



॥वसुधैव कुटुम्बकम्॥

SYMBIOSIS

INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-Accredited by NAAC with 'A' Grade (3.58/4) | Awarded Category - I by UGC

Founder: Prof. Dr. S. B. Mujumdar, M.Sc., Ph.D. (Awarded Padma Bhushan and Padma Shri by President of India)

Name of the Institute: Symbiosis Centre for Health Skills (SCHS)

Programme Title: Certificate programme in Mother and Child Care

Weeks	Modules	Contents	Theory Hours	Skill lab & Clinicals Hours
1 st and 2 nd week	Module I- Pregnancy events and care	Welcome. Course expectations. Core beliefs and attitudes towards birth. Orientation of the roles and responsibilities and in improving the maternal health and child care post-delivery.	4	20
		First trimester of pregnancy - Mother, partner and baby. Relief of early discomforts. Prenatal testing. Record keeping. Creating own relaxation space for Antenatal visits, Nutrition in pregnancy and Basics of antenatal care. Identification of high risk pregnancy. Identification of warning signs (Maternal alerts)		
		Second trimester – Mother, partner and baby. Nutrition and exercise in pregnancy. Natural remedies for minor discomforts. Relaxation techniques. Consent in pregnancy and labour before any procedure. Identification of high risk pregnancy Identification of warning signs (Maternal alerts), importance of prenatal attachment programme	4	20
3 rd and 4 th week		Third trimester – Mother, partner and baby. Identification of possible complications of the third trimester. Positions of the baby. Optimum birthing positions. Preparedness for emergency situations. Identification and special care of high risk cases. Preparation for child birth Active listening. Effective communication. Pre-labour. Fear in birth. Identification of warning signs (Maternal alerts) Prenatal preparations <ul style="list-style-type: none"> • What to take to hospital? <ul style="list-style-type: none"> Hospital records Enough money Maternal clothing Baby clothes Emergency phone numbers • Identification of false labor pains • What to expect when EDD has crossed • Birth Plans • Difficult Labors • Knowledge about birthing process • Birth methods / places / preferences Lamaze training techniques	3	14

		Enhance the core nursing competencies by laying extra emphasis on key areas for better adaptation in new Health care delivery system To enhance communication skills as at first specific language requirement To promote the soft skills of nurses required to provide efficient nursing practice to patient belonging to different cultural communities	1	6
5 th week	Module II- Labour events and care	Established labour role of hormones that can cause pain in labour. Role of partners. Role in supporting the family and mother	7	20
		Understanding the respectful maternity care		
6 th and 7 th week		Transition signs of 2nd stage of labour. Understanding the physiology of labour		
		Reassessment of the role. Birth plans and preferences. Positive affirmations. Maternal decision making. Pain and its contributors		
		Labour Support- Emotional support during labor, Positive affirmations, Natural pain relief- Breathing exercises during labor, music therapy, back massage and Shiatsu therapy, Bradley (husband coached labour) in labor, birthing balls in labour, Comfortable positioning during labor and Positive talks with labouring woman Support in Labor Interventions <ul style="list-style-type: none"> • Labor analgesia • Medications for labor induction /augmentation • Time to time informed consents • Monitoring of maternal vitals, FHS and labor progress 	7	20
		Preparation for Caesareans births. Vaginal births after caesarean section (VBAC). Understanding the Infection Control and Universal safety precautions	4	20
8 th week		Unexpected outcomes. Dealing with Grieving and healing. Miscarriage, termination and stillbirth laws. End of Life		
		Self-awareness. Personal supervision – why and who? De-briefing		
		Siblings at birth. Introducing older children.		

9 th week	Module III- Postpartum events and care	Understanding the physiology of puerperium	4	20
		Establishment of lactation and breast feeding Breastfeeding Basics <ul style="list-style-type: none"> • Positions • Colostrum • Important Points to Remember • Sore Nipples • Postpartum Breast Engorgement • Breast Infection (Mastitis) • Plugged Ducts Care in bottle feeding if required Formula Feeding <ul style="list-style-type: none"> • Preparing Formula Episiotomy and LSCS wound care. Follow-up care Family dynamics after child-birth – adopting to situation in family Customs and beliefs in relation to puerperium Being a postpartum companion and ensuring safety of mother and new-born		
		Baby growth and development. Vitamin K and Hep B. Routine new-born checks. Procedures and screening.	4	20
10 th week		Understanding sleep and settling for babies. New parents support. 24 hr clock.		

		The role of the postnatal Symbi-Saathee. Working with complex needs clients. Professional boundaries. Indigenous birthing culture.		
		Review: Pregnancy; Labour and Birth; Post-Natal		
		Starting own organisation. Working under agreements. ADC Community and ongoing support.		
11 th and 12 th week		Family planning methods and postnatal visits, exercises		
		<p>Newborn baby Care</p> <p>1. Basics of essential newborn care –</p> <ul style="list-style-type: none"> • Physiological adaptation – normal characteristics • Daily assessment • Prevention of infections and hypothermia • Role of Companion in care of the newborn • Hygienic practices during handling of baby <p>2. Baby’s appearance:</p> <ul style="list-style-type: none"> • Skin • Legs • Head and face • Eyes • Essential reflexes <p>3. Basic care activities:</p> <ul style="list-style-type: none"> • Baby body massage and Bathing • Diapering • Umbilical cord care <p>4. Top feeding:</p> <ul style="list-style-type: none"> • Preparing formula • Cleaning of bottles • Frequency of feeding • Positioning and burping of the baby • Sleep patterns of newborn • Playing and interacting <p>5. Common problems during newborn care:</p> <ul style="list-style-type: none"> • Diaper rash • Constipation • Diarrhoea • Fever • Choking due to mucus or milk • Colds and other illnesses • Crying and colic • Preventing - shaken baby syndrome • Jaundice • Thrush and other yeast infections • Change in behaviour (irritability or lethargy) • Rapid or slow breathing <p>6. Safety guidelines</p> <ul style="list-style-type: none"> • Safety from toxic materials • Safety during sleep • Second hand smoke • Safety during travel <p>7. Immunization</p> <ul style="list-style-type: none"> • National Immunization Program • Scheduling visits • Care after immunization • Maintenance of records 	10	20