

Course Syllabus

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Course Title: Well Woman Family Planning

Credits: 1.0

Course Description: This course is designed to increase the students' understanding of family planning methods. Barrier, hormonal, surgical, and fertility awareness methods are explored in detail in this course. Students are asked to research all types of family planning methods, including methods that are only available for practitioners with prescriptive privileges as a means of preparing the student to counsel clients effectively in their family planning options. This course uses current research in midwifery and obstetrics to broaden the student's understanding of the following NARM skills and MEAC core 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

Well Woman 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.

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. **Tharpe et al. Clinical Practice Guidelines for midwifery and women's health. 3rd edition. Jones and Bartlett Publishing. 2017.** [_ \(http://www.worldcat.org/title/clinical-practice-guidelines-for-midwifery-womens-health/oclc/178110847/editions?editionsView=true&referer=br\)](http://www.worldcat.org/title/clinical-practice-guidelines-for-midwifery-womens-health/oclc/178110847/editions?editionsView=true&referer=br)
2. **Fogel, C.I. and Woods, N.F. Women's Health Care in Advanced Practice Nursing. Springer Publishing Company. 2013.** [_ \(http://www.worldcat.org/title/womens-health-care-in-advanced-practice-nursing/oclc/841495216?referer=br&ht=edition\)](http://www.worldcat.org/title/womens-health-care-in-advanced-practice-nursing/oclc/841495216?referer=br&ht=edition)
3. **Weaver, P. and Evans, S.K. Practical Skills Guide for Midwifery: a tool for midwives & students. 4th Edition. Morningstar Publishing Co. Wasilla. 2012.** [_ \(http://www.worldcat.org/title/practical-skills-guide-for-midwifery-psgm-a-tool-for-midwives-students/oclc/822657432?ht=edition&referer=br\)](http://www.worldcat.org/title/practical-skills-guide-for-midwifery-psgm-a-tool-for-midwives-students/oclc/822657432?ht=edition&referer=br)
4. Planned Parenthood Website. 2017 <http://www.plannedparenthood.org/>
(<https://www.plannedparenthood.org/>)
5. **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)
6. **MEAC Abbreviated NARM Skills Form**
(<http://www.midwiferycollege.org/AcademicProgram/Downloads/ASM/Clinical/Form-NARMSkills.pdf>)
7. **MEAC Core Competencies for Midwives** (<http://meacschools.org/wp-content/uploads/2014/12/Curriculum-Checklist-of-Essential-Competencies-rev-2014.pdf>)
8. **Midwives Model of Care®** (<http://cfmidwifery.org/mmoc/define.aspx>)
9. 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	 Office Hours (https://ncm.instructure.com/calendar?event_id=159&include_contexts=course_189) 8am to 9am
	 A Note on Community Building Activities (https://ncm.instructure.com/courses/189/assignments/10852)
	 Contraception Options (https://ncm.instructure.com/courses/189/assignments/11329)
	 Exams and Quizzes (https://ncm.instructure.com/courses/189/assignments/10854)
	 Family Planning Handout (https://ncm.instructure.com/courses/189/assignments/11112)
	 Highly Recommended Optional Enrichment Activity (https://ncm.instructure.com/courses/189/assignments/13466)


Date	Details
	 Journal Article Summary https://ncm.instructure.com/courses/189/assignments/10855
	 MW380-001 - Explain how socio-cultural factors may influence the selection of a family planning method. https://ncm.instructure.com/courses/189/assignments/10774
	 MW380-002 - Explain how occupational or economic factors may influence the selection of a family planning method. https://ncm.instructure.com/courses/189/assignments/10775
	 MW380-003 - Explain how religious factors may influence the selection of a family planning method. https://ncm.instructure.com/courses/189/assignments/10776
	 MW380-004 - Explain briefly what physical factors may influence the selection of a family planning method. https://ncm.instructure.com/courses/189/assignments/10777
	 MW380-005 - Explain how relationship status may influence the selection of a family planning method. https://ncm.instructure.com/courses/189/assignments/10778
	 MW380-006 - Explain briefly how psychological factors may influence the selection of a family planning method. https://ncm.instructure.com/courses/189/assignments/10779
	 MW380-007 - Discuss at least 3 factors that determine the effectiveness of a family planning method and why. https://ncm.instructure.com/courses/189/assignments/10780
	 MW380-008 - Explain how the clinical (use) effectiveness of a family planning method is calculated. What is a high rate of effectiveness, a moderate rate, a low rate? (https://ncm.instructure.com/courses/189/assignments/10781)
	 MW380-009 - Discuss the teaching about douching as a form of contraception that should be provided. https://ncm.instructure.com/courses/189/assignments/10782
	 MW380-010 - Discuss the teaching about the withdrawal method that can be given. (https://ncm.instructure.com/courses/189/assignments/10783)
	 MW380-011 - Describe two permanent methods of sterilization. https://ncm.instructure.com/courses/189/assignments/10784
	 MW380-012 - What type of informed consent should be given about each method of sterilization? https://ncm.instructure.com/courses/189/assignments/10785
	 MW380-013 - What laws, if any, exist in your intended state of practice regarding consent for sterilization? https://ncm.instructure.com/courses/189/assignments/10786
	 MW380-014 - Describe what is meant by the “rhythm method” or “calendar method” of natural family planning. https://ncm.instructure.com/courses/189/assignments/10787

