

Course Syllabus

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Course Title: Well Woman Physical Assessment

Credits: 1.0

Course Description: Through this course, the student will learn how to perform a complete physical examination relevant to an annual midwifery wellness visit. This course focuses in-depth on anatomical structures that are examined during care and the skills needed to screen clients for possible abnormalities or pathology. The course is broken down into four sections: general exam, breast exam, pelvic exam, and rectal exam. This course uses current research in midwifery and obstetrics to broaden the student's understanding of the 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. Lynn S. Bickley (Editor), Peter G., M.D. Szilagyi (Editor), Fiona R. Prabhu
(<http://www.worldcat.org/title/bates-guide-to-physical-examination-and-history-taking/oclc/61334476/editions?editionsView=true&referer=br>.) (Contributor). **Bates' Guide to Physical Examination and History Taking.**
(<http://www.worldcat.org/title/bates-guide-to-physical-examination-and-history-taking/oclc/61334476/editions?editionsView=true&referer=br>)
2. Weaver, Pam and Evans, Sharon K. Practical Skills Guide for Midwifery. Morningstar Publishing Co. Wasilla. (<http://www.worldcat.org/title/practical-skills-guide-for-midwifery-a-tool-for-midwives-students/oclc/35112025/editions?editionsView=true&referer=br>)
3. Tharpe, N., Farley, C. and Jordan, R.G. Clinical Practice Guidelines for Midwifery and Women's Health. 5th edition. Jones and Bartlett Learning. 2017. (<http://www.worldcat.org/title/clinical-practice-guidelines-for-midwifery-womens-health/oclc/952801814?referer=di&ht=edition>)
4. **MEAC Abbreviated NARM Skills Form.**
(<http://www.midwiferycollege.org/AcademicProgram/Downloads/ASM/Clinical/Form-NARMSkills.pdf>)
5. **MEAC Core Competencies for Midwives.** (<http://meacschools.org/wp-content/uploads/2014/12/Curriculum-Checklist-of-Essential-Competencies-rev-2014.pdf>)
6. **Midwives Model of Care®.** (<http://cfmidwifery.org/mmoc/define.aspx>)
7. 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=162&include_contexts=course_192) 8am to 9am
	 A Note on Community Building Activities (https://ncm.instructure.com/courses/192/assignments/11043)
	 Breast Exam (https://ncm.instructure.com/courses/192/assignments/11332)
	 Exams and Quizzes (https://ncm.instructure.com/courses/192/assignments/11044)
	 Highly Recommended Optional Enrichment Activities (https://ncm.instructure.com/courses/192/assignments/13469)
	 Journal Article Summary (https://ncm.instructure.com/courses/192/assignments/11046)
	 Model Making (https://ncm.instructure.com/courses/192/assignments/11117)
	 MW382-001 - Discuss how Body Mass Index (BMI) is determined. (https://ncm.instructure.com/courses/192/assignments/10877)
	 MW382-002 - Explain how to locate the thyroid and what a normal thyroid

Date	Details
	<p><u>feels like upon palpation.</u> (https://ncm.instructure.com/courses/192/assignments/10878)</p>
	<p> <u>MW382-003 - Explain briefly the cardiopulmonary exam that is done during a well-woman exam.</u> (https://ncm.instructure.com/courses/192/assignments/10879)</p>
	<p> <u>MW382-004 - Explain briefly how to examine the abdomen during a well-woman exam and how the major abdominal organs are located.</u> (https://ncm.instructure.com/courses/192/assignments/10880)</p>
	<p> <u>MW382-005 - Explain what aspects of the skin are noted on a general physical exam.</u> (https://ncm.instructure.com/courses/192/assignments/10881)</p>
	<p> <u>MW382-006 - Describe the elements of a neuromuscular evaluation that is relevant to a well-woman exam.</u> (https://ncm.instructure.com/courses/192/assignments/10882)</p>
	<p> <u>MW382-007 - Describe how a general physical exam might be different for a post-menopausal woman than a woman of child-bearing age.</u> (https://ncm.instructure.com/courses/192/assignments/10883)</p>
	<p> <u>MW382-008 - Describe how a general physical exam might differ for an adolescent at menarche.</u> (https://ncm.instructure.com/courses/192/assignments/10884)</p>
	<p> <u>MW382-009 - What adaptations to the performance of the physical exam can help put the client at ease or reduce anxiety while still enabling the practitioner to perform a complete exam?</u> (https://ncm.instructure.com/courses/192/assignments/10885)</p>
	<p> <u>MW382-010 - Briefly discuss why a breast exam is performed as a routine part of an inter-conception or well-woman appointment.</u> (https://ncm.instructure.com/courses/192/assignments/10886)</p>
	<p> <u>MW382-011 - Discuss the importance of explaining each step of the breast exam before and during the examination.</u> (https://ncm.instructure.com/courses/192/assignments/10887)</p>
	<p> <u>MW382-012 - When is the optimal time during the menstrual cycle to perform a breast exam?</u> (https://ncm.instructure.com/courses/192/assignments/10888)</p>
	<p> <u>MW382-013 - Discuss the purpose of having the client assume the three following positions during a breast exam: arms over-head, hands pressed on hips, lean forward.</u> (https://ncm.instructure.com/courses/192/assignments/10889)</p>
	<p> <u>MW382-014 - Discuss the characteristics of the breast skin that are examined.</u> (https://ncm.instructure.com/courses/192/assignments/10890)</p>
	<p> <u>MW382-015 - Describe which part of the midwife's hand should be used to palpate the breast tissue.</u> (https://ncm.instructure.com/courses/192/assignments/10891)</p>
	<p> <u>MW382-016 - Describe the general palpation pattern with which the midwife should examine the breast.</u> (https://ncm.instructure.com/courses/192/assignments/10892)</p>
	<p> <u>MW382-017 - Discuss the anatomical parameters of the tissue that should be</u></p>

