

**SHORT TERM VOCATIONAL
CERTIFICATE COURSE**

**COURSE NAME: MIDWIFERY AND
OBSTETRICAL NURSING**

(12 months Duration)

Prepared by

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**STATE INSTITUTE OF VOCATIONAL EDUCATION
Director of Intermediate Education, Hyderabad
HYDERABAD, TELANGANA**

NAME OF THE COURSE: MIDWIFERY AND OBSTETRICAL NURSING
SECTOR : PARAMEDICAL

COURSE CODE : MON

ENTRY QUALIFICATION: SSC and 18 years above.

PRE-REQUISITES: Basic Knowledge of science and English aggregate of 45% marks from recognized boards under SSC/ CBSE/ICSE.

DURATION: 12 Months - (40 Hours: English + Course content: 400 Hours)

Terminal Competence: After completing this course, students will be able to work as a medical professional and integrate knowledge of health promotion, health restoration and supportive measures in management of nursing care of individuals, families and communities in diverse populations.

Introduction of the course:

This course is designed for students to appreciate the concepts and principles of midwifery and obstetrical nursing. It helps them to acquire knowledge and skills in rendering nursing care to normal and high-risk pregnant women during antenatal intra natal and postnatal periods in hospital and community settings. It also helps to develop skills in managing normal and high-risk neonates and participate in family welfare programme

Objectives:

To learn systematically evaluate the processes and outcomes of health care using established criteria

- To recognise the trends and issues in midwifery and obstetrical nursing
- To identification and management of women with high-risk pregnancy
- To assess and manage of normal neonates
- describe the methods of contraception and role of role in family welfare programmes.
- Provide competent, safe and culturally sensitive care utilizing the midwifery management process to independently manage the care of women

Skills:

- Helping others achieve wellness
- Serving the community

- Incorporating new technology
- Gaining professional recognition
- Working with a diverse array of people
- To able to analyse patient situations and make the best decisions based on the facts, and quickly

ON THE JOB TRAINING AND PRACTICALS:

Clinical training is extremely important for a bedside assistant as it prepares students to deal with real patients and expand on the knowledge obtained in various departments.

- Work at various clinical departments
- Case presentation on medical case
- Health education on disease conditions
- Exposure in health programme
- Assigned to a primary health centre.

COURSE SYLLABUS

MODULE-1: Basics of Midwifery

UNITS

1. Introduction to midwifery and obstetrical nursing
2. Review of anatomy and physiology of female reproductive system
3. Administration of medications
4. Assessment of normal pregnancy
5. Antenatal preparation
6. Antenatal care and screening assessment of high risk
7. Assessment and management of intranatal period

Practical Sessions: fundamentals of nursing

1. BMWM and infection control
2. Labor setup and Preparation of delivery kit and safety measures.
3. Antenatal examination
4. Portogram and foetal monitoring
5. Assessment of women in labour
6. IV Cannulation and sample collection
7. Measuring I/O Chart
8. Measuring vital signs

9. Prevaginal examination

MODULE-2: Advance Practices

1. Normal puerperium
2. Postnatal assessment
3. Medications used in midwifery
4. Maintenance of records and reports
5. High risk pregnancies
6. Abortion
7. Family welfare services and programmes

Practical Sessions: Practicing nursing interventions

1. Episiotomy and suturing
2. Maintenance of partograph
3. Foleys catheterization
4. Examination and assessment of mother and new born baby
5. Perineal care
6. Assisting normal delivery
7. Universal safety precautions
8. Insertion of IUD
9. Assess with MTP

SCHEME OF INSTRUCTION/MODULE:

1. Communicative English: 40 hours (per module)

2. Course: 200 hours (06 months) & 400 hours (12 months)

Duration of Course	Theory		On the Job Training		Total	
	Hours	weightage	Hours	Weightage	Hours	weightage
1 Module	80	30%	120	70%	200	100%

2 Modules (12 months)	60	30%	140	70%	400	100%
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SYLLABUS

MODULE-1: Basics of Midwifery

1. Introduction to Midwifery and Obstetrical Nursing (No. of Hrs- 10)

Introduction to concepts of midwifery and obstetrical nursing
Trends in midwifery and obstetrical nursing
preconception, preparing for parenthood.
Role of nurse in midwifery and obstetrical care.

2. Review of Anatomy and Physiology of Female Reproductive System (No. Hrs- 15)

Female pelvis- general description of the bones, joints, ligaments, types of pelvises, diameters of the true pelvis, important landmarks.

Female organs of reproduction- external genitalia, internal genitalia
physiology of menstrual cycle

Review of fertilization- implantation, the foetal sac, amniotic fluid, the umbilical cord

Foetal skull- bones suture, ligament, landmark, fontanelles, moulding

3. Administration of Medications (No. of Hrs-10)

General principles and considerations, purposes of medication, rights of drugs
prescription medication error

Oral Drug administration: Oral, Sublingual, Buccal route

Parenteral Route: Intradermal, Subcutaneous, Intramuscular, Intravenous

Topical Route: Purposes, Site, Procedure

Inhalation: Nasal, Oral, Endotracheal.

