

MOM Course

Syllabus

COURSE SYLLABUS

Course Description

This course will train and equip participants to teach and serve all women through the childbearing years specifically in rural, crisis and developing nations. The focus of this course is to train trainers to use birth work as a tool to improve outcomes, restore dignity and decrease mortality world-wide. This course focuses on maternal development and how this in turn develops the community. This course will integrate maternal and child health, prevention through nutrition and sustainable food development, the use of appropriate technologies for the entire family and training trainers for multiplication of midwives and birth workers.

The academic course spans 400+ hours, 6 independent study courses and 24 weeks of classroom study and application. After successful completion of all academic hours and assignments participants are eligible to apply for an approved apprenticeship to complete clinical requirements for: 1. NARM PEP process and sit for the examination. Upon successful completion of the examination participants receive their certification as a professional midwife (CPM) or 2. DECA (Direct Entry Clinical Apprenticeship) and sit for the certification examination to become a rural practicing mercy midwife (CMM).

Course Learning Outcomes

The course learning outcomes and objectives support the midwifery model of care and include:

- Recognizing normal pregnancy, labor, postpartum and body functions.

- Laying a foundation for fundamental academic knowledge and clinical skills critical to autonomous midwifery practice
- How to assess an individual and provide one-to-one care for the physical, psychological and spiritual well-being of the woman during the childbearing years and her newborn to the age of two
- How to support optimal design and improve outcomes for mother and baby through prevention and nutrition, limiting disease and the subsequent need for intervention
- How to understand and implement education, counseling, prenatal care, continuous observation and hands-on assistance during labor and birth, postpartum care, well-baby and well-woman follow-up and assessments
- A thorough academic overview and understanding in the field of maternal and child health and midwifery care
- Comprehensive clinical skills and competency to perform assessments and maintain maternal and newborn well-being
- How to identify risks and appropriately refer as needed
- How to think critically and routinely evaluate in field-based settings for improved outcomes
- How to create plans of action for maternal, newborn, family and community well-being and improved outcomes

Course Competencies

General Knowledge and Skills

1. Understanding of the global crisis in maternal-child health world-wide
2. Comprehensive overview of anatomy and physiology of the pregnant woman
3. Conception and Reproductive Health
4. Fetal Anatomy and Development
5. Holistic Approach: Mind, Body and Spirit

6. Nutrition and How it Prevents and Effects Outcomes
7. Communication Skills
8. Education of the Pregnant Woman, the Family and Community
9. Practice Guidelines
10. Informed Consent
11. Research and Critical Thinking Skills
12. Forms and Documentation
13. Shared Decision Making
14. Cultural Awareness and Approaches
15. Midwifery Terms and Usage

Antepartum

1. Provides Appropriate Education
2. Provides Appropriate Counseling
3. Provides Well-Woman Care and Assessment Including Breast Assessment
4. Understands Pelvic Anatomy
5. Identifies Risk Factors and Pre-Exisiting Conditions
6. Understands Nutrition and its Effects on Pregnancy, Birth and Postpartum
7. Understands Normal Fetal Development
8. Understands Genetic Factors and Risks
9. Understands and Provides Labs and Assessments
10. Educates Mother on Normal Discomforts of Pregnancy and Natural Remedies
11. Educates Mother on Natural Processes of Pregnancy
12. Evaluates Mother Head-to-Toe
13. Provides Routine Prenatal Assessments
14. Educates Mother on Birth and Expectations
15. Understands How to Take a Thorough Health History

Intrapartum

1. Understands the Normal Process of Labor
2. Understands the Normal Process of Birth
3. Is a Skilled Observer with the Capacity to Respond
4. Understands How to Document the Labor and Birth Process and Evaluate
5. Provides Comfort Measures During Labor
6. Routinely Monitors Mother and Baby for Well-Being During Labor and Birth
7. Observes and Evaluates the Mother's Emotions and Normal Progression
8. Assesses the Birth Environment
9. Understands Fetal Positioning and its Effects on Labor
10. Supports the Birth Process
11. Recognizes Variations from Normal and Transports as Necessary
12. Plans for and Prevents Complications with Observant Care
13. Provides Emergency Response as Necessary

