



كلية فقيه للعلوم الطبية
Fakeeh College for Medical Sciences

COURSE HANDBOOK

Program: Post-Graduate Online Courses
Course Name: Advance Women's Health Care
Course Code & Number: SNWH 101

Sep-Nov 2021

Welcome Message from Your Teaching Staff



WELCOME to Quality Improvement and Patient Safety on-line course (SNWH 101)

We hope you embark with us on an enriching and enjoyable learning experience. We are committed to providing you with high quality education in an active learning environment.

This handbook provides you with an overview of this course. It includes all the information relevant to the educational process, including but not limited to teaching, learning, assessment, staff members and learning resources.

Your journey in this course will take 12 weeks. We look forward to a productive course with you.

REMEMBER



During your journey in this course, you have to remember the followings:





In addition to the teaching hours provided by the teaching staff, there is additional learning hours that you (as a participants) are expected to study independently (e.g. in assignments or other work associated with the course). For this course, these expected hours are (14 hrs. /week) over the course duration.



To get the best achievements in this course, it is highly recommended to demonstrate your commitment, hard work, regular class attendance and participation in all assigned activities and readings. In addition it is important to utilize all the learning resources provided by the college such as library, language and IT labs, and electronic facilities....etc.

Course Identification :

College:	Fakeeh College for Medical Sciences	
Program:	Post-Graduate On-Line Courses	
Course Title:	Advanced Women's Health Care	
Course Code:	SNWH 101	
Credit Hours	8 CHs (Eight contact hours/week)	
Target Audience	Maternal Child health Staff ER, MCH, OR, DR	
Date & Time of Delivery	Tuesdays: 8 AM-4 PM	
Course Instructors	Course Coordinator Dr. Nadia Eltohamy <u>Email: neltohamy@fcms.edu.sa</u> <u>Contact No. 0564645024</u> Ext. 513 <u>Academic Rank: Assistant Professor at FCMS</u> Specialty: Women's Health Nursing <u>Position: Academic Staff Nursing Department</u>	Co-Coordinator Dr. Niela Sacro – Rosales <u>Email: nsrosales@fcms.edu.sa</u> <u>Contact No. 0126588650</u> Ext. 112 <u>Academic Rank: Assistant Professor at FCMS</u> Specialty: Women's Health Nursing, Leadership and Management <u>Position: Academic Staff ,Nursing Department</u>
		

Course Description and Main Objective

1. Course Description

This course is designed to meet the needs of participant who wish to become knowledgeable in Women's Health Care. This course is focused on delivering competent and special Women's Health Care to promote the wellbeing, caring of women experiencing pregnancy, labour and postnatal complications in addition to the gynecological cases. Evidence Based Research which will be integrated with the best available evidence in Women's Health Care field

2. Course Main Objective

The purpose of this course is to provide participant with the advanced knowledge and skills to care women during pregnancy, labor birth and postpartum period, as well as care to newborn infant in relation to normal and abnormal conditions in addition to gynecological cases utilizing advanced nursing process

Course Learning Outcomes, Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
1.0	Knowledge and Understanding:		
1.1	Recall the normal pattern of pregnancy, labor and postnatal period and its various components with related theories and nursing care for promoting women quality of life	<ul style="list-style-type: none"> Interactive Lectures & group discussions 	Exam (MCQ, Essay questions)
1.2	Recognize pregnancy complications for achieving quality maternal care	<ul style="list-style-type: none"> Interactive Lectures & group discussions 	Exam (MCQ, Essay questions)
1.3	Describe the role of the Women's Health nurse in delivering effective and special care for promoting the wellbeing, caring the women experiencing complications and gynecological conditions	<ul style="list-style-type: none"> Interactive Lectures & group discussions 	Exam (MCQ, Essay questions)
1.4	Recognize the importance of utilizing the best research evidence in health promotion and health care management for the women experiencing complications and gynecological conditions	<ul style="list-style-type: none"> Interactive Lectures & group discussions 	Exam (MCQ, Essay questions)
2.0	Skills		
2.1	Utilize information technology in preparation of course requirements.	<ul style="list-style-type: none"> Interactive Lectures & group discussions 	Exam (MCQ, Essay questions)
2.2	Evaluate the rights, wellbeing and safety of women while providing quality of nursing care	<ul style="list-style-type: none"> Flipped classes. 	Assessment of assignments

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
2.3	Communicate the results of research in written and oral forms clearly.	<ul style="list-style-type: none"> Team based Learning. Case study Assignment 	(rubric)
2.4	Apply the research process in addressing nursing health problems for improving quality of care among women		
3.0	Values		
3.1	Demonstrate professional behavior with compliance to standards of care and patient's rights and safety	<ul style="list-style-type: none"> Small Group discussions Individual and group assignments 	<ul style="list-style-type: none"> Assignment's rubric Presentation Rubric
3.2	Show responsibility, professionalism and commitment to ethical principles concerning care of women and community.		