Date	Details
	 MW380-015 - What is the relative effectiveness of the calendar method when used alone? (https://ncm.instructure.com/courses/189/assignments/10788)
	 MW380-016 - Describe the natural family planning method that is based on charting ovulation (fertility awareness) and the general rationale behind its use. (https://ncm.instructure.com/courses/189/assignments/10789)
	 MW380-017 - How is cervical mucous used to predict ovulation? (https://ncm.instructure.com/courses/189/assignments/10790)
	 MW380-018 - How is basal body temperature used to predict ovulation? (https://ncm.instructure.com/courses/189/assignments/10791)
	 MW380-019 - What environmental factors (both internal and external) can influence basal body temperature other than those involved in the physiology of the menstrual cycle? (https://ncm.instructure.com/courses/189/assignments/10792)
	 MW380-020 - What other physiological and emotional changes can be associated with ovulation? (https://ncm.instructure.com/courses/189/assignments/10793)
	 MW380-021 - What environmental factors are associated with decreasing the effectiveness of natural family planning methods? (https://ncm.instructure.com/courses/189/assignments/10794)
	 MW380-022 - Describe spermicidal agents and how they act to prevent pregnancies. (https://ncm.instructure.com/courses/189/assignments/10795)
	 MW380-023 - Give 3 examples of how spermicide can be applied or “delivered”. (https://ncm.instructure.com/courses/189/assignments/10796)
	 MW380-024 - What is the use effectiveness of spermicides and what instructions should be given regarding its use? (https://ncm.instructure.com/courses/189/assignments/10797)
	 MW380-025 - What are the advantages of using “barrier” methods of contraception over other methods? (https://ncm.instructure.com/courses/189/assignments/10798)
	 MW380-026 - What are the disadvantages of using “barrier” methods of contraception over other methods? (https://ncm.instructure.com/courses/189/assignments/10799)
	 MW380-027 - Describe condoms and their use. (https://ncm.instructure.com/courses/189/assignments/10800)
	 MW380-028 - What is the effectiveness of condoms when used properly? (https://ncm.instructure.com/courses/189/assignments/10801)
	 MW380-029 - What instructions should be given to insure the best use of condoms in preventing STIs and pregnancy? (https://ncm.instructure.com/courses/189/assignments/10802)
	 MW380-030 - Describe the female condom and how is used to prevent pregnancy and STI transmission. (https://ncm.instructure.com/courses/189/assignments/10803)

Date

MW380-031 - Describe how a diaphragm is used to prevent pregnancy.
<https://ncm.instructure.com/courses/189/assignments/10804>


 **MW380-032 - Discuss the use of a diaphragm in preventing transmission of STIs.** <https://ncm.instructure.com/courses/189/assignments/10805>

 **MW380-033 - Discuss the different types of diaphragms available and the process of fitting a diaphragm.**
<https://ncm.instructure.com/courses/189/assignments/10806>

 **MW380-034 - Role Play/ Handout: What instructions should be given about the care of a diaphragm in order to maintain the life-span and effectiveness of the device?** <https://ncm.instructure.com/courses/189/assignments/10807>


 **MW380-035 - What are some of the contraindications for use of a diaphragm?** <https://ncm.instructure.com/courses/189/assignments/10808>

 **MW380-036 - Describe the cervical cap and its effectiveness in preventing pregnancy and STIs.** <https://ncm.instructure.com/courses/189/assignments/10809>


 **MW380-037 - What are contraindications for the use of a cervical cap?**
<https://ncm.instructure.com/courses/189/assignments/10810>

 **MW380-038 - Briefly describe the instructions for the use and care of a cervical cap.** <https://ncm.instructure.com/courses/189/assignments/10811>


