# **Guided Lecture Notes, Chapter 44, Caring for Birthing Parents and Newborns**

Learning Objective 1. Describe physical changes that occur in the female reproductive system during pregnancy. (Refer to PowerPoint slides 2 and 3.)

* Define the term *antepartum* and discuss its duration.
* Explain the physical changes a female’s body undergoes during pregnancy.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 2. Define prenatal care and give examples of advice given during the prenatal period. (Refer to PowerPoint slides 4 and 5.)

* Explain the importance of routine prenatal care given to a pregnant person in the months leading up to the birth of the baby, mentioning the areas of nutrition, avoidance of toxins, and exercise.
* Discuss the effects that smoking or consuming alcohol can have on a pregnant person and their developing baby.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 3. List reasons that home care or hospitalization may be required during pregnancy. (Refer to PowerPoint slide 7.)

* Explain the complications that can occur during pregnancy that may require confinement to bed, such as preterm labor and preeclampsia/eclampsia.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 4. Describe the nursing assistant’s responsibilities for meeting a person’s physical and emotional needs during pregnancy. (Refer to PowerPoint slides 6, 8 to 14.)

* Discuss the responsibilities of a nursing assistant in meeting the person’s physical needs, such as measuring and recording vital signs, obtaining urine samples, and helping with personal care.
* Discuss the observations which should be reported to the nurse immediately.
* Discuss how the nursing assistant can meet the emotional needs of a pregnant person by being aware that the person’s feelings may differ from what many would consider “normal.”
* Explain that a pregnant person who is experiencing complications and has been placed on partial or complete bed rest before the birth of their child may have many emotional needs.
* Remind students that not all pregnancies end in the birth of a living child, and explain how a nursing assistant can support a family who is grieving over the loss of a baby.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 5. Describe the two ways of delivering a baby. (Refer to PowerPoint slides 15 to 17.)

* Discuss the process of labor.
* Describe the two ways in which a person may deliver the baby.
* Discuss the types of anesthesia that may be given to a person during labor and delivery.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 6. Describe the nursing assistant’s responsibilities when caring for a person who has just given birth. (Refer to PowerPoint slides 18 to 20, 23 to 26, 29 to 35.)

* Explain the routine care given to the baby by the nursing staff immediately following delivery, such as weighing the baby, taking footprints, and applying identification bracelets.
* Discuss how the newborn will look right after delivery and when the first bath is given.
* Describe the bonding period between the birthing parent and the child following delivery. Mention that bonding is equally important for the non-birthing parent.
* Define the term *postpartum period*. List the activities of the nursing assistant during this period with regard to caring for the birthing parent and the baby.
* Discuss how the person may be feeling after delivery.
* Discuss the role of the nursing assistant in providing perineal care to a person who has delivered a baby, especially one who has had an episiotomy or experienced perineal tears.
* Discuss the purpose of a sitz bath and how it is administered.
* Describe how the nursing assistant can assist a woman who is breastfeeding.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 7. List observations you might make while caring for a person who has just given birth that should be reported immediately to the nurse. (Refer to PowerPoint slides 27 and 28.)

* Discuss the different types of vaginal discharge that the mother has after childbirth. Mention the role of the nursing assistant in being observant for any signs of change.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 8. Discuss important security and safety issues related to caring for a newborn. (Refer to PowerPoint slides 36 and 40.)

* Discuss the security measures taken to prevent babies from being kidnapped from the health care facility.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 9. Explain how to care for the umbilical cord stump. (Refer to PowerPoint slides 36, 41 and 42.)

* Discuss what a normal umbilical cord stump should look like.
* Explain that not caring for the stump properly can lead to an infection.
* Explain how to provide stump care.
* Describe observations that should be reported to the nurse immediately.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 10. Explain how to care for a baby who has been circumcised. (Refer to PowerPoint slides 36, 43 to 45.)

* Discuss the purpose of a circumcision and describe how it is performed.
* Describe the appearance of a newly circumcised penis.
* Explain how to provide circumcision care.
* Describe observations that should be reported to the nurse immediately.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 11. Explain how to bottle-feed a baby. (Refer to PowerPoint slides 36, 46 to 49.)

* Discuss the different types of infant formulas that are available.
* Explain how to prepare the bottles and the formula.
* Discuss why it is important to hold a baby upright during bottle-feeding.
* Explain the importance of burping a baby during and after bottle-feeding.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 12. Explain how to bathe a baby. (Refer to PowerPoint slides 36, 52, 53, 58 and 59.)

* Discuss the importance of gathering all supplies before beginning the bath and picking up the baby.
* Discuss the importance of never leaving the baby alone.
* Explain the importance of using a bath thermometer or inside of your wrist to check the water temperature before putting the baby into the water.
* Using a doll mannequin, demonstrate the steps of bathing a baby to the students.
* Have learners refer to learning activities located at the end of the chapter.

Diapering the infant (Refer to PowerPoint slides 36, 50 and 51.)

Discuss the proper steps when changing the diaper on a baby.

Demonstrate the procedure using a mannequin.

Have learners refer to learning activities located at the end of the chapter.

Putting infant down to sleep (Refer to PowerPoint slides 36, 54 and 55.)

Discuss the technique for putting an infant down to sleep.

Using a doll mannequin, demonstrate the technique.

Emphasize the importance of removing all unnecessary items from the sleeping area to prevent suffocation of the infant.

Have learners refer to learning activities located at the end of the chapter.

Transporting an infant in a motor vehicle (Refer to PowerPoint slides 36, 56, and 57.)

Discuss the proper technique for transporting an infant in a motor vehicle.

Demonstrate the proper technique using an appropriate car seat by using a doll mannequin.

Review the state's law concerning the use of a car seat to include age and weight requirements.

Have learners refer to learning activities located at the end of the chapter.