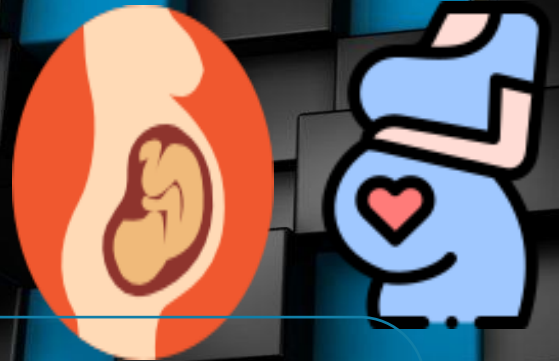
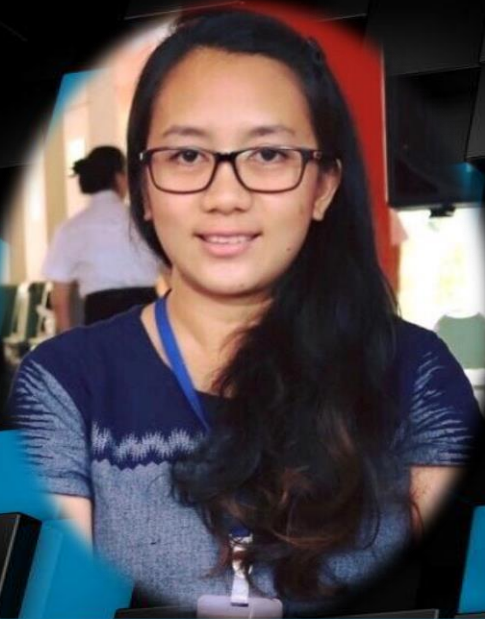


UNIT 15

HOW TO COMMUNICATE WITH PATIENTS IN THE MATERNAL AND CHILD WARD



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English for Nursing Communication II



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OUTLINE

1. Concept of academic reading in nursing
 - reading strategies and exercises applicable to answer news, research articles, commentaries, academic paper healthcare issues
2. Concept of active listening in nursing Part 1
 - news related listening exercises
3. Concept of active listening Part 2
 - conversation, lecture listening related exercises
4. Concept of writing in nursing Part 1
 - narrative writing related activities
5. Concept of writing in nursing Part 2
 - nurse' resume related writing activities
6. Concept of writing in nursing Part 3
 - nurses' notes writing related activities
7. Concept of writing in nursing Part 4
 - nursing care plan writing related activities
8. Concept of writing in nursing Part 5
 - laboratory reports related activities
9. Concept of writing in nursing Part 6
 - hand over reports/nurses' endorsement reports
10. Concept of writing in nursing Part 7
 - case study related activities
11. Concept of writing in nursing Part 8
 - writing research papers
12. How to communicate with patients in the medical ward
 - listening, reading, writing related exercises
13. How to communicate with patients in the surgery ward
 - listening, reading, writing related exercises
14. How to communicate with patients in the orthopedic ward
 - listening, reading, writing related exercises
15. How to communicate with patients in the maternal and child ward
 - listening, reading, writing related exercises

OBJECTIVES

At the end of the course, each student nurses should be able to :

1. Discover the evolution of the maternal and newborn nursing.
2. Understand the health care approaches.
3. Explain pregnancy and its signs.
4. Determine the physiological and psychological changes in pregnancy.
5. Differentiate each level of fetal development and physiology



OVERVIEW



-Maternal and child health (MCH) aimed to focus in providing care to all childbearing mothers around the world from pregnancy to childbirth.

-This concept includes the long term goals in the prevention of morbidity and mortality rates to pregnant mothers and unborn babies.