Postpartum

1. Facilitates Third Stage Placental Management
2. Provides Newborn Support as Necessary
3. Assesses the Perineum
4. Encourages Skin-to-Skin and Baby Led Breastfeeding
5. Repairs Lacerations as Necessary
6. Continues Risk Assessment and Responds as Necessary
7. Inspects Placenta
8. Supports Maternal Well-Being
9. Provides Appropriate Counseling
10. Understand Nutrition and its Effects on Postpartum Recovery and Breastfeeding

11. Provides Education on Family Planning and Child Spacing

Newborn

1. Provides Newborn Exam and Assessments
2. Understands Normal Newborn Anatomy and Behavior
3. Encourages and Supports Breastfeeding
4. Counsels on Newborn Screens and Immunizations
5. Understands Normal Newborn and Child Development

Children Under 2

1. Provides WHO development weight checks and charting
2. Understands Normal Newborn and Child Development
3. Encourages Continued Breastfeeding
4. Counsels and Supports Well-Child Initiatives
5. Follow-up and Well-Checks Through 2 years

Academic Integrity

All participants will maintain a high level of academic integrity. Visit www.plagiarism.org to learn more on plagiarism and how to avoid it. You are responsible for your work. All work must be original, and plagiarism will not be tolerated. In addition, maintaining integrity is doing the assigned work in the time prescribed. Do not fall behind as this will reflect poorly in your work and in your ability to maintain a high standard of academic excellence.

Foundational Skills

Technique will only bear out so far. Foundational skills in midwifery and mother/baby health require a deeper understanding and philosophy on women, life, pregnancy, birth and its design. In this course a foundational understanding will be laid to understand that childbearing is both perfectly designed and a natural process. Women were created and women were created to give birth. We must return to the original intent and design to see a greater impact worldwide on positive birth outcomes. Prenatal care is what happens to a woman in between each visit to their care provider and women must be equipped and educated to care for themselves and their growing baby. Birth is not only physical, but it is also a psychological and spiritual process with each birth being unique and not one ever the same. The approach then, must be individual. Normal varies. Our approach to childbirth as care providers, and the woman's approach to childbirth in emotional and mental preparation, can make all the difference. Childbearing is personal, intimate and private, yet affects the family as a whole and the community at large.

COURSE REQUIREMENTS

Required Texts

The following texts **will be supplied** to each participant as a book.

<i>Midwifery Workbook</i>	BirthSong Daphne Singletree
<i>Birth Assistant Manual</i>	GoMidwife
<i>Doula Manual</i>	GoMidwife
<i>CBE Manual</i>	GoMidwife
<i>Herb Manual</i>	GoMidwife
<i>Permaculture Manual</i>	Boundless Permaculture

Academic Resources

Heart and Hands.....Elizabeth Davis
Birth Emergency Skills Training.....Bonnie Gruenburg

Downloads

The following texts **will be supplied** to each participant as a download.

Langman's Medical Embryology.....12th Edition
Neonatal Handbook.....Texas Tech
Basic Skills Course.....USAID
A Book For Midwives.....Hesperian
Where Women Have No Doctor.....A. August Burns
“Pregnancy, Childbirth, Postpartum and Newborn”.....WHO
“Facts for Life”.....UNICEF
“Managing Newborn Problems”.....WHO
“Guide to Counseling for Maternal Child Health”.....WHO
Managing Complications in Pregnancy and Childbirth.....WHO
Human Nutrition in the Developing World.....Michale C. Latham
Two Ears of Corn.....Roland Bunch
Where There is No Doctor.....A. August Burns

Lending Library

The following texts **will NOT be supplied** to each participant, and participants are not required to have the following texts, but each are valuable resources and recommended to add to the participants library as learning progresses. **One copy will be in the lending library**, but it is first come first serve and the copies cannot be removed from the classroom.

These books will likely be required for assignments. If you do not want to be limited to use in the classroom, consider purchasing the following: All texts can be purchased by going to: www.gomidwife.com and clicking on "Shopping" and then "Books".

