

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) [.\(http://www.worldcat.org/title/myles-textbook-for-midwives/oclc/308240960&referer=brief_results\).](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) [.\(http://www.worldcat.org/title/new-midwifery-science-and-sensitivity-in-practice/oclc/926895345?referer=br&ht=edition\)](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) [.\(http://www.worldcat.org/title/natural-pregnancy-book-herbs-nutrition-and-other-holistic-choices/oclc/51728683&referer=brief_results\)](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) [.\(http://www.worldcat.org/title/holistic-midwifery-a-comprehensive-textbook-for-midwives-in-homebirth-practice/oclc/50199830/editions?editionsView=true&referer=br\)](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) [.\(http://www.worldcat.org/title/varneys-midwifery/oclc/913506930?referer=br&ht=edition\)](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) [.\(http://www.midwiferycollege.org/AcademicProgram/Downloads/ASM/Clinical/Form-NARMSkills.pdf\)](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.%20Recommended%20internet%20links%20as%20needed%20for%20>

9. **Midwives Model of Care®.** (<http://cfmidwifery.org/mmoc/define.aspx>)

10. Students must find 1 article/study less than 5 years old. Recommended internet links as needed for latest developments in midwifery care:

- **The Cochrane Collaboration** (<http://www.cochrane.org/>)
- **EBSCO** (<http://ejournals.ebsco.com/login.asp?bCookiesEnabled=TRUE>)
- **National Library of Medicine** (<https://www.nlm.nih.gov/>)
- **PubMed** (<https://www.ncbi.nlm.nih.gov/pubmed/>)
- **ScienceDirect** (<http://www.sciencedirect.com/>)
- **Medscape** (<http://www.medscape.com/womenshealth>)
- **World Health Organization** (<http://www.who.int/en/>)

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
Tue Jul 25, 2017	<div>  Office Hours (https://ncm.instructure.com/calendar?event_id=120&include_contexts=course_142) 8am to 9am </div> <div>  A Note on Community Building Activities (https://ncm.instructure.com/courses/142/assignments/6672) </div> <div>  Amino Acid Mnemonic (https://ncm.instructure.com/courses/142/assignments/6826) </div> <div>  Client Recipes (https://ncm.instructure.com/courses/142/assignments/13600) </div> <div>  Exams and Quizzes (https://ncm.instructure.com/courses/142/assignments/6673) </div> <div>  Fetal Brain Development Nutrition (https://ncm.instructure.com/courses/142/assignments/6825) </div> <div>  Food and Nutritional Intake log (https://ncm.instructure.com/courses/142/assignments/6828) </div> <div>  Highly Recommended Optional Enrichment Activities (https://ncm.instructure.com/courses/142/assignments/13599) </div> <div>  Journal Article Summary (https://ncm.instructure.com/courses/142/assignments/6674) </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>  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>  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>  MW308-004 - Discuss minerals in prenatal nutrition. (https://ncm.instructure.com/courses/142/assignments/6638) </div> <div>  MW308-005 - Explain why sufficient protein intake will not always provide enough calories. (https://ncm.instructure.com/courses/142/assignments/6640) </div>

Date	Details
	 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)
	 MW308-007 - Discuss the benefits of consuming nutrients from food versus supplements. (https://ncm.instructure.com/courses/142/assignments/6645)
	 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)
	 MW308-009 - Discuss essential amino acids. (https://ncm.instructure.com/courses/142/assignments/6647)
	 MW308-010 - Reading and Interpreting chart of Food Insecurity in the US (https://ncm.instructure.com/courses/142/assignments/6648)
	 MW308-011 - Discuss essential fatty acids. (https://ncm.instructure.com/courses/142/assignments/6649)
	 MW308-012 - Discuss the purpose of the WIC program. (https://ncm.instructure.com/courses/142/assignments/6650)
	 MW308-013 - Explain fat catabolism and why it can result in neurological damage to the fetus. (https://ncm.instructure.com/courses/142/assignments/6651)
	 MW308-014 - Discuss the effects of maternal malnutrition on fetal brain growth. (https://ncm.instructure.com/courses/142/assignments/6652)
	 MW308-015 - Explain why the combination of prenatal and postnatal maternal malnutrition is so detrimental for the fetus. (https://ncm.instructure.com/courses/142/assignments/6653)
	 MW308-016 - RDAs for pregnancy need to be individualized according to body type, activity level, age, non-pregnant requirements, and gestational age. List four conditions that may require additional corrective nutritional allowances. (https://ncm.instructure.com/courses/142/assignments/6654)
	 MW308-017 - Discuss environmental or occupational conditions that might require additional nutritional allowances. (https://ncm.instructure.com/courses/142/assignments/6655)
	 MW308-018 - Discuss megaloblastic and pernicious anemia. How are they related to nutrition? (https://ncm.instructure.com/courses/142/assignments/6656)
	 MW308-019 - Discuss the affects of caffeine intake during pregnancy. (https://ncm.instructure.com/courses/142/assignments/6657)
	 MW308-020 - Discuss nutrient combining in supplements. (https://ncm.instructure.com/courses/142/assignments/6658)
	 MW308-021 - Discuss the role of sodium in maintaining a healthy pregnancy. Include why the restriction of sodium intake has been implicated in the increased incidence of preeclampsia in pregnancy. (https://ncm.instructure.com/courses/142/assignments/6659)
	 MW308-022 - Discuss the definition of pre-pregnant underweight. (https://ncm.instructure.com/courses/142/assignments/6660)
	 MW308-023 - Discuss the importance of exercise during pregnancy. What types of exercise are most recommended, and what types should be avoided? (https://ncm.instructure.com/courses/142/assignments/6661)
	 MW308-024 - Discuss the importance of hydration during pregnancy. (https://ncm.instructure.com/courses/142/assignments/6662)
	 MW308-025 - Explain what the association between (https://ncm.instructure.com/courses/142/assignments/6663)
	 MW308-026 - Discuss ways that pregnant people with the following diets may need to adjust their nutrient intake during pregnancy in order to fulfill necessary calorie, protein, vitamin, and mineral requirements. (https://ncm.instructure.com/courses/142/assignments/6664)
	 MW308-027 - Discuss ways to assess a client's nutrient intake. (https://ncm.instructure.com/courses/142/assignments/6665)
	 MW308-028 - Discuss the importance of understanding restrictions to a client's diet. In your discussion include an overview of ways to communicate about restrictions of the following kinds. (https://ncm.instructure.com/courses/142/assignments/6666)
	 MW308-029 - Define pica. Discuss what can be done to alleviate it. (https://ncm.instructure.com/courses/142/assignments/6667)
	 MW308-030 - Discuss healthy weight gain during pregnancy. What is the range of what is considered healthy? (https://ncm.instructure.com/courses/142/assignments/6668)
	 MW308-031 - Discuss psychological issues that may be a barrier to adequate nutrition during pregnancy. (https://ncm.instructure.com/courses/142/assignments/6669)
	 Optional NARM Like Exam (https://ncm.instructure.com/courses/142/assignments/11254)
	 Optional: Create a Set of Flashcards to Study for the NARM Exam (https://ncm.instructure.com/courses/142/assignments/15195)
	 Prenatal Case Study (https://ncm.instructure.com/courses/142/assignments/6824)
	

Date	Details
	Student Evaluation of Course and Instructor (https://ncm.instructure.com/courses/142/assignments/6671)
	 Updated Knowledge and Technology (https://ncm.instructure.com/courses/142/assignments/6681)
	 Vitamins (https://ncm.instructure.com/courses/142/assignments/6827)