1. EVOLUTION OF MATERNAL AND NEWBORN NURSING

- ☐ up to 1990s – pregnant women received no prenatal care
- ☐ birth occurrence – at home, usually attended by a midwife and these MIDWIVES were not formally trained
- ☐ physicians attended only complicated situations



2. FAMILY APPROACH TO HEALTH CARE



- ❑ family – two or more people living in the same household, sharing the common emotional bonds, and providing for the basic needs of life
- ❑ parent – person establishing a parent-child relationship by caring the child by providing the physical, social, and emotional requirements necessary for normal growth and development

TERMINOLOGIES



- ☐ antepartum – before the delivery of a baby
- ☐ post partum – after the delivery of the baby
- ☐ EDD – expected date of delivery, estimated due date
- ☐ gestation - the period of fetal development inside a womb
- ☐ gravida – a pregnant woman
- ☐ multigravida – a pregnant woman who has been pregnant one or more times previously
- ☐ multipara – a woman who has given birth at least twice to an infant, liveborn or not
- ☐ nulligravida – a woman who has never conceived a child
- ☐ Naegele's rule – a numerical formula for estimating the date labor will begin; by subtracting 3 months from the first day of the last menstrual period and adding 7 days to that date, a provisional date of delivery is identified
- ☐ Para – a woman who has given birth to one or more infants
- ☐ Primigravida – a woman who is pregnant for the first time
- ☐ Primipara – a woman who has given birth for the first time
- ☐ LMP – refers to the first day (onset of bleeding) of the last menstrual period before becoming pregnant

3. PREGNANCY AND ITS SIGNS AND SYMPTOMS₁

- ☐ The average length of pregnancy is 280 days or 40 weeks. Pregnancy is considered as 3 trimesters of 3 calendar months each.
- ☐ If the fetus is born after 20 weeks prior completion of the 37th week, the fetus is called a premature infant.
- ☐ One born after 42 weeks of gestation is called postmature infant



3. PREGNANCY AND ITS SIGNS AND SYMPTOMS₂

- ☐ The signs of pregnancy are a group of symptoms and observations that leads to the positive diagnosis of pregnancy.

- ☐ Presumptive signs (early but unreliable, generally subjective)

- ☐ Probable signs (stronger but still not reliable, generally objective)

- ☐ Positive signs (definitive)



3. PREGNANCY AND ITS SIGNS AND SYMPTOMS 3

01 Presumptive signs

- ☐ amenorrhea
- ☐ nausea and vomiting (morning sickness)
- ☐ urinary frequency (1&3)
- ☐ breast changes
 - ✓ enlarged
 - ✓ tender
 - ✓ tingling sensation
 - ✓ areola widening
 - ✓ veins beneath becomes more visible
- ☐ fatigue
- ☐ quickening (16th to 20th week)



3. PREGNANCY AND ITS SIGNS AND SYMPTOMS

02 Probable signs

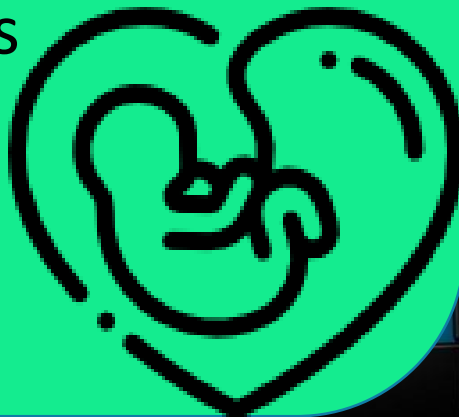
- ☐ Hegar's sign – softening of the lower uterine segment that can be felt in during vaginal examination
- ☐ Goodell's sign – softening of the cervix
- ☐ Chadwick's sign – the mucous membranes of the cervix, vagina and vulva become bluish
- ☐ abdominal enlargement
- ☐ Braxton hick's contractions – irregular, painless contractions of the uterus



3. PREGNANCY AND ITS SIGNS AND SYMPTOMS 5

02 Probable signs

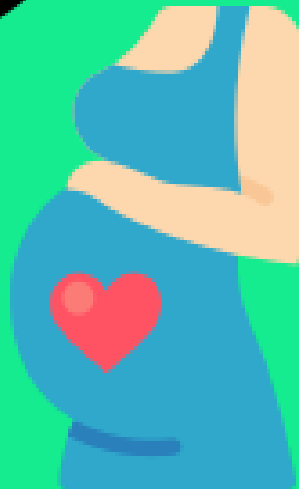
- ☐ Ballottement – during 4th-5th month, a gentle push or tap of the uterus will cause to float away and then rebound, touching the clinician's hand
- ☐ palpable fetal outline
- ☐ skin pigmentation changes
- ☐ linea nigra
- ☐ chloasma
- ☐ striae gravidarum