4. Assessment of Normal Pregnancy (No. of Hrs-10)

Normal pregnancy

Physiological changes during pregnancy, sign and symptoms of pregnancy,
probable sign, presumptive sign, positive sign

5. Antenatal Preparation

(No. of Hrs-10)

Antenatal Counselling, Antenatal exercise, diet, education for childbirth to husband and family's preparation for safe confinement, prevention from radiation

6. Antenatal Care and Screening Assessment for High Risk (No. of Hrs-15)

Objectives, assessment, antenatal examination, lie attitude, presentation, position

differential diagnosis, confirmatory tests

Modalities of diagnosis: invasive, non-invasive, CTG, NST, CST.

7. Assessment and Management of Intranatal Period (No. of Hrs-10)

Physiology of labor, mechanism of labor

Management of labor: first stage, sign and symptoms of onset of labor, normal and abnormal duration, assessment and observation of women in labor, induction of labor

Second stage: duration, conduct of delivery, principles and techniques

Third stage: sign and symptoms, methods of placental expulsion, examination of the placenta, examination of puerperium

Fourth stage: recovery period

ON THE JOB TRAINING

Placement: Labor room

Time: practical 120 hrs

Lab-20

Clinicals-100

Practical Sessions -

(No. of Hours-120)

1. BMWM and infection control
2. Labor setup and Preparation of delivery kit and safety measures.
3. Antenatal examination
4. Portogram and foetal monitoring
5. Assessment of women in labor process
6. IV Cannulation and sample collection
7. Measuring I/O Chart
8. Measuring vital signs

Practical Sessions: Practicing nursing interventions

1. Episiotomy and suturing
2. Maintenance of partograph
3. Foleys catheterization
4. examination and assessment of mother and new born baby
5. Perineal care
6. Assisting normal delivery
7. universal standard safety precautions
8. Insertion of IUD
9. Assess with MTP

Teaching and learning activities-Demonstration of charts, slides, models.

Assignments:

- Practice in Unit/ hospital/ Lab
- Write nursing process records of patient
- Role plays in simulated situations on communication techniques
- Measured vital sign of assigned patient
- Do clinical posting in infection control department and write report

LIST OF EQUIPMENT

Practical Nursing The equipment below is common to the Practical Nursing program. Student access to this equipment better ensures successful completion of the program and employment opportunities.

- 1 Thermometers 05
- 2 sphygmomanometers 03
- 3 Stethoscope 03
- 4 Iv Stand 01
- 5 Bed pan 01
- 6 Tourniquet. 01
- 7 Breast pump 01
- 8 Mucus sucker 01
- 9 Ryles tube 02
- 10 Syringes, 2ml ,5ml 10
- 11 Kidney tray 05

- 12 Urinary catheters 02
- 13 gloves 05
- 14 Fetoscope 01
- 15 Sim's vaginal speculum 01
- 16 Forceps -Allis tissue , mosquitoes, cheatles, sponge holding
- 17 Scissors 01
- 18 Inch tape 01
- 19 Weighing scale- adult & infant 01
- 20 Hand towels 05
- 21 Mackintosh 01
- 22 Cotton roll 02
- 23 Medicines sample

Qualifications of Teaching Faculty:

1. Graduation from any recognized university with an aggregate of 55% marks in MSC gynaecology
2. 3+ Years of Experience in Clinicals

Reference books/ Internet links:

1. D.C Dutta- textbook of obstetrics (Publisher- New central book agency)
2. Bobak & Jensen- maternity and gynaecological nursing (Publisher- Mosby)

Division of Marks:

Theory: 100 Max. Marks

1. **Communicative English: 20 marks**
2. **Short Questions: 6 x5m = 30 marks**
3. **Long Questions: 4x10 = 40 marks**
4. **Multiple Choice Questions: 10x1=10 marks**

Practical: 100 Max. Marks

1. **External: 40 marks**
2. **Record/ Mini Project & Viva: 10 marks**
3. **Internship/ OJT: 50 marks**

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REGD. NO:

TIME : 3 HRS

TIME

MAX MARKS: 100

MIDWIFERY AND OBSTETRICAL NURSING-I

MODEL QUESTION PAPER (THEORY)

SECTION- A

SECTION- B

Note: a) Answer ALL questions.

b) Each question carries **5 Marks**.

6X5M=30 MARKS

1. What are the trends in midwifery?
2. Write about types of pelvises.
3. Describe about menstrual cycle.
4. What are the functions of amniotic fluid?
5. What is presumptive sign?
6. What is antenatal exercise?

SECTION- C

Note: a) Answer any **FOUR** questions.

b) Each question carries **10 Marks**.

4X10M=40 MARKS

1. Write about antenatal examination.
2. Explain about the physiological changes during pregnancy.
3. Describe about standard safety precautions.
4. Explain about routes of drug administration.
5. Write about preconception.
6. Describe the fertilization process.