Mode of Instruction (Teaching Strategies):

The teaching strategies of this course in the below table are planned and identified according to course learning outcome and chosen based on the type of skills to be developed that fit the course learning domains (Knowledge, Skills & Values). For example: (1) Interactive lecture and discussion are designed to impart knowledge and cognitive skills; (2) Student prepared presentation and case-based learning are designed to develop communication and information technology; (3) Topic presentation and case study are designed to develop interpersonal skills and responsibility.

These innovative teaching methods aim to increase participants engagement and active class participation and enhance teamwork and leadership skills. They also contribute to increase in retention of course content, increased motivation, and improved interpersonal skills. Furthermore, active teaching strategies foster students' learning and their autonomy.

No	Activity	Learning Hours
Contact Hours		
1	Interactive Lecture	48 Hours
2	Interactive teaching strategies (Flipped classroom, Case-based learning, small group discussions, and Student prepared presentations, and case study)	48 Hours
	Total	96 Hours

Course Evaluation System:

Assessment methods (direct and indirect) that show in the below tables are designed to measure the different levels of course learning domains (Knowledge, Skills & Values). The direct method includes written examinations (MCQs & Essay Questions) and other course activities (Reflections, Oral Presentations & Written Assignments)

- Direct Assessment:**

#	Assessment task*	Due Date	Percentage of Assessment Score
1	Assignments	Week-11	20%
2	Presentations	Week-12	10%
3	Reflection	Continuous	10%
4	Quizzes (2)	Week 5 & 10	20%
5	Final written examination	Week-12	40%
Total			100 %

- Indirect Assessment:**

Indirect assessment method includes evaluation of the course through surveys as present in the following table.

Evaluation Areas/Issues	Evaluators	Evaluation Methods
- Learning facilities and resources	Students	- Facilities and learning resources survey
- Course Learning Outcome achievement	Student	- Course Learning Outcomes survey
- Course content	Student	- Course Evaluation Survey - Focus group discussion with students at the end of the course.

Grading System:

The grades earned by participants in the course are calculated as follows:

Percent	Rating	Rating Symbol	Rating Weight out of 5
100-95	Exceptional	A+	5.0
90 to less than 95	Excellent	A	4.75
85 to less than 90	Superior	B+	4.5
80 to less than 85	Very good	B	4.0
75 to less than 80	Above Average	C+	3.5
70 to less than 75	Good	C	3.5
less than 70	Failed	F	2.5

Learning Resources:

Required Textbooks	<ul style="list-style-type: none"> - Simone, A.&Worth,J.etal ,(2019):1st ed. , The New Roles of Pregnancy, Artisan Division of Workman USA. - Gary,F.&Leveno ,K.etal(2018):Obstetrics ,25th ed., McGraw-Hill Education ,USA.
	<ul style="list-style-type: none"> - Thomson,G., Schmied,V.,(2017): 1st ed. , Routledge; Psychosocial resilience and Risk in The Perinatal Period , USA. - Lowdermilk, D.L,Perry ,S.E, (11th Ed.) (2016). <i>Maternity and Women's Health Care</i>. Elsevier Inc
Essential Reference Materials	<ul style="list-style-type: none"> - Naik, Sh.& Hannah, R. ,(2019): Obstetrics & Gynecological Nursing - Hons, B. & Hall ,E.,(2017):Midwifery essential Labour,2nd ed. Elsevier, USA.
Electronic Materials	<ul style="list-style-type: none"> • Electronic Textbooks <ul style="list-style-type: none"> • Saudi Digital Library. • Database such as: • http://www.gfmer.ch/Obstetrics_simplified/Obstetrics_simplified_contents.htm • http://www.ourbodiesourselves.org/health-info/models-of-maternity-care/ • http://www.similima.com/obstetrics-gynecology-books-free-download • https://archive.org/details/TextbookOfProceduresInObstetricsAndGynaecologyTextbook
Other Learning Materials	<ul style="list-style-type: none"> - Blackboard - http://www.moh.gov.sa/

Course Content:

No	List of Topics	Contact Hours
1.	Introduction of Women's Health Care and general health promotion for women	8
2.	Maternal physiological, psychological & social changes and adaptations of pregnancy	8
3.	Antenatal care.	8
4.	Labor and management	8
5.	Maternal physiological and psychological adaptation during postpartum	8
6.	Bleeding in early and late pregnancy	8
7.	Hypertensive and metabolic disorders in pregnancy	8
8.	Labor and postpartum complications	8
9.	Human sexuality and sexually transmitted diseases	8
10.	Endometriosis, dysmenorrhea, and chronic pelvic Pain	8
11.	Hirsutism and polycystic ovary syndrome	8
12.	Menopause and Infertility	8
	Final Exam	
Total		96

