

Nursing Specialty: Perinatal Health Nursing

Note: Learners can be referred to the following two Perinatal Health Nursing courses when a learning gap is identified.

Perinatal Health Nursing Theory Course

Course Description

This course focuses on childbearing people and families in the contemporary Canadian context. It offers an examination of concepts related to health of the pregnant person and newborn health. Sections include an overview of childbearing families, preconception care, assessment of the pregnant person, the experience of childbirth, postpartum care, and newborn care.

Outcomes/Objectives

By the end of this course the learner will:

1. Identify the principles of family-centered care in the context of the social determinants of health.
2. Demonstrate an understanding of preconception health care to promote the health of the childbearing person.
3. Demonstrate an understanding of the pregnant person and their family's experience of pregnancy, childbirth, and the postpartum period.
4. Describe newborn care, including parent-infant interaction and normal newborn characteristics.
5. Discuss risks and resulting nursing care that impact perinatal clients.
6. Describe perinatal transitions in care and associated nursing interventions.

Format of Course

Self-directed online course

Content

UNITS	TOPICS
1	<p>Nursing Care of the Childbearing Family</p> <ul style="list-style-type: none"> • Health promotion • Family structure • Culture • Family centered care • STIs • Contraception • Abortion
2	<p>The Pregnancy Experience</p> <ul style="list-style-type: none"> • Physiology of pregnancy • Signs of pregnancy • Adaptations • Hormones • Role transitions
3	<p>Pregnancy at Risk</p> <ul style="list-style-type: none"> • High-risk pregnancy • Complications of pregnancy • Intimate partner violence
4	<p>Labour and Birth</p> <ul style="list-style-type: none"> • Physiological aspects of labour • Stages and phases • Pain management
5	<p>Postpartum Adaptions</p> <ul style="list-style-type: none"> • Postpartum nursing care • Postpartum complications • Parent-newborn attachment • Family adaptation
6	<p>The Healthy Infant</p> <ul style="list-style-type: none"> • Physiological adaptations of newborns • Newborn care and assessment • Thermoregulation • Behavioural cues

UNITS	TOPICS
	<ul style="list-style-type: none"> Newborn nutrition
7	<p>The Infant at Risk</p> <ul style="list-style-type: none"> Preterm and post-term infants Hypoglycemia Respiratory distress syndrome Gestational age challenges Congenital problems Jaundice
8	<p>Home with Baby: The New Normal</p> <ul style="list-style-type: none"> Discharge needs Contraception Safety and Parent/Caregiver education

Perinatal Health Nursing Clinical Course

Course Description

The Perinatal Health Nursing practicum is designed to provide learners with nursing practice experience in caring for the client receiving perinatal care in the contemporary Canadian context. Supervised nursing practice experiences on selected clinical units will assist the learner to integrate the professional knowledge of registered nursing practice in Canada and enhance critical thinking skills and decision-making skills. The clinical placement consists of approximately 80 hours of preceptored experience. It is expected that the learner will meet all of the clinical competencies.

Format and Length of Course

80 hours in length preceptor-led clinical.