Date	Details
	<p><u>examined as part of a breast exam.</u> (https://ncm.instructure.com/courses/192/assignments/10893)</p>
	<p> <u>MW382-018 - Describe the variations of consistency in normal breast tissue.</u> (https://ncm.instructure.com/courses/192/assignments/10894)</p>
	<p> <u>MW382-019 - Discuss the finding of tenderness during a breast exam and when this is normal.</u> (https://ncm.instructure.com/courses/192/assignments/10896)</p>
	<p> <u>MW382-020 - Describe the characteristics of irregular breast tissue that should be noted during a breast exam. Include how to describe location, size, shape and consistency.</u> (https://ncm.instructure.com/courses/192/assignments/10897)</p>
	<p> <u>MW382-021 - Describe how to assess for nipple discharge.</u> (https://ncm.instructure.com/courses/192/assignments/10900)</p>
	<p> <u>MW382-022 - Describe the adaptations in a routine breast exam that must be made for women who have undergone mastectomy or breast augmentation.</u> (https://ncm.instructure.com/courses/192/assignments/10903)</p>
	<p> <u>MW382-023 - What position should the client assume for the successful performance of a pelvic exam?</u> (https://ncm.instructure.com/courses/192/assignments/10907)</p>
	<p> <u>MW382-024 - Discuss briefly how universal precautions are observed during a pelvic exam.</u> (https://ncm.instructure.com/courses/192/assignments/10911)</p>
	<p> <u>MW382-025 - What external anatomical structures are examined during a typical well-woman pelvic exam?</u> (https://ncm.instructure.com/courses/192/assignments/10915)</p>
	<p> <u>MW382-026 - Describe the general appearance of the external structures of the female genitalia.</u> (https://ncm.instructure.com/courses/192/assignments/10918)</p>
	<p> <u>MW382-027 - Describe the normal consistency of pubic hair.</u> (https://ncm.instructure.com/courses/192/assignments/10921)</p>
	<p> <u>MW382-028 - Describe how to palpate the Bartholin's (greater vestibular) glands.</u> (https://ncm.instructure.com/courses/192/assignments/10925)</p>
	<p> <u>MW382-029 - What internal anatomical structures are examined during a typical well-woman pelvic exam?</u> (https://ncm.instructure.com/courses/192/assignments/10929)</p>
	<p> <u>MW382-030 - Describe how to assess the support of the vaginal walls.</u> (https://ncm.instructure.com/courses/192/assignments/10934)</p>
	<p> <u>MW382-031 - What is the significance of bulging or swelling of the vulva or vagina?</u> (https://ncm.instructure.com/courses/192/assignments/10936)</p>
	<p> <u>MW382-032 - Describe which hand maneuver is employed to palpate the cervix.</u> (https://ncm.instructure.com/courses/192/assignments/10940)</p>
	<p> <u>MW382-033 - Describe what characteristics of the cervix are noted upon palpation.</u> (https://ncm.instructure.com/courses/192/assignments/10943)</p>