Course Study Plan:

Date	Topic	Student Learning Outcomes (SLO) <i>By the end of the session, you should be able to:</i>	Speaker	Reference
Week-1	Introduction of Women's Health Care and general health promotion for women	<ul style="list-style-type: none"> • Discuss the objectives and learning outcomes of the course • .Describe the assessment methods and course plan • Summarize the teaching & learning strategies • Discuss the introduction to women's health care • Describe health history of women during pregnancy • Identify different screening procedures, diagnostic tests and laboratory investigation • Operate breast self-examination • Explain special needs in pregnancy 	<ul style="list-style-type: none"> • Dr. Nadia Eltohamy 	<ul style="list-style-type: none"> • Course Specification
Week-2	Maternal physiological, psychological & social changes and adaptations of pregnancy	<ul style="list-style-type: none"> • Describe Physiological changes in body systems • Explain Physiological changes of reproductive system • Demonstrate Psychological changes during pregnancy • Explain Care of minor discomfort during pregnancy • Discuss Maternal and family adaptation to pregnancy • Demonstrate methods for Preparing 	<ul style="list-style-type: none"> • Dr. Nadia Eltohamy 	Maternal physiological, psychological & social changes and adaptations of pregnancy Unit 1 Chapter 1

Date	Topic	Student Learning Outcomes (SLO) <i>By the end of the session, you should be able to:</i>	Speaker	Reference
		<ul style="list-style-type: none"> for birth Describe the ways for Establishing relationship with fetus 		
Week-3	Antenatal care	<ul style="list-style-type: none"> Describe ways for Diagnosis and Dating of pregnancy State Physical examination procedure Mention Antenatal visits during pregnancy Perform Fetal assessment Describe ways of Education for self-management Demonstrate methods for breast feeding Describe Nutrition before conception Explain Nutrition during pregnancy Discuss Nutritional issues during pregnancy Demonstrate Nutrition during postpartum and lactation 	<ul style="list-style-type: none"> Dr. Nadia Eltohamy 	Antenatal care Unit 2 Chapter-4
Week-4	Labor and management	<ol style="list-style-type: none"> Describe Factors affecting labour Explain Stages of labour Explain Mechanism of labour Differentiate between Physiologic and psychological adaptation to labour 	<ul style="list-style-type: none"> Dr. Niela Rosales 	Labor and management Unit 3 Chapter 14

Date	Topic	Student Learning Outcomes (SLO) <i>By the end of the session, you should be able to:</i>	Speaker	Reference
		5. Demonstrate Nursing care during 1 st 2 nd ,3 rd and 4 th stage of labor 6. Perform methods to relieve Pain during labor 7. Discuss fetal monitoring techniques 8. Explain Fetal Heart pattern 9. Describe New trends methods of fetal assessment and intervention		
Week-5	Maternal physiological and psychological adaptation during postpartum	<ul style="list-style-type: none"> Describe Postpartum physiological changes in body systems Perform Postpartum physiological changes of reproductive system Explain Postpartum psychological changes Perform Postpartum physiological nursing care Develop skills for Postpartum psychological adaptation Explain discharge teaching plan. 	<ul style="list-style-type: none"> Dr. Nadia Eltohamy 	Maternal physiological and psychological adaptation during postpartum Unit 5 Chapter 20
Week-6	Bleeding in early and late pregnancy	1. Identify the different clinical manifestations of each type of bleeding during pregnancy 2. Determine risk factors that would contribute to the bleeding disorder. 3. Plan specific nursing care and management for each bleeding condition as it is identified during the time of pregnancy (Early or late Pregnancy).	Prof . Hanan	Bleeding in early and late pregnancy Unit 4 Chapter 19