3. PREGNANCY AND ITS SIGNS AND SYMPTOMS ₆

03 Positive signs

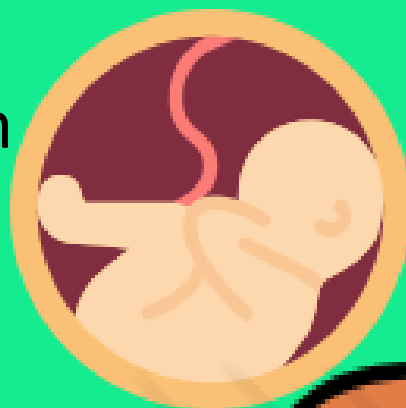
- ☐ HCG
- ☐ urine
- ☐ blood



4. PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES DURING PREGNANCY₁

PHYSIOLOGICAL CHANGES:

- ☐ reproductive system
 - uterus
 - vagina
 - breasts
- ☐ respiratory system
- ☐ cardiovascular system
- ☐ GIT
- ☐ urinary system



4. PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES DURING PREGNANCY₂

PHYSIOLOGICAL CHANGES:

☐ integumentary system

- vascular markings
- pigmentation changes
- striae gravidarum
- acne
- hair growth



☐ musculoskeletal system

4. PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES DURING PREGNANCY₃

PHYSIOLOGICAL CHANGES:

- ☐ integumentary system
 - vascular markings
 - pigmentation changes
 - striae gravidarum
 - acne
 - hair growth
- ☐ musculoskeletal system



4. PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES DURING PREGNANCY₃

PHYSIOLOGICAL CHANGES:

- ☐ metabolic changes
- ☐ endocrine system



4. PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES DURING PREGNANCY₃

PSYCHOLOGICAL CHANGES:

❑ 1st trimester (need extra emotional support from family members)

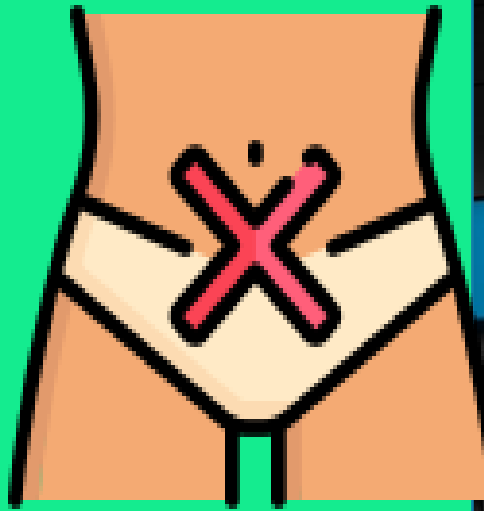
- ✓ anxiety
- ✓ provokes tears
- ✓ sudden emotional swings
- ✓ fear of abortions

❑ 2nd trimester

- ✓ self-conscious about the weight
- ✓ overwhelming event
- ✓ fetal movement – 20 weeks
- ✓ will the husband be able to support

❑ 3rd trimester

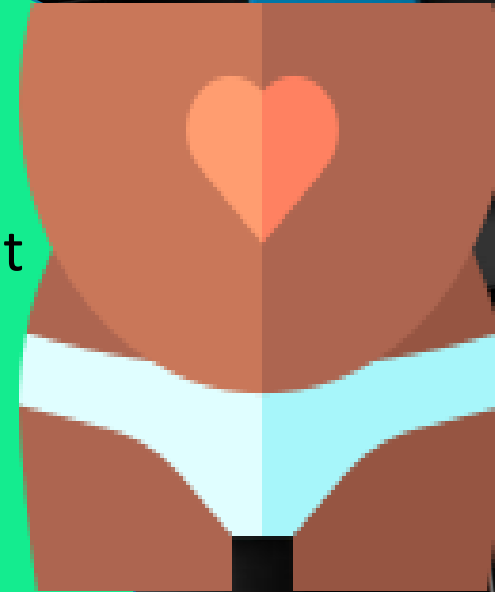
- ✓ anxiety about labor and birth



4. PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES DURING PREGNANCY₄

PSYCHOLOGICAL CHANGES:₂

- ☐ emotions in father
 - ✓ emotional changes
 - ✓ apprehensive about their ability to parent
- ☐ mind-body interactions mother – to – be
 - ✓ shifts in the body image
 - ✓ changes in the hormones
 - ✓ attitude toward cultural pressures and expectations
- ☐ dreams during pregnancy
 - ✓ experience strange dreams about childbirth, newborn baby, and life as a new month
 - ✓ baby sex and nightmares



