



COURSE OUTLINE : NS 223
D Credit – Degree Applicable
COURSE ID 004314
Cyclical Review: July 2020

COURSE DISCIPLINE : NS
COURSE NUMBER : 223
COURSE TITLE (FULL) : Maternal Child Health
COURSE TITLE (SHORT) : Maternal Child Health

CATALOG DESCRIPTION

NS 223 focuses on the needs of the growing family and incorporates both maternity and pediatric nursing content. The nursing process is used to provide patient-centered care as the student learns to adapt previously learned skills and knowledge to the unmet needs of maternity and pediatric patients. Observation and direct care of normal and high-risk populations are included. Theory and clinical experiences are structured to provide the second year nursing student with the opportunity to develop essential linkages for decision making and prioritization unique to this specialty.

Total Lecture Units: 3.50

Total Laboratory Units: 2.50

Total Course Units: 6.00

Total Lecture Hours: 63.00

Total Laboratory Hours: 135.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 198.00

Total Out-of-Class Hours: 126.00

Prerequisite: NS 222 or previous completion of equivalent coursework. Recommended Corequisite: Enrollment in NS203 is highly recommended.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Utilize the terminology and knowledge derived from previous coursework to facilitate safe patient/family care;	Yes
2				calculate and administer medications accurately, consistently following prescribed procedure;	Yes
3				document and communicate nursing care activities and patient/client responses to the plan of care utilizing correct terminology, spelling, sentence structure, and grammar;	Yes
4				utilize the nursing process as a framework in providing care for the patient/family with unmet needs;	Yes
5				use communication techniques to clearly convey information and establish therapeutic relationships with patients in multiple developmental stages;	Yes
6	NS	222	Psychiatric Nursing	utilize the nursing process as a scientific method of conceptualizing nursing care for psychiatric patients/clients and as a means of enhancing the ability to think critically;	Yes
7	NS	222	Psychiatric Nursing	incorporate scientific principles, psychosocial needs, developmental concepts, and previously learned nursing knowledge and skills into individualized care of the patient/client in the acute and community mental health setting;	Yes
8	NS	222	Psychiatric Nursing	identify patient/client data that is comprehensive, accurate and systematic in making assessments;	Yes
9	NS	222	Psychiatric Nursing	retrieve, evaluate, and use reliable healthcare information from electronic sources to support classroom and clinical activities;	Yes
10	NS	222	Psychiatric Nursing	analyze stressors that interfere with successful need fulfillment;	Yes
11	NS	222	Psychiatric Nursing	evaluate patient/client responses and revise care based on collaboration with the patient/client, family, and healthcare team;	Yes
12	NS	222	Psychiatric Nursing	demonstrate communication techniques that facilitate a therapeutic relationship that reinforces mental health;	Yes
13	NS	222	Psychiatric Nursing	identify guidelines in situations that challenge ethical nursing practice;	Yes



14	NS	222	Psychiatric Nursing	describe how age, culture, socioeconomic, and ethnic backgrounds affect the delivery of mental health services;	Yes
15	NS	222	Psychiatric Nursing	describe barriers to mental health services that are needed for patients/clients;	Yes
16	NS	222	Psychiatric Nursing	identify signs and symptoms indicative of change in mental status in patient/client (e.g. agitation, anxiety, depression, substance abuse, delirium, and dementia);	Yes
17	NS	222	Psychiatric Nursing	observe for changes in patient behaviors that compromise safety;	Yes
18	NS	222	Psychiatric Nursing	explain, according to biopsychosocial theory, significant consequences on the ability to adapt when basic human needs are deprived or met ineffectively;	Yes
19	NS	222	Psychiatric Nursing	distinguish between adaptive and maladaptive psychosocial and spiritual coping behaviors;	Yes
20	NS	222	Psychiatric Nursing	compare and contrast between mood and thought disorders;	Yes
21	NS	222	Psychiatric Nursing	formulate individual or group teaching and/or nursing care plans which maintain or restore physical and mental health, prevent illness, rehabilitate and enhance personal fulfillment;	Yes
22	NS	222	Psychiatric Nursing	practice introspection in achieving self-awareness within a therapeutic relationship;	Yes
23	NS	222	Psychiatric Nursing	assist patients/clients to take positive actions to improve their well-being and optimal health.	Yes

EXIT STANDARDS

- 1 Utilize therapeutic communication and collaboration when interacting with patients and family members, peers, staff, and members of the multidisciplinary health care team;
- 2 apply current evidence-based practice, scientific principles and advancements, concepts of growth and development, psychosocial needs, and nursing knowledge, skills, and attitudes to provide individualized care based on patient values and clinical expertise;
- 3 apply safe nursing practice for mothers, newborns, children, and families effectively assessing, planning, implementing, and evaluating care of patients in the family-centered setting;
- 4 apply strategies for improving outcomes of care for maternal and pediatric patients by incorporating quality improvement tools in the family-centered care settings;
- 5 apply information technology and management tools in the didactic and clinical settings to support the safe process;
- 6 apply a holistic approach to patients and their families by considering their uniqueness, values, socioeconomic status, age, gender/gender preference, race, lifestyle, spiritual beliefs, and environment;



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- 7 apply knowledge, skills, and attitudes in maternal and pediatric nursing practice that reflect competence, accountability, ethical responsibility, and professional growth.

