

# Understanding Pregnancy

## Curriculum Overview

### Designed for:

- Middle school students
- High school students
- Community education (parenting classes, fathers or male partners groups)
- Public health organizations (public service, pregnancy prevention programs, etc.)
- Clinical education (prenatal classes, nursing classes)

### Length:

This 32-hour curriculum is comprised of 12 lessons. However, you can easily pick and choose lessons and activities to incorporate into your current lesson plan.

### Goal:

To help students learn about all aspects of pregnancy. Participants will walk in the shoes of an expected mother in the third trimester of pregnancy. They will gain empathy as well as foundational information and technical skills needed for pregnancy and childbirth-related careers.

### Synopsis:

This curriculum introduces the Pregnancy Profile® 2.0 Simulator and presents information about occupations related to pregnancy and childbirth, physical challenges of pregnancy, and pregnancy symptoms and discomforts. The curriculum provides activities and discussions designed to educate participants about fetal development, medical aspects of pregnancy, pregnancy risks to the mother and child, and more. The lessons and activities include objectives, materials required, and approximate class time.

### Curriculum Components:

- Curriculum
- Student materials
- Slide presentations

### Learning Objectives:

#### Lesson 1 – Career Exploration: Occupations Relating to Pregnancy and Childbirth

- List occupations relating to pregnancy and birth and give a brief description of these roles
- Discuss the rewards and benefits to a career in maternal and child health
- Describe the economic outlook for healthcare providers in maternity
- Name some famous maternity health professionals and their accomplishments
- Understand the connection between some Latin root words and medical terms

#### Lesson 2 – Physical Changes of Pregnancy

- Describe changes that occur in the human body during each trimester of pregnancy
- Discuss the impact these changes can have on pregnant women
- State the meaning of more Latin roots

#### Lesson 3 – Pregnancy Symptoms and Discomforts

- Describe the physical changes that occur during pregnancy
- Describe the emotional changes that occur during pregnancy

#### Lesson 4 – Fetal Development

- Identify the stages of fetal development in the three trimesters of pregnancy
- Analyze healthy and unhealthy habits and their effects on the unborn child

### **Lesson 5 – Medical Aspects of Pregnancy**

- Describe routine prenatal visits during pregnancy
- Calculate basic statistical concepts of sensitivity and specificity

### **Lesson 6 – Pregnancy Risks to the Mother and Child**

- Describe common illnesses of pregnancy and newborns, including incidence, risk factors, and treatment
- Explain the process of counseling a mother before administering a medical treatment
- Explore what a genetic counselor's role in the multidisciplinary healthcare team is, and how they can help the expectant mother and father
- Define more Latin roots
- Research and present a group project on genetic and inherited disease

### **Lesson 7 – Healthy Lifestyle in Pregnancy**

- Describe the key components to a healthy lifestyle in pregnancy
- Identify major nutrients, the foods they are found in, and their chief role in healthy pregnancy
- Practice stress management techniques

### **Lesson 8 – Pregnancy Myths and Facts**

- Analyze myths and misinformation about pregnancy to successfully discern fact from fiction

### **Lesson 9 – Leopold's Maneuvers**

- Explain the various attributes of a baby's position in utero and their usefulness
- Identify key maternal and fetal anatomy for performing Leopold's maneuvers
- Perform the four Leopold's maneuvers
- Define more Latin roots

### **Lesson 10 – Birth Process**

- Describe characteristics of the three stages of labor
- Identify at least three complications of pregnancy and their characteristics

### **Lesson 11 – Emotional Impact, Stress, and Postpartum Depression**

- Describe the emotional changes that come along with having a baby
- Describe healthy bonding and attachment to the newborn
- Describe the physiologic process of lactation and its impact on bonding
- Explain the differences between physiologic hormone shifts and postpartum depression
- Explain basic treatment for postpartum depression

### **Lesson 12 – Global Context of Maternal Health**

- Describe the current statistical situation for newborn and maternal health morbidity and mortality
- Discuss possible solutions to the healthcare crisis in America