4. PHYSIOLOGICAL AND PSYCHOLOGICAL CHANGES DURING PREGNANCY₅

PSYCHOLOGICAL CHANGES:₃

- Understanding the common psychological changes that occur during pregnancy will help both expectant mothers and expectant fathers to understand themselves and their partners better.
- Yoga practices are safe and beneficial during pregnancy



5. FETAL DEVELOPMENT AND PHYSIOLOGY₁

Introduction:

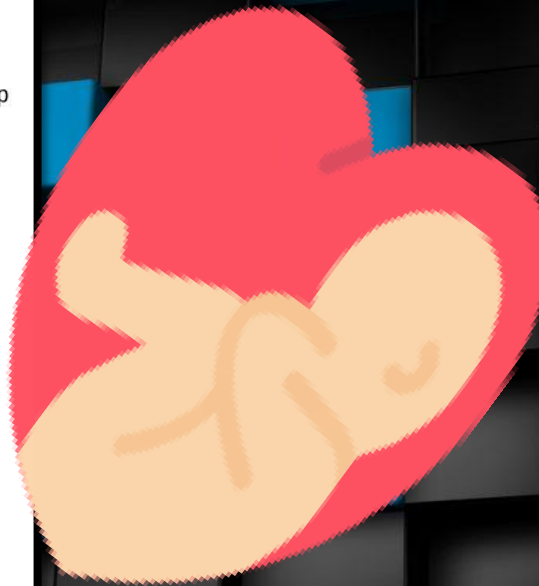
- Prenatal or antenatal development is the period in which embryo or fetus gestates during pregnancy from fertilization until birth.
- It is also known as fetal development of embryology



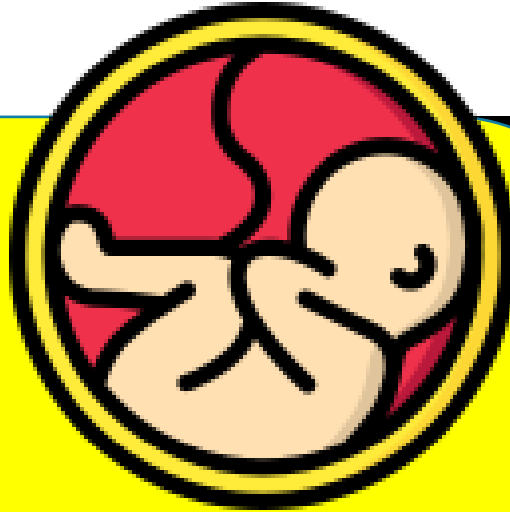
5. FETAL DEVELOPMENT AND PHYSIOLOGY₂



Fetal Growth and Development During Pregnancy



5. FETAL DEVELOPMENT AND PHYSIOLOGY₃



Age of the fetus –

Gestational age is the duration of pregnancy calculated from the first day of last menstrual period (LMP)

5. FETAL DEVELOPMENT AND PHYSIOLOGY

Changes or development by weeks of gestation:

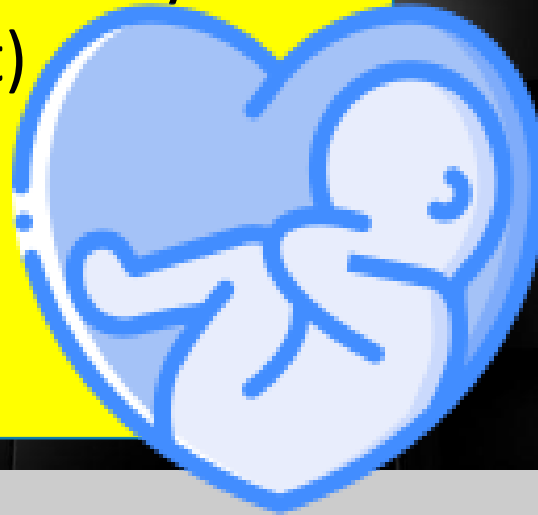
1. Pre-embryonic stage – fertilization to 2-3 weeks
2. Embryonic stage – 4-8 weeks gestation
3. Fetal stage – 9 weeks to birth