STUDENT LEARNING OUTCOMES

- 1 integrate knowledge and concepts of family-centered care in the clinical setting by identifying specific family knowledge deficits and implementing a teaching plan to meet learning needs
- 2 demonstrate knowledge and assessment of health promotion and maintenance needs for pregnant women, laboring and post-partum mothers, newborns, and pediatric population.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Contemporary Maternity and Pediatric Care <ul style="list-style-type: none"> • Trends • Relevant statistics of morbidity and mortality • Modification of health assessment and skills in MCH 	2	0	2
2	Families Coping with Obstacles and Sociocultural Aspects <ul style="list-style-type: none"> • Multicultural society • Adolescent pregnancy • Social and environmental influences on children • The hospitalized child • Chronic illness/disability in a child • Death of a mother or child • Life-threatening conditions and end-of-life care 	5	0	5
3	Anatomy and Physiology Review Specific to MCH <ul style="list-style-type: none"> • Pregnancy • Pediatric • Application and adaptation of procedures and nursing assessment 	3	0	3
4	Growth and Development <ul style="list-style-type: none"> • Conception and fetal growth • Adaptation of the mother to pregnancy • Nutritional needs of children • Child developmental theorists • Application to pediatric population 	5	0	5



5	<p>Health Promotion and Maintenance Specific to MCH</p> <ul style="list-style-type: none"> • Pregnancy and nutrition • Neonatal period • Children in relevant developmental stages • Common cultural aspects related to MCH 	3	0	3
6	<p>Labor and Birth</p> <ul style="list-style-type: none"> • Maternity assessment techniques • Nursing care of the intra- and postpartal patient • Neonatal assessment techniques • Congenital defects in the neonate 	13	0	13
7	<p>Congenital and Acquired Defects of Infants/Children</p> <ul style="list-style-type: none"> • Common anomalies • Etiologies • Treatment plans 	2	0	2
8	<p>Medical-Surgical Content for Children of All Ages: Unmet Human Needs in the Pediatric Patient/Client</p> <ul style="list-style-type: none"> • Immune function/immunizations and communicable diseases • Pain assessment and management • Alterations in fluid and electrolyte balance • Respiratory disorders • Cardiovascular disorders • Hematologic disorders • Gastrointestinal disorders • Genitourinary disorders • Eye, ear, nose, and throat disorders • Neurological disorders • Musculoskeletal disorders • Endocrine disorders • Pediatric oncology patient 	20	0	20
9	<p>Women's Health</p> <ul style="list-style-type: none"> • Current issues • Disorders of the breast • Disorders and abnormalities of the reproductive organs 	2	0	2
10	<p>Sexually Transmitted Infections</p> <ul style="list-style-type: none"> • Health promotion issues • Related health problems in pregnancy • Related health problems in the pediatric population 	4	0	4



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11	<p>Abuse</p> <ul style="list-style-type: none"> • Domestic violence • Abuse of children • Assessment and treatment • Documentation and reporting 	2	0	2
12	Legal and ethical aspects of MCH	2	0	2
13	<p>Patient Education/Teaching of Specific Nutritional Needs:</p> <ul style="list-style-type: none"> • During pregnancy, post-partum and for an nursing mother • Newborn assessment: neurological, cardiovascular, respiratory, musculo-skeletal, integumentary, genito-urinary, psycho-social • Newborn care and safety (e.g. feeding, clothing, bathing, car seat use, sleeping positions) • Intra-partum and post-partum physical assessment • Post-partum care of a woman post vaginal delivery vs. cesarean section • Family well-being using evidence-based practice to address biological, psychosocial, cultural, spiritual, environmental, and socio-economic factors 	0	135	135
				198

OUT OF CLASS ASSIGNMENTS

- 1 written papers (e.g., nursing care plan, APA childbirth paper, journaling);
- 2 group assignments (e.g., poster preparation);
- 3 service learning project (volunteering in community health projects);
- 4 completion of skills assessment (e.g., demonstration of skills and competency);
- 5 standardized testing (e.g., Kaplan review testing).

METHODS OF EVALUATION

- 1 quizzes;
- 2 written papers;
- 3 group projects (e.g., poster presentations);
- 4 nursing competencies, e.g. administering intra-venous push medications, system-focused assessments
- 5 final examination



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METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Maternal & Child Nursing Care	Required	Hoboken, NJ. Prentice-Hall	5	Print	London, Marcia	978-0-13-4167220	2017