ncm.instructure.com/courses/142/assignments/6646)</div></div>
	<div><div></div><div>MW308-009 - Discuss essential amino acids. (https://ncm.instructure.com/courses/142/assignments/6647)</div></div>
	<div><div></div><div>MW308-010 - Reading and Interpreting chart of Food Insecurity in the US (https://ncm.instructure.com/courses/142/assignments/6648)</div></div>
	<div><div></div><div>MW308-011 - Discuss essential fatty acids. (https://ncm.instructure.com/courses/142/assignments/6649)</div></div>
	<div><div></div><div>MW308-012 - Discuss the purpose of the WIC program. (https://ncm.instructure.com/courses/142/assignments/6650)</div></div>
	<div><div></div><div>MW308-013 - Explain fat catabolism and why it can result in neurological damage to the fetus.</div></div>