5. FETAL DEVELOPMENT AND PHYSIOLOGY

1st LUNAR MONTH:

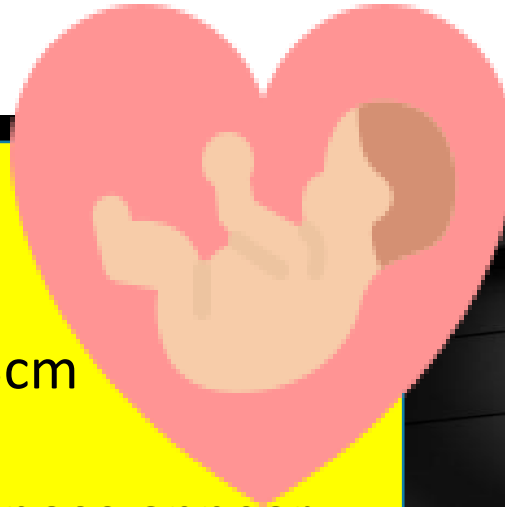
- ✓ Fertilization to 2 weeks of embryonic growth
- ✓ Implantation is complete
- ✓ Primary chorionic villi is forming
- ✓ Embryo develops into two cell layers (trophoblast and blastocyst)
- ✓ Amniotic cavity appears



5. FETAL DEVELOPMENT AND PHYSIOLOGY

2nd LUNAR MONTH:

- ✓ 3-6 weeks of embryonic growth
- ✓ The embryo is approximately 1.3cm
- ✓ Arms and legs are visible
- ✓ Rudiments of the eyes, ears and nose appear
- ✓ Lung buds are developing
- ✓ Primitive intestinal tract is developing
- ✓ Primitive cardiovascular system is functioning
- ✓ Neural tube that forms the brain and spinal cord closes by 4th week



5. FETAL DEVELOPMENT AND PHYSIOLOGY

3rd LUNAR MONTH:

- ✓ 7-10 weeks of growth
- ✓ Embryonic period ends at 9th week and the beginning of fetal period
- ✓ The fetus is approximately 6.3cm
- ✓ Appearance of genitalia
- ✓ Major organ systems develops in the middle of the month
- ✓ Membrane over the anus has broken down
- ✓ The heart forms 4 chambers by 7th week
- ✓ The fetus assumes human position
- ✓ Bone ossification begins
- ✓ Rudimentary kidney begins to secrete urine



5. FETAL DEVELOPMENT AND PHYSIOLOGY

4th LUNAR MONTH:

- ✓ 11-14 week-old-fetus
- ✓ The fetus is approximately 12cm
- ✓ Head erect, lower extremities well developed
- ✓ Hard palate and nasal septum have fused
- ✓ External genitalia of male and female can now be differentiated
- ✓ Eyelids are sealed



5. FETAL DEVELOPMENT AND PHYSIOLOGY

5th LUNAR MONTH:

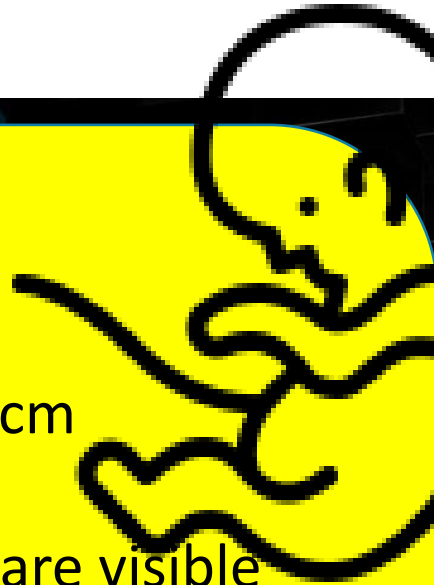
- ✓ 15-18 week-old-fetus
- ✓ The fetus is approximately 16 cm
- ✓ Ossification of fetal skeleton can be seen on X-ray
- ✓ Ears stand out from head
- ✓ Meconium is present in the intestinal tract
- ✓ Sucking motions and swallowing amniotic fluid
- ✓ Fetal movements can be felt by the mother



