

Subject program „7ÄK17/PrNR Practical Training – Normal Pregnancy, Normal Delivery and Normal Puerperium”

Year: 2019/2020

Status: Active

Subject language Estonian
 Creditpoints 18 ECTS
 Grading method Distinctive (letters)
 Academicians Urve Kaasik-Aaslav, Kristina Krivats-Arba, Käthlin Vahtel

General

Subject objective To reinforce the knowledge, attitudes and skills acquired in theory in observing healthy delivery, post-partum period and healthy newborn.

Learning outcomes

1. Performs evidence-based and patient-centred midwifery care under the supervision of a practical training institution mentor in normal pregnancy, delivery and post-partum period.
2. Implements different methods in observing normal pregnancy, delivery and post-partum period.
3. Implements family-centred midwifery in caring for a healthy newborn.

Learning outcomes	
1.Outcome	1. Performs evidence-based and patient-centred midwifery care under the supervision of a practical training institution mentor in normal pregnancy, delivery and post-partum period.
2.Outcome	Implements different methods in observing normal pregnancy, delivery and post-partum period.
grade „Sufficient(E)”	Is prepared for but in solving the situation assignment related to normal pregnancy, delivery and postpartum period makes several major mistakes, including major mistakes in using the terms connected to midwifery help during the childbirth. Compares what has been learnt in theory and situations in practical work environment but does not rely upon the competences of a midwife nor evidence-based materials.
grade „Satisfactory(D)”	Prepares for and demonstrates on a satisfactory level the solving of situation assignments related to normal pregnancy, delivery or postpartum period. Some mistakes occur in using the terms relevant in providing midwifery care during the childbirth. Compares what has been learnt in theory to the situations in practical training work environment but does not rely upon the midwife's competences nor evidence-based materials.

Learning outcomes	
grade „Good(C)”	Prepares for and demonstrates on a good level the solving of situation assignments related to normal pregnancy, delivery or postpartum period. Some mistakes occur in using the terms relevant in providing midwifery care during the childbirth. Compares what has been learnt in theory to the situations in practical training work environment but does not rely upon the midwife's competences nor evidence-based materials.
grade „Very good(B)”	Prepares for and demonstrates on a very good level the solving of situation assignments related to normal pregnancy, delivery or postpartum period and uses correctly the terms relevant in providing midwifery care during the childbirth. Compares what has been learnt in theory to the situations in practical training work environment but does not rely upon the midwife's competences nor evidence-based materials.
grade „Excellent(A)”	Prepares for and demonstrates on an excellent level the solving of situation assignments related to normal pregnancy, delivery or postpartum period and uses correctly the terms relevant in providing midwifery care during the childbirth. Compares what has been learnt in theory to the situations in practical training work environment and relies upon the midwife's competences and evidence-based materials.
3.Outcome	Implements family-centred midwifery in caring for a healthy newborn
grade „Sufficient(E)”	Prepares for but makes several major mistakes in solving situation assignments related to the care of a healthy newborn including making major mistakes in using the terms related to the topic. Compares what has been learnt in theory to the situations in practical training work environment but does not rely upon the midwife's competences nor evidence-based materials.
grade „Satisfactory(D)”	Prepares for and demonstrates on a satisfactory level solving situation assignments related to the care of a healthy newborn, makes some mistakes in using the terms related to the healthy newborn. Compares what has been learnt in theory to the situations in practical training work environment but does not rely upon the midwife's competences nor evidence-based materials.
grade „Good(C)”	Prepares for and demonstrates on a good level solving situation assignments related to the care of a healthy newborn, makes some mistakes in using the terms related to the healthy newborn. Compares what has been learnt in theory to the situations in practical training work environment but does not rely upon the midwife's competences nor evidence-based materials.
grade „Very good(B)”	Prepares for and demonstrates on a very good level solving situation assignments related to the care of a healthy newborn, makes some mistakes in using the terms related to the healthy newborn. Compares what has been learnt in theory to the situations in practical training work environment but does not rely upon the midwife's competences nor evidence-based materials.

Learning outcomes	
grade „Excellent(A)”	Prepares for and demonstrates on an excellent level solving situation assignments related to the care of a healthy newborn, makes some mistakes in using the terms related to the healthy newborn. Compares what has been learnt in theory to the situations in practical training work environment by relying upon the midwife's competences and evidence-based materials.