SECTION-D

10X1=10 Marks

1. Which stage of Labor involves the complete dilation of the cervix?

- A. Early Labor

- B. Active Labor
- C. Transition
- D. Placental Stage

2. What is the purpose of foetal head flexion during Labor?

- A. To allow the smallest diameter to pass through the pelvis
- B. To rotate the head for optimal passage
- C. To extend the head under the pubic symphysis
- D. To rotate the head back after delivery

3. What hormonal change stimulates uterine contractions during Labor?

- A. Estrogen
- B. Progesterone
- C. Oxytocin
- D. Prolactin

4. which of the following test is used to identify haemoglobin level

(a) urine test (b) blood test(c) screening test (d) All of the above

5: Antenatal care plays a crucial role in ensuring a healthy pregnancy outcome for

(a) mother (b) baby (c) mother and baby (d) none

6. A normal pregnancy is characterized by a series of physiological changes and milestones that occur

- (a) Example: conception to birth
 (b) Example: 3 weeks -5 weeks.
 (c) Example: 1 weeks -4 weeks.
 (d) All the above

7. Symptoms: Morning sickness, fatigue, breast tenderness, and frequent urination.

a. first trimester b. second trimester c. third trimester d. fourth trimester

8. Postpartum Care: which one of the following is incorrect

a. Recovery b. Breast support c. Family planning d. cultural sensitivity

9. Midwives advocate for policies and practices that promote maternal and newborn health

a. Advocacy b. Collaboration c. Holistic approach d. Postpartum care

10. Parenthood is a dynamic journey that does not involve-

- a. Responsibility b. Care c. emotional connection d. Politics

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MIDWIFERY AND OBSTETRICAL NURSING

MODEL QUESTION PAPER (PRACTICAL)

Note: a) Answer ALL questions.

b) Each question carries **10 Marks.** **4X10=40MARKS**

1. Write about I/O chart.

2. Write and demonstrate Care of patients with fever.
3. What are the rights of drugs?
4. Write about BLS.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks

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REGD. NO:

TIME: 3 HRS

MAX MARKS: 100

MIDWIFERY AND OBSTETRICAL NURSING -II

MODEL QUESTION PAPER (THEORY)

SECTION- A

COMMUNICATIVE ENGLISH

20 MARKS

SECTION- B

Note: a) Answer ALL questions.

b) Each question carries **5 Marks**.

6X5M=30 MARKS

1. What is the duration of puerperium?
2. Explain about lactation management.
3. Write in detail about immunization.
4. Explain about ectopic pregnancy.
5. What are the indications of methergine?
6. Explain about MCH.

SECTION- C

Note: a) Answer any **FOUR** questions.

b) Each question carries **10 Marks**.

4X10M=40 MARKS

1. Write in detail about postnatal assessment.
2. What are the medications used in midwifery?
3. Describe about abortion.
4. Write about family welfare programme.
5. Write about records and report.
6. What is IUGR?

SECTION-D

10X1=10 Marks

1. During puerperium, the uterus undergoes involution, which means

- A. It increases in size
- B. It returns to its pre-pregnancy size
- C. It becomes more elastic

2. What is lochia?

- A. A type of postpartum depression
- B. Vaginal discharge after childbirth
- C. Early breast milk production

3. During a postnatal assessment, healthcare providers primarily evaluate:

- A. The baby's growth milestones
- B. The mother's emotional well-being and physical recovery
- C. Household arrangements for the newborn

4. What is one of the key aspects of breastfeeding support during postnatal assessment?

- A. Ensuring the baby sleeps through the night
- B. Assessing the baby's weight gain weekly
- C. Providing education on breastfeeding techniques and positions

5. What does follow-up care planning after postnatal assessment typically include?

- A. Scheduling vaccinations for the newborn
- B. Discussing contraception options with the mother
- C. Arranging playdates for the newborn

6. Which age group is at a higher risk for complications during pregnancy?

- A. Women aged 20-25

B. Teenage mothers and women aged 35+

C. Women aged 26-30

7. What pre-existing medical condition can increase the risk of birth defects and large babies?

A. Hypertension

B. Diabetes

C. Autoimmune disorders

8. Which pregnancy-related condition is characterized by high blood pressure and organ damage?

A. Gestational diabetes

B. Preeclampsia

C. Placenta previa

9. What lifestyle factor is linked to preterm birth, low birth weight, and birth defects?

A. High-protein diet

B. Smoking

C. Moderate exercise

10. What is a recommended management practice for high-risk pregnancies?

A. Less frequent prenatal visits

B. Regular prenatal care with more frequent visits

C. Avoidance of ultrasounds

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ADVANCED BEDSIDE ASSISTANT (Module II)

MODEL QUESTION PAPER (PRACTICAL)

Note: a) Answer ALL questions.

b) Each question carries **10 Marks.** **4X10=40MARKS**

1. Write and demonstrate about Glasgow coma scale.
2. Explain and demonstrate history collection.
3. What are the steps of foleys catheterization?
4. Explain and demonstrate Care of bedridden patient.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks