

Antenatal Care



Course Overview

The Antenatal Refresher Course explores the multifaceted layers that make up the antenatal period.

Whether your background is working in a hospital, group practice, private practice, a birth centre or in the community, this course will provide you with the theoretical knowledge to ensure that each woman in your care feels informed, safe and cared for during her pregnancy.

We start by defining woman-centred care and the relationship between a woman and her midwife, then slowly progress through each antenatal contact, before ending with vital information on how a woman's health and lifestyle can impact her unborn child.

This course is part one of the ACM's Refresher Program, which also includes the Labour and Birth Refresher Course, and Postnatal Refresher Course. These courses are available as a package now.

This course is designed for qualified midwives who want to refresh their knowledge about providing antenatal care to women.

CPD:

This course has been recognised by the ACM for 12 CPD hours, which is equivalent to the course duration.

Course Access:

All users are provided with 12 months access from the date of their enrolment.

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Module 1: Woman-Centred Care

- Define woman-centred care.
- Identify the factors that define woman-centred.
- Explain the difference between 'woman-centred' and 'women-centred' care.
- Critique the appropriate use of the term 'family-centred' instead of 'woman-centred' care.
- Identify the elements of communication that are key to women centred care.
- Illustrate the improved practice of woman-centred care in your practice.

Module 2: Models of Antenatal Care

- Identify and describe the models of care available to women in Australia.
- Describe the difference between 'continuity of care' and 'continuity of carer'.
- Explain what it means to provide continuity of midwifery care.
- Know where to locate the evidence that supports for continuity of midwifery care.
- Identify what working in a continuity model of care would mean to you, as well as what you might have to change in your current practice.

Module 3: Assessing and Managing Risk

- Define risk in pregnancy.
- Explain the principles of risk assessment in pregnancy. Assess the risk impact on the care a woman receives. Incorporate appropriate risk assessment into your practice. Identify and manage your own potential for personal risk.

Module 4: Antenatal Care Schedule

- Explain the purpose of scheduling antenatal appointments.
- Describe the evidence for the timing and number of antenatal appointments. Discuss the schedule of antenatal contacts with a woman.
- Plan the schedule of antenatal contacts for a woman.

Module 5: The First Antenatal Contact

- Explain the purpose of the first antenatal contact. Identify what preparation is needed before the contact.
- Describe what content is included in the first antenatal contact. Discuss which information should be provided during the first contact.

Module 6: Subsequent Antenatal Contacts

- Define the focus of antenatal care.
- Describe what information should be provided to the woman and her support people. Explain the recommendation content of each antenatal contact.

Module 7: Antenatal Screening & Diagnosis of Fetal Anomalies

- Explain why testing is offered and describe the conditions that may be diagnosed.
- Identify the difference between screening and diagnosis.
- Discuss screening for fetal structural anomalies, and screening and diagnostic testing of chromosomal and genetic conditions
- Identify any issues that may occur in antenatal screening and discuss them with the woman
- Interpret the evidence and assist women to make decisions on which screening option will best suit their needs.

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Module 8: Health & Lifestyle Education

Nutrition:

- Identify the principles of good nutrition for pregnancy. Describe the risk associated with nutrition during pregnancy. Outline the factors that impact access to healthy food.
- Explain which nutritional supplements are recommended.

Exercise:

- Summarise whether women should exercise during pregnancy. Describe the benefits of exercising during pregnancy.
- Indicate the type of exercise that should be avoided during pregnancy.
- Interpret factors that influence levels of physical activity.
- Discuss how and when women should exercise in pregnancy.

Sexual Activity:

- Discuss the safety of sexual activity during pregnancy with women.
- Identify any contraindications to sexual activity during pregnancy. Outline what happens to a woman's sexual desire during pregnancy.

Travel:

- Describe a woman's requirements regarding travel by automobile.
- Discuss travel requirements with women who wish to undertake long-distance air travel.

Module 9: Medicines and Other Drugs

Medicines:

- Identify which medicines are safe for women to use during pregnancy.
- Describe how medicines are classified during pregnancy.
- Discuss available resources for women and health professionals, regarding medicine usage during pregnancy.

Smoking, Alcohol and Other Drug Usage:

- Describe what should be said to women who are pregnant and smoke cigarettes.
- Discuss the risks and implications of alcohol use during pregnancy with women.
- Summarise the risk and implications of other drug use with women.

Module 10: Culture and Care

- Define culture.
- Explain the theories on culture and care in the Australian healthcare system. Describe how you can provide culturally safe midwifery care.