 **MW380-039 - Describe the IUD (intrauterine device) and how it is used to prevent pregnancy.** <https://ncm.instructure.com/courses/189/assignments/10812>


 **MW380-040 - Describe the difference between hormonal and non-hormonal IUDs and their effectiveness.**
<https://ncm.instructure.com/courses/189/assignments/10813>


 **MW380-041 - Briefly describe the procedure for inserting an IUD and its timing.** <https://ncm.instructure.com/courses/189/assignments/10814>

 **MW380-042 - Describe some of the known side effects and complications associated with an IUD.**
<https://ncm.instructure.com/courses/189/assignments/10815>

 **MW380-043 - Briefly describe the follow-up care needed for women with an IUD.** <https://ncm.instructure.com/courses/189/assignments/10816>

















 **MW380-044 - Describe the use of hormonal birth control pills and include a description of monophasic, biphasic and triphasic varieties.**
<https://ncm.instructure.com/courses/189/assignments/10817>

 **MW380-045 - Discuss the overall effectiveness of using birth control pills to prevent pregnancy and STIs.**
<https://ncm.instructure.com/courses/189/assignments/10818>

 **MW380-046 - Describe the intravaginal and transdermal methods for hormonal birth control and how each is used.**
<https://ncm.instructure.com/courses/189/assignments/10819>

 **MW380-047 - Discuss the contraindications for the use of hormonal birth control.** <https://ncm.instructure.com/courses/189/assignments/10820>



Date	Details
	<p><u>MW380-048 - Describe Depo-Provera injections. How are they administered and how do they work?</u> https://ncm.instructure.com/courses/189/assignments/10821</p>
	<p> <u>MW380-049 - Describe the advantages and disadvantages of a birth control injection over other delivery methods.</u> https://ncm.instructure.com/courses/189/assignments/10822</p>
	<p> <u>MW380-050 - Describe the subdermal hormonal birth control delivery system.</u> (https://ncm.instructure.com/courses/189/assignments/10823)</p>
	<p> <u>MW380-051 - Describe the advantages and disadvantages of the subdermal delivery system over injection, pills and other methods.</u> https://ncm.instructure.com/courses/189/assignments/10824</p>
	<p> <u>MW380-052 - Define the "morning after" pill and how it is used.</u> https://ncm.instructure.com/courses/189/assignments/10825</p>
	<p> <u>MW380-053 - During what period of time after unprotected sex is the "morning-after" pill most effective?</u> https://ncm.instructure.com/courses/189/assignments/10826</p>
	<p> <u>MW380-054 - Describe some of the barriers to obtaining the "morning-after" pill that may exist.</u> (https://ncm.instructure.com/courses/189/assignments/10827)</p>
	<p> <u>MW380-055 - Explain menstrual extraction. When is this done and how?</u> https://ncm.instructure.com/courses/189/assignments/10828</p>
	<p> <u>MW380-056 - What are the advantages/disadvantages of using menstrual extraction?</u> (https://ncm.instructure.com/courses/189/assignments/10829)</p>
	<p> <u>MW380-057 - Explain menses induction with RU-486 or misoprostol.</u> https://ncm.instructure.com/courses/189/assignments/10830</p>
	<p> <u>MW380-058 - When and how are these agents used?</u> https://ncm.instructure.com/courses/189/assignments/10831</p>
	<p> <u>MW380-059 - What are the advantages/disadvantages to the use of RU-486 or misoprostol in ending early pregnancy?</u> https://ncm.instructure.com/courses/189/assignments/10832</p>
	<p> <u>MW380-060 - Explain other methods of therapeutic abortion after diagnosis of pregnancy. When and how are each done?</u> https://ncm.instructure.com/courses/189/assignments/10833</p>
	<p> <u>MW380-061 - What are the advantages/disadvantages of choosing surgical abortion methods over medical ones?</u> https://ncm.instructure.com/courses/189/assignments/10834</p>
	<p> <u>Optional NARM Like Exam</u> https://ncm.instructure.com/courses/189/assignments/10849</p>
	<p> <u>Optional: Create a Set of Flashcards to Study for the NARM Exam</u> https://ncm.instructure.com/courses/189/assignments/15230</p>
	<p> <u>Student Evaluation of Course and Instructor</u> https://ncm.instructure.com/courses/189/assignments/10836</p>

Date	 Updated Knowledge and Technology
	<u>(https://ncm.instructure.com/courses/189/assignments/10858)</u>