

University of Kansas

School of Nursing

Bachelors of Science in Nursing

Course: Nursing 469 Independent Study in Nursing (BSN)

Credit Hours: 2

Instructor:

Course Description:

The student will attend a three day course to increase her knowledge of childbirth education principles. Topics will include nutrition in the pregnant woman and newborn, the childbirth process, relaxation techniques, effective labor positions and pushing techniques, and cesarean section and VBAC deliveries. By the end of the course the student will complete a childbirth education class outline and will pass a certification examination.

Course Goal:

- 1) Demonstrate communication skills and group dynamics through role playing
- 2) Learn and demonstrate teaching techniques through a teaching presentation that would be effective to use in a childbirth education class or when teaching parents about the childbirth process.
- 3) Implement learned objectives and provide clients with a knowledge base including all options for childbirth.

Behavioral Objectives:

- 1) Assist clients in obtaining information about maternal nutrition during pregnancy and infant nutrition.
- 2) Inform clients of appropriate and beneficial exercises during pregnancy and postpartum and the importance there of.
- 3) Demonstrate to clients various pushing techniques, breathing techniques and positions to use during labor and childbirth.
- 4) Role play with clients effective relaxation techniques and comfort measures to use during labor.

Evaluation:

- 1) Student must successfully complete a three day Birth and Beginnings Education course through the Academy of Certified Birth Educators.
- 2) Student must submit three written book reports on *The Birth Partner*, *The Labor Progress Handbook*, and *The Official Lamaze Guide* for evaluation.
- 3) Student will complete five minute teaching presentation regarding listeriosis and pregnancy.
- 4) Student must complete curriculum outline of Birth and Beginnings Education course and successfully pass certification exam.