Subject program parts

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Changer confirm	Kristina Krivats-Arba 08.01.2019
Reviewer confirm	Katrin Klein 08.01.2019
Administrator confirm	Kristiina Puura 27.08.2019

Study in different study forms

Study form	Lecture	Excerice	Seminar	Practice	Homework	Internet study	Out of office	Practical training
All study forms			12.0	20.0	68.0			368.0

General description

The subject "Practical training - Normal Pregnancy, Normal Delivery and Normal Puerperium" is a second year obligatory subject of the Curriculum of Midwifery. Subject belongs to the module "Midwifery in Community". Prerequisites are the subjects "Normal Pregnancy" and "Normal Child Birth and Puerperium".

The main part of the subject is held as a practical training in work environment and in simulation center. In addition, pre-practice and post-practice seminars and oral examination are held in the college.

Forms of studying

The subject consists of observing normal pregnancy, normal delivery, postpartum period and a healthy newborn during the practical training in work environment and reinforcing the knowledge, attitudes and skills acquired during the theoretical studies.

During the practical training in work environment student introduces to the practical training base supervisor the aims and outcomes of the practical training an one's personal goals set to the practical training period.

College supervising is held in Moodle environment <https://moodle.hitsa.ee/>

Practical training in work environment is 368 hours, in the simulation center 40 hours, the volume of independent work is 44 hours, seminars before and after the practice are 8 hours and an exam 8 hours.

Practical training base supervisor is also present during the exam and/or practical training feedback seminar.

Teaching methods

Simulation learning, practicing, observation, examining, analysing the supervisor's feedback, practical training seminars, independent work with literature.

Content and method for independent study

The volume of independent work is 44 hours. Student fills the practical training diary in Moodle environment (self-analysis every 2 weeks).

Student compiles a practical training report (description of a case, analysis and self-analysis), collects the feedback papers from the work environment supervisor, fills their own feedback paper including the feedback to the supervisor and uploads the materials to the Moodle environment 1 week before the practical training feedback seminar.

Complying with the European Union directives and filling the practical training employment book with the information about observing normal pregnancy, normal delivery and puerperium and neonate examination during practical training in work environment.

Required reading (K)

Vaas, P., Rull, K., Põllumaa, S., Klaar, U., Kirss, A. Raseduse jälgimise juhend.

<http://www.ens.ee/ravijuhendid>

Vaas, P. (toim) prof. Karro, H, Zupping, E, Frolova, K., Klementsov, J., Tammemäe, L., Szirko, F., Ploom, K., Kirss, F, Vaas. P., Kärema, A., Teesalu, P. Juhend normaalse sünnituse käsitlemiseks. (2014). ENS, EÄÜ, EPS

<https://www.ammaemand.org.ee/wp-content/uploads/2013/09/s%C3%BCnnituse-juhend.kinnitatud.-ENS.E%C3%84%C3%9C.2014.pdf>

Kaasik-Aaslav (2012). Soovitused praktikatöö kirjutamiseks. Tallinna Tervishoiu Kõrgkool.

Õppeinfosüsteem. Õppematerjalid. / Learning materials in Study Information System.

Õppeainete "Normaalne rasedus" ja "Normaalne sünnitus ja puerperium" õppematerjalid.

/learning materials of the subjects "Normal Pregnancy " and "Normal Delivery and Puerperium".

Ämmaemand, tase 6. Kutsestandard (2018).

<https://www.kutseregister.ee/ctrl/et/Standardid/vaata/10684478> / Midwife, level 6, Professional standard.

Recommended reading (T)

Töotervishoiu ja tööohutuse nõuded rasedate ja rinnaga toitvate naiste tööks.

<https://www.riigiteataja.ee/akt/13290413>

Kaasik-Aaslav, U. (2018). Soovitused praktikatöö kirjutamiseks. Õppematerjal ÕIS. Tallinna Tervishoiu Kõrgkool.

Methods of assessment

Differentiated evaluation.

Summarizing evaluation to the practical training is formed as a differentiated grade during the oral exam. Second and third learning outcome is evaluated during the exam.