5. FETAL DEVELOPMENT AND PHYSIOLOGY

6th LUNAR MONTH:

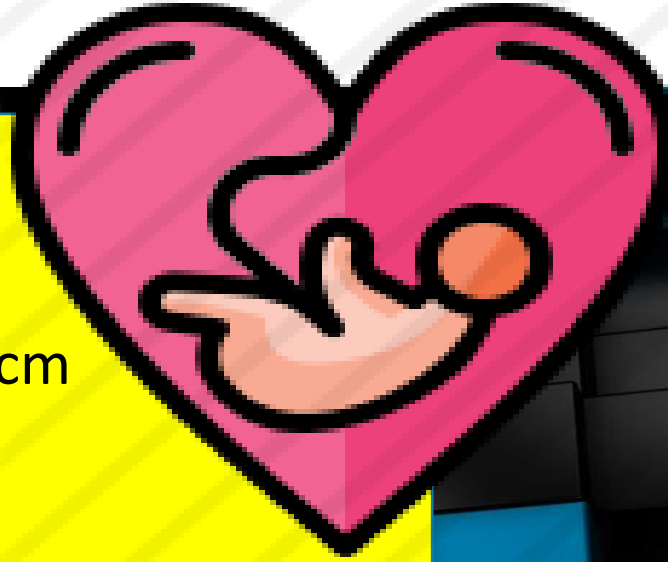
- ✓ 19-22 week-old-fetus
- ✓ The fetus is approximately 21 cm
- ✓ Vernix caseosa covers the skin
- ✓ Head and body (lanugo) hairs are visible
- ✓ Skin is wrinkled and red
- ✓ Brown fat, an important site of heat is present in the neck and sternal area
- ✓ Nipples are apparent on the breasts



5. FETAL DEVELOPMENT AND PHYSIOLOGY

7th LUNAR MONTH:

- ✓ 23-26 week-old-fetus
- ✓ The fetus is approximately 25 cm
- ✓ Finger nails are present
- ✓ Lean body
- ✓ Partially opens eyes, presence of eyelashes
- ✓ Bronchioles are present, primitive alveoli are forming
- ✓ Skin begins to thicken on hands and feet
- ✓ Startle reflex is present, strong grasp reflex



5. FETAL DEVELOPMENT AND PHYSIOLOGY

8th LUNAR MONTH:

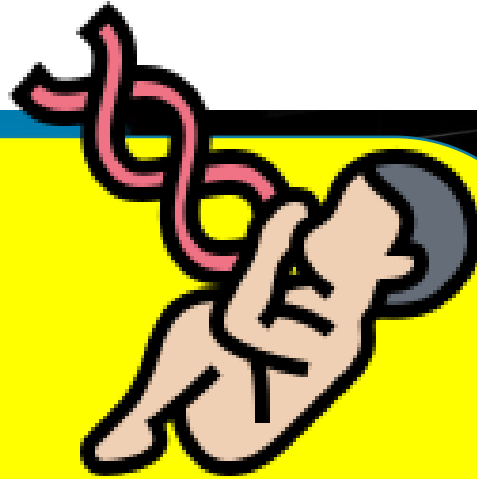
- ✓ 27-30 week-old-fetus
- ✓ The fetus is approximately 28 cm
- ✓ Eyes open
- ✓ Ample hair on the head, lanugo begins to fade
- ✓ Skin slightly wrinkled
- ✓ Testes in inguinal canal begins to descend to the scrotal sac
- ✓ Surfactant coats much of the alveolar epithelium



5. FETAL DEVELOPMENT AND PHYSIOLOGY

9th LUNAR MONTH:

