

Modules	Contents	Theory Hours	Skill lab & Clinicals Hours
Module I- Pregnancy events and care	<p>Welcome. Course expectations. Core beliefs and attitudes towards birth. Clarifying role in improving the maternal health</p> <p>First trimester of pregnancy - Mother, partner and baby. Relief of early discomforts. Prenatal testing. Record keeping. Creating own relaxation space for candidate, Antenatal visits, Nutrition in pregnancy and Basics of antenatal care. Identification of high risk pregnancy. Identification of warning signs (Maternal alerts)</p>	4	20
	<p>Second trimester – Mother, partner and baby. Nutrition and exercise in pregnancy. Natural remedies for minor discomforts. Relaxation techniques. Consent in pregnancy and labor before any procedure. Identification of high risk pregnancy</p> <p>Identification of warning signs (Maternal alerts), importance of prenatal attachment programme</p>	4	20

	<p>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.</p> <p>Preparation for child birth</p> <p>Active listening. Effective communication. Pre-labor. Fear in birth. Identification of warning signs (Maternal alerts) Prenatal preparations</p> <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 <p>Lamaze training techniques</p>	3	14
	<p>Enhance the core competencies by laying extra emphasis on key areas for better adaptation in new Health care delivery system</p> <p>To enhance communication skills as at first specific language requirement</p> <p>To promote the soft skills required to provide efficient care to patient belonging to different cultural communities</p>	1	6
Module II- Labor events and care	<p>Established labor role of hormones that can cause pain in labor. Role of partners. Role of candidate in supporting the family and mother</p> <hr/> <p>Understanding the respectful maternity care</p> <hr/> <p>Transition signs of 2nd stage of labor. Understanding the physiology of labor</p> <hr/> <p>Reassessment of the candidate’s role. Her bag. Birth plans and preferences. Positive affirmations. Maternal decision making. Pain and its contributors</p>	7	20
	<p>Labor Support-</p> <p>Emotional support during labor, Positive affirmations, Natural pain relief- Breathing exercises during labor, music therapy, back massage and Shiatsu therapy, Bradley (husband coached labor) in labor, birthing balls in labor, Comfortable positioning during labor and Positive talks with laboring woman</p> <p>Support in Labor Interventions</p> <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		
	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.				
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 care taker for Safety of mother and newborn				
	Baby growth and development. Vitamin K and Hep B. Routine new-born checks. Procedures and screening.			4	20
	Understanding sleep and settling for babies. New parents support. 24 hr clock.				
	The role in the postnatal period. Working with complex needs clients. Professional boundaries. Indigenous birthing culture.				
	Review: Pregnancy; Labor and Birth; Post-Natal				
	Starting your own business. Working under agreements. ADC Community and ongoing support.				
Family planning methods and postnatal visits, exercises					
	Newborn baby Care 1. Basics of essential newborn care – <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 2. Baby's appearance: <ul style="list-style-type: none"> • Skin • Legs • Head and face • Eyes • Essential reflexes 	10	20		

	<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		
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