Solving of a situation assignment, using the correct terms, being able to refer and connect the knowledge to the midwife's professional competences and practical training in work environment is evaluated with the exam. It is necessary to be able to justify one's choices relying on evidence-based theory and to demonstrate it on a simulator.

The integration of the following theoretical knowledge into the practice is evaluated during the exam:

1. Midwife's professional competences (level 6, primary), work assignments within the norm.
2. Physiology of pregnancy, immunology and the course of a normal pregnancy.
3. Different methods of diagnosing pregnancy and interpreting the results.
4. Documenting health and family anamnesis, including pregnancy chart.
5. Partogram and documentation of the delivery.
6. Examination of a pregnant woman and evaluating the fetal condition during different trimesters of the pregnancy and during the labour. (CTG indications, norm values)
7. Normal physiological, psychological and social changes during pregnancy, health education.
8. Preparing the family, home for the child birth, coping with the newborn.
9. Stages of physiological/normal delivery, terms and criteria.
10. The process of fetal descent, biomechanisms and delivering the neonate (technique, choice of positions).
11. Psychological, emotional wellbeing of the woman in labour and of emergence mechanisms of labour pain.
12. Methods of relieving labour pain.
13. Performing vaginal examination of a woman in labour, status of a cervix according to Bishop.
14. Management techniques of labour periods.
15. Physiology of early and late postnatal period.
16. The importance of skin-to-skin contact and early breastfeeding.
17. The criteria of the initial examination of the newborn, basic needs of the newborn, adaption.
18. The needs of a woman after giving birth, physical and emotional changes.
19. Lactogenesis and the process of lactation.
20. Examination of a woman after giving birth (visiting in a ward, postnatal examination).

Prerequisites for taking the exam: completing the practical training in full volume, supervisors evaluation to the practical training, giving continuous regular evaluation to the practical training in Moodle environment via writing self-reflection reports and timely uploading the practical training documentation to the Moodle environment: Practical training base evaluation to the student, students evaluation to the supervisor from the practical training base, uploading the practical training report to the Moodle, participating in the seminars.

Additional information

The subject requires wearing a practical training uniform (with a name tag), a valid medical certificate, filling the eurodirectives in midwife's work employment book. Practical training in a hospital takes place following the work schedule.

The requirements of using the Simulation Center:

1. Personal belongings (bags, laptops, mobile phones and other smart devices) should be left in the individual locked closet;
2. Special college uniform for practical classes and indoor footwear must be worn during the classes;
3. All personal hygiene requirements are followed;
4. Food and drinks, incl. coffee, tea, etc. is not allowed in the Simulation Center;
5. Simulation Center is opened only with the lecturer's entrance card.

Filming and taking photographs is not allowed.

Student's appearance is proper: long hair is tied, no jewelry is allowed (rings, bracelets, wrist watches, etc). Nails are short and without any polish, no artificial nails.

It is required to by a Midwifery Curriculum student workbook from the library.

Subject program

Nr	Activity	Hours	Literature	Academicians
1.	Praktikale saatmise seminar / Pre-practical training seminar	4	Ämmaemanda õppekava üliõpilase tööraamat / Employment record book of a Midwifery Curriculum student	Urve Kaasik-Aaslav, Kristina Krivats-Arba, Käthlin Vahtel, Kaire Sildver, Katrin Klein
2.	Praktika simulatsioonikeskuses / Practical classes in simulation center	40		Urve Kaasik-Aaslav, Kristina Krivats-Arba, Käthlin Vahtel, Kaire Sildver, Katrin Klein, Elina Piirimäe
3.	Praktika sooritamine praktikabaasis (368t praktikabaasis: Emadusnõuandla -140 tundi Sünnitustuba -156 tundi Sünnitusjärgne - 72 tundi) Practical training in the practical training base (368 hours in a practical training base: Maternity Councelling Center - 140 hours, Delivery room - 156 hours, postnatal - 72 hours)	368		Urve Kaasik-Aaslav, Kristina Krivats-Arba, Käthlin Vahtel
4.	Praktika tagasiside seminar / Practical training feedback seminar	4		Kristina Krivats-Arba

5.	Eksam / Exam	8		Urve Kaasik- Aaslav, Kristina Krivats-Arba, Käthlin Vahtel, Kaire Sildver, Katrin Klein
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