<i>Half the Sky</i>	Sheryl WuDunn
<i>Nurturing the Nations</i>	Darrow Miller
Pushed.....	Jennifer Block
<i>Ina Mae's Guide to Childbirth</i>	Ina Mae Gaskin
<i>Human Labor and Birth</i>	Oxhorn Foote
<i>Varneys Midwifery</i>	Helen Varney
<i>The Birth Partner</i>	<i>Penny Simpkin</i>
<i>The Ultimate Breastfeeding Answers Book</i>	Jack Newman
<i>ChildBirth Without Fear</i>	Grantly Dick-Read
<i>Birth Matters</i>	Ina Mae Gaskin
<i>Birthing From Within</i>	Pam England
<i>The Baby Book</i>	Dr. Sears
<i>Myles's Midwifery</i>	Diane M. Fraser
<i>Birthing From Within</i>	Pam England
<i>Neonatal Resuscitation Textbook</i>	American Heart Association
Primary Child Care.....	WHO
*Practical Skills Guide.....	Pam Weaver

*Required if pursuing CMM. Not required for CPM.

Recommended Texts

The following texts **will NOT be supplied** to each participant, and participants are not required to have the following texts, but each are valuable resources and recommended to add to the participants library as learning progresses. A copy of necessary text will be in the lending library to use for assignments. Books are for classroom use only and are asked not to leave the classroom. For the complete list of recommended texts go to: www.gomidwife.com

<i>The Womanly Art of Breastfeeding</i>	Diane Wiessinger
<i>A Child is Born</i>	Lennart Nilsson
<i>Monique and the Mango Rains</i>	Kris Holloway
<i>In the Way of Our Grandmothers</i>	Debra Anne Susie
<i>Lying-In: A History of Childbirth</i>	Richard W. Wertz
<i>Skills For Midwifery Practice</i>	Ruth Johnson
<i>The Politics of Birth</i>	Sheila Kitzinger
<i>Holistic Midwifery 1 and 2</i>	Anne Frye
<i>Gaia's Garden: A Guide to Home Scale Permaculture</i>	Toby Hemenway
<i>Obstetrics In Remote Settings</i>	Anne-Sophie Coutin
<i>Williams Obstetrics</i>	F. Cunningham
<i>Holistic Midwifery 1 and 2</i>	Anne Frye

Required Supplies

The following supplies **will be provided** to each participant upon arrival in class.

Littman Stethoscope- Adult
 Manual Blood Pressure Cuff- Adult Large
 Waterproof Doppler
 Feta-scope
 Cloth Tape Measure

There are many more supplies a midwifery student and midwife will need for a comprehensive list of recommended supplies and the most practical pricing go to: www.gomidwife.com click on "Shopping" and browse through "Pack You Birth Bag, Pack Your Midwifery Bag and Pack Your Field Bag"

Attendance Policy

This is a very intensive course and the information is difficult to do without being an active

participant. It is therefore imperative that you are in class and do not miss any days. This being said, we are aware that there are circumstances that sometimes are beyond our control. If you know you will be absent for a class for whatever reason then you need to let the instructor know as soon as possible. You will be responsible for any work missed and due dates will still be in effect. Likewise, it is your responsibility as the student to get any work, notes, etc. and not the instructor who should find you to get the information into your hands. Missing too much class will result in failing a course or even a module. This is at the discretion of any seminar teacher or the school leader. Refunds for excessive absences will not be given.

Assignment Policy

All reading and written assignments are pre-posted. You may work ahead of due dates as long as quality and integrity of the work is maintained. Instructors retain the right to ask each student to no longer work ahead if the quality of work suffers.

All assignments are to be submitted via the forum on www.gomidwife.com under Member Resources. No other formats, including e-mail, will be accepted and if they are received, will be returned to the student without grade or comment. Forums are electronically scheduled to close at midnight on the date due. Late assignments may be penalized or not accepted at all depending on the seminar instructor or school leader and upon prior approval.

The formatting for papers should be 12 point font with one inch margins and either Times New Roman or Arial fonts used. All citations may be footnoted, end noted, or used with in-text citations following the Harvard citation style. You will find information on this citation style at <http://guides.is.uwa.edu.au/harvard>. You may likewise use the Harvard citation engine at <http://www.harvardgenerator.com/>. If an assignment is to be handed in instead of emailed the instructor will let the student know and will give the appropriate instructions at that time.

Grading Policy

This course requires a minimum 80% passing grade status per module.

Assignments can be made up **with prior approval and appropriate cause for delay**. All make-up assignments must be completed as assigned with a grade of 80% or better to pass and must be submitted no later than the agreed upon date.