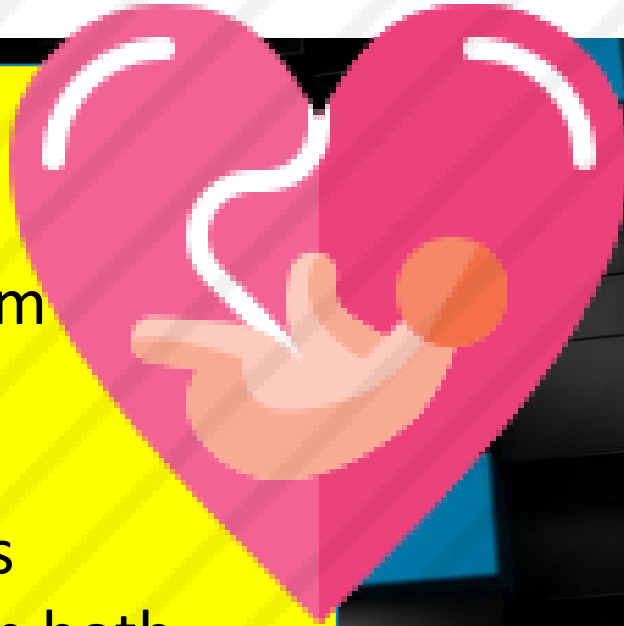
- ✓ 31-34 week-old-fetus
- ✓ The fetus is approximately 32 cm
- ✓ Fingernails reach fingertips
- ✓ Pink and smooth skin
- ✓ Testes are covered by the scrotal sac



5. FETAL DEVELOPMENT AND PHYSIOLOGY

10th LUNAR MONTH:

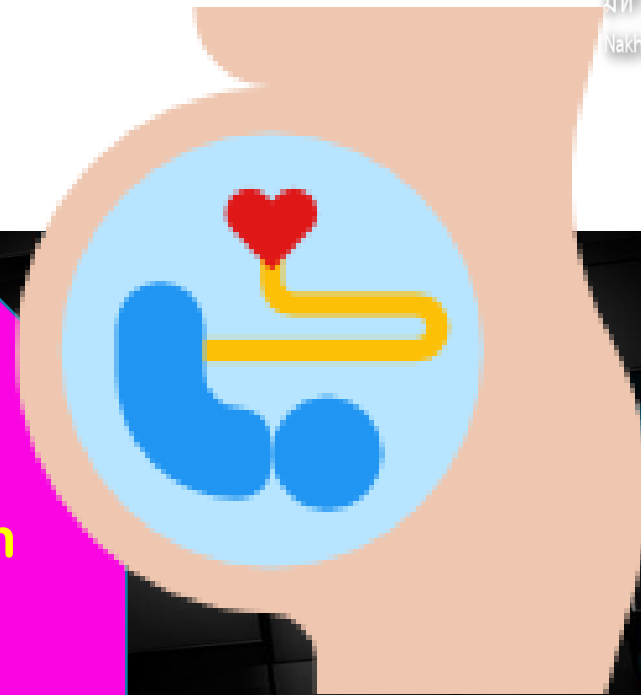
- ✓ 35-38 week-old-fetus
- ✓ The fetus is approximately 37 cm
- ✓ Body fat increases
- ✓ Lanugo disappears
- ✓ Toenails beyond tips of the toes
- ✓ Small breast buds are present in both sexes
- ✓ Hair in the head becomes coarse and thick



CONCLUSION

Therefore, pregnancy and birth can be a very special time in the life of a woman. The nine months of pregnancy, as well as labor and delivery, are filled with many physical and psychological changes, as well as changes in lifestyle. The importance of health care throughout pregnancy is emphasized, because proper health care increases the likelihood of a healthy pregnancy, a healthy baby, and satisfied parents.

Marriage and Life Encyclopedia, 2021



The background of the slide is a photograph of a large, modern university building at night. The building has multiple stories and a mix of light-colored and dark-colored sections. It is illuminated by blue and white lights. In the foreground, there is a dark, paved area, possibly a parking lot or a walkway. The image is partially obscured by a large, dark blue diagonal shape that runs from the top left towards the bottom right.

THANK YOU!



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