Date	Topic	Student Learning Outcomes (SLO) <i>By the end of the session, you should be able to:</i>	Speaker	Reference
Week-7	Hypertensive and metabolic disorders in pregnancy	<ul style="list-style-type: none"> 1. Identify the different clinical manifestations of each type of hypertensive and metabolic disorders 2. Determine risk factors that would contribute to the hypertensive and metabolic disorders during pregnancy. 3. Plan specific nursing care and management for each hypertensive and metabolic Disorders during pregnancy. 	<ul style="list-style-type: none"> Prof. Hanan 	1. Hypertensive Disorders: Gestational Hypertension, Pre-eclampsia, Eclampsia, Chronic Hypertension 2. Metabolic Disorders DDM, Progestational DM, Gestational DM, Hyperemesis Gravidarum, Thyroid Disorders Unit 5 Chapter 21
Week-8	Labor and postpartum complications	<ul style="list-style-type: none"> 1. Identify the different clinical manifestations of each type of Labor and postpartum complications 2. Determine risk factors that contribute to the labor and postpartum complications 3. Plan specific nursing care and management for each labor and postpartum complications 	<ul style="list-style-type: none"> Dr. Niela Rosales 	Labor and Birth Complications Preterm Labor and Birth, Premature Rupture of Membranes, Chorionamnionitis, Postterm Pregnancy 2. Postpartum Complications Obesity, Obstetrics Procedures And Obstetric Emergencies Postpartum hemorrhage, Hypovolemic Shock, Coagulopathies, Venous Thromboembolic Disorders, Postpartum Infections Unit 5 Chapter 22
Week-9	Human sexuality and sexually transmitted diseases	<ul style="list-style-type: none"> 1. Identify the different clinical manifestations of each type sexually transmitted infection 2. Determine risk factors that contribute to of each type sexually transmitted Infection during pregnancy 3. Plan specific nursing care and management for each of each type of sexually transmitted infection 	<ul style="list-style-type: none"> Dr. Niela Rosales 	1. Sexually Transmitted Bacterial Infection 2. Sexually Transmitted Viral Infection 3. Vaginal Infection 4. Maternal and Effects of Sexually transmitted Disease. Unit 2 Chapter 7

Date	Topic	Student Learning Outcomes (SLO) <i>By the end of the session, you should be able to:</i>	Speaker	Reference
Week-10	Endometriosis, dysmenorrhea, and chronic pelvic Pain	<ol style="list-style-type: none"> 1. Identify the different clinical manifestations of each type Reproductive system concerns 2. Determine risk factors that contribute to of each Reproductive system concerns 3. Plan specific nursing care and management for each of each type of Reproductive system Concerns. 	<ul style="list-style-type: none"> • Prof . Hanan 	Reproductive System Concerns Endometriosis Dysmenorrhea Chronic Pain Unit 2 Chapter 6
Week-11	Hirsutism and polycystic ovary syndrome	<ol style="list-style-type: none"> 1. Identify the different clinical manifestations of each type ovarian related disorders and syndrome 2. Determine risk factors that contribute to of each ovarian related disorders and syndrome 3. Plan specific nursing care and management for each of each type of ovarian related disorders and syndrome 	<ul style="list-style-type: none"> • Dr. Niela Rosales 	Ovarian Related Disorders and Syndrome Hirsutism Polycystic Varian Syndrome Unit 7 Chapter 29
Week-12	Menopause and Infertility	<ol style="list-style-type: none"> 1. Identify the different clinical manifestations of each common reproductive problems associated with menopause and infertility 2. Determine risk factors that contribute to of each common reproductive problems associated with menopause and infertility 3. Plan specific nursing care and management for each of each common reproductive problems associated with menopause and infertility 	<ul style="list-style-type: none"> • Prof . Hanan 	1. Menopause Physiologic Characteristics Mood and Behavioral Responses Health Risk for Peri- menopausal Women 2. Infertility Incidence Factors associated with Infertility Unit 2 Chapter 6 & 9

Communication and Attitude:

- Communicate and behave in a professional and respectful manner with Patients / Family, FCMS Faculty Staff, Clinical Instructor, Preceptor, Colleagues, and Other Multidisciplinary Team Members.
- Follow defined chain of commands during communication.
- Use proper and respectable words and voice tone in verbal communication.
- Illustrate proper and respectful body language and facial expressions in non-verbal communication.
 - ✓ Share the course learning objectives with the FCMS Faculty Staff.
 - ✓ Participate in all session's discussions.
- Accept constructive feedback and comments of FCMS Faculty Staff and Peers.

Punctuality Guidelines:

- Arrive on time (not to be late more than (10) minutes).
- Attend all sessions unless an official excuse is provided by the participant.
- Respect the approved break times.
- Do not leave the session's site/ area before you take permission from FCMS Faculty Staff.

Commitment:

- Communicate and behave in a professional and respectful manner with FCMS Faculty Staff, Colleagues, and Other Multidisciplinary Team Members.
- Comply with the FCMS and DSFH policy and procedures.
- Sustain a professional appearance (uniform, hair, nails, shoes, communication, chewing gum and use of mobile phone).
- Accept and complete projects, tasks and assignments given by the FCMS Faculty within a given time.

FCMS Examination Policy:

- **Re-sit Exam:** This exam conducted for those who get less than 70% of the total course score or those with unaccepted or no excuse to attend the final examination.
- **Academic warning:** is given to those who have absenteeism more than 25%, with unaccepted or no excuses for examinations and all with any academic misconduct according to MOE bylaws.



كلية فقيه للعلوم الطبية
Fakeeh College for Medical Sciences



P.O Box 25370 Jeddah 21461 Saudi Arabia,
Tel 8650 658 12 966+ Ext. 806/ 805
Email fcms-info@fakeeh.care
www.fakeehcollege.edu.sa



FakeehCollege



Fakeehcollege2003