Failure to complete assignments will incur a failing grade. A grade below 80% will necessitate repeating the seminar.

A quiz will be given at the end of each week.

An exam will be given at the end of each module.

Retaking a Failed Test is a \$25 fee

All assignments must be completed and passed prior to application for apprenticeship placement.

REQUIREMENTS:

Journal Instructions

Participants are required to maintain a personal journal. This journal is to include:

- Self-assessment and evaluation
- Spiritual component to include new understandings of birth
- Personal Reflections
- Weekly entries for a minimum of 33 entries

Journals will be turned in at the end of each week and will be assigned a pass/fail grading status. Journal entries are expected to be self-discovery and personal therefore, journal assignments will be graded on the merit of whether or not the entries have been completed with effort, not on substance of the entries.

Academic Evaluation

There will be an exam at the end of each module covering the material that was presented in each of the seminars. The exams are cumulative over the material for that particular module only. Each exam will be based on a 100 point scale as follows:

94-100 = Demonstrates competency

87-93 = Has basic understanding of information

80-86 = Requires review for competence

73-79 = Needs serious review for basic competence

66-72 = Lacks basic understanding of information

0-65 = Lacks comprehension

Any score below an 80 will require the student to review and retest. If a score of 80 is still not achieved the student will not pass the module.

Clinical Evaluation

Clinical evaluation will be based on the participants grasp of knowledge and performance objectives. Does the participant:

- Understand the objective
- Accurately explain the objective
- Perform the objective and skill appropriately

Clinical performance will be evaluated as follows:

94-100 = Demonstrates Competency

87-93 = Completes Objective

80-86 = Requires Assistance

73-79 = Incomplete

66-72 = Needs Review

0-65 = Lacks Comprehension of Objective/Skill

Any score below an 80 will require the student review and retest. If a score of 80 is still not achieved the student will not pass the module.

ALL participants are responsible to meet objectives and complete skills. Participants are responsible to thoroughly document and have all skills signed by approved preceptor.

Standards of Living

We are called to serve and honor the most high God, and at GoMidwife, we are called to do it together, at least for this time. To that end, our standards must be high. Here we will lay out the corporate standards we will choose to adhere to when we choose to be a part of GoMidwife. You may choose to set higher individual standards for yourself, but these are the minimum standards we will hold:

Maintain a relationship with the Lord daily and privately.

Love others more than ourselves.

Seek to serve others.

No underage drinking.

No abuse of alcohol or drunkenness even if of legal age.

No abuse of medications or drugs of any kind.

We also adhere closely to the standards of YWAM, which can be found here:

<http://ywamrto.org/wp-content/uploads/downloads/2013/03/Staff-and-Student-Handbook-Townsville.pdf>

Should you choose not to follow these standards, you may be asked to exit our program.

Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 Worship on Ohana	8:00-12:00 Class	8:00-12:00 Class	8:00-12:00 Class	8:00-12:00 Class
9:30-12:00 Class	(10:30-10:45-Break)	(10:30-10:45-Break)	(10:30-10:45-Break)	(10:30-10:45-Break)
(10:30-10:45-Break)	12:00-1:00 Lunch Break	12:00-1:00 Lunch Break	12:00-1:00 Lunch Break	12:00-1:00 Lunch Break
12:0-1:00 Lunch Break	1:00-3:00 Movie & Discussion	1:00-3:00 Prenatal Appointments	1:00-3:00 Study Time in Classroom	1:00-3:00 Practical Skills
1:00-3:00 Study Time in Classroom		6pm.-8:00pm Talk and Tea (the first Wednesday of every month)	Ohana Night 6:00pm	
6pm-8pm CBE Class				

* Schedule subject to change

Movies and Discussions	
The Business of Being Born	Week 1
Pregnant in America	Week 2
Blood Brother	Week 3
A Walk to Beautiful	Week 4
No Woman No Cry	Week 5
Babes to Slaughter	Week 6
Microbirth	Week 7
Half the Sky	Week 8
Freedom to Birth	Week 9
Birth in India	Week 10
Birth Story: The Farm	Week 11
Laboring Under an Illusion	Week 12
Birtherd Into Being: Russia Waterbirth	Week 13
Woman to Woman	Week 14
My Baby, My Body, My Birth	Week 15
They Were Midwives	Week 16

***This syllabus is subject to change.