Date	Details
	 <u>MW382-034 - Describe the hand positioning that is employed to palpate the uterus during a well-woman exam.</u> https://ncm.instructure.com/courses/192/assignments/10947
	 <u>MW382-035 - What characteristics of the uterus are noted upon palpation?</u> https://ncm.instructure.com/courses/192/assignments/10950
	 <u>MW382-036 - Describe the physical exam findings that are consistent with a mild uterine prolapse.</u> https://ncm.instructure.com/courses/192/assignments/10955
	 <u>MW382-037 - Describe the hand positioning that is employed to palpate the ovaries.</u> (https://ncm.instructure.com/courses/192/assignments/10958)
	 <u>MW382-038 - What characteristics of the ovaries are noted upon palpation?</u> https://ncm.instructure.com/courses/192/assignments/10962
	 <u>MW382-039 - Describe a method for assessing the strength of the pelvic muscles.</u> (https://ncm.instructure.com/courses/192/assignments/10965)
	 <u>MW382-040 - Describe the purpose of a rectovaginal exam.</u> https://ncm.instructure.com/courses/192/assignments/10970
	 <u>MW382-041 - How is the rectovaginal exam performed without cross-contamination of harmful bacteria?</u> https://ncm.instructure.com/courses/192/assignments/10973
	 <u>MW382-042 - Briefly describe how to examine for a groin hernia.</u> https://ncm.instructure.com/courses/192/assignments/10977
	 <u>MW382-043 - Describe how to modify a bimanual exam for a woman who has a small vaginal introitus.</u> https://ncm.instructure.com/courses/192/assignments/10980
	 <u>MW382-044 - Describe the characteristics of the cervix that can be observed visually upon a speculum exam.</u> https://ncm.instructure.com/courses/192/assignments/10984
	 <u>MW382-045 - Describe the variations in the shape of the cervical os that are considered normal as a result of age and parity.</u> https://ncm.instructure.com/courses/192/assignments/10987
	 <u>MW382-046 - Describe the abnormal variations of the consistency of cervical tissue that warrant further investigation and lab testing.</u> https://ncm.instructure.com/courses/192/assignments/10991
	 <u>MW382-047 - Describe how to collect cervical cells with a brush or paddle for cytology purposes.</u> (https://ncm.instructure.com/courses/192/assignments/10994)
	 <u>MW382-048 - Describe the characteristics of the vaginal tissue that can be observed visually upon a speculum exam.</u> https://ncm.instructure.com/courses/192/assignments/10998
	 <u>MW382-049 - Describe the consistency and odor of vaginal discharge that is considered normal.</u> (https://ncm.instructure.com/courses/192/assignments/11001)
	 <u>MW382-050 - Describe the consistency and odor of vaginal discharge that is</u>

Date	Details
	<p>consistent with candida vaginitis. (https://ncm.instructure.com/courses/192/assignments/11004) </p>
	<p> MW382-051 - Describe the consistency and odor of vaginal discharge that is consistent with bacterial vaginosis. (https://ncm.instructure.com/courses/192/assignments/11007) </p>
	<p> MW382-052 - Briefly describe why the rectal exam is an important part of well-woman care. (https://ncm.instructure.com/courses/192/assignments/11008) </p>
	<p> MW382-053 - Describe how the external sphincter and perineum is examined. (https://ncm.instructure.com/courses/192/assignments/11010) </p>
	<p> MW382-054 - What characteristics of the external sphincter and perineum should be noted? (https://ncm.instructure.com/courses/192/assignments/11011) </p>
	<p> MW382-055 - Describe how to examine the anus and rectum. (https://ncm.instructure.com/courses/192/assignments/11013) </p>
	<p> MW382-056 - What characteristics of the anus and rectum should be noted? (https://ncm.instructure.com/courses/192/assignments/11014) </p>
	<p> MW382-057 - What internal structures of the female genital tract are palpable upon a rectal exam? (https://ncm.instructure.com/courses/192/assignments/11016) </p>
	<p> MW382-058. What physical examinations would you perform for a woman who has come to you for preconception counseling? (https://ncm.instructure.com/courses/192/assignments/11118) </p>
	<p> MW82 - 059. What labs would you suggest running for a woman who has come to you for preconception counseling? (https://ncm.instructure.com/courses/192/assignments/11119) </p>
	<p> Optional NARM Like Exam (https://ncm.instructure.com/courses/192/assignments/11040) </p>
	<p> Optional: Create a Set of Flashcards to Study for the NARM Exam (https://ncm.instructure.com/courses/192/assignments/15233) </p>
	<p> Student Evaluation of Course and Instructor (https://ncm.instructure.com/courses/192/assignments/11019) </p>
	<p> Survey (https://ncm.instructure.com/courses/192/assignments/11116) </p>
	<p> Updated Knowledge and Technology (https://ncm.instructure.com/courses/192/assignments/11049) </p>