

NURSING AND MIDWIFERY COUNCIL OF NIGERIA

POST-BASIC MIDWIFERY CURRICULUM

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TABLE OF CONTENTS Page

Introduction	1
Philosophy and Objectives	1
Competencies	2
Programme Implementation	3
Scheme of Examination	4
Table of Courses	6
PBM.411 Applied Anatomy and Physiology	7
PBM.412. Fundamentals of Midwifery Practice	9
PBM.413. Normal Midwifery I	11
PBM.414. Community Midwifery	14
PBM.415. Infant I	16
PBM.416. Reproductive Health I	17
PBM.417. Family Planning I	18
PBM.420. Complicated Midwifery I	19
PBM.421. Complicated Midwifery II	21
PBM.422. Research Methods and Statistics	22
PBM.423. Family Planning II	24
PBM.424. Child Health	25
PBM.425. Infant II	27
PBM.426. Application of Management and Teaching Principles to Midwifery	29
PBM.430. Introduction to Computer Studies	31
PBM.431. Reproductive Health II	33

INTRODUCTION

The Post-Basic Midwifery Curriculum for Nigeria is designed specifically to prepare a professional category of health care providers who through comprehensive education are able to mobilize individuals, families and the community towards achieving optimal health.

The World Health Organization (WHO) and other United Nations (UN) statistical sources rate Nigeria's maternal mortality rate to be 1,000 per 100,000 live births. These indices are very high and indicate the need for competent and skilled midwives at every level of health care. The overall goal and objectives of National Reproductive Health Policy is to reduce maternal morbidity and mortality resulting from pregnancy and childbirth by fifty percent (50%).

To this end, the practice of midwifery is maintained at an internationally recognized standard, and its curriculum planned and implemented to meet the needs of West African sub-region particularly Nigeria.

A midwife is a person who has successfully completed a programme of instructions in midwifery, duly registered and licensed by the Nursing and Midwifery Council of Nigeria to practice as a professional midwife providing health care in all areas of clinical practice such as the home, community, clinics and other health care institutions. By this education and competence, the practitioner is able to make independent judgment, manage normal pregnancy, labour and puerperium, provide appropriate care including family planning, recognize deviations from normal and make prompt referrals to appropriate levels of health care.

AIM

To prepare professionally competent and versatile midwifery practitioners who are capable of providing high level care to individuals and families in homes, communities, health centers, hospitals and clinics in the rural and urban centers of the society.

Philosophy

1. The family is the basic unit of the human existence, thus midwifery practice must be family-centred.
2. The woman is a vital partner in the midwife-client relationship, who should be empowered to reduce gender imbalance in all sexual and reproductive health issues.
3. Midwifery education enables the midwives develop specialized knowledge and skills for midwifery practice.
4. Continuing professional development programmes will keep the midwife abreast of the dynamic issues challenging reproductive health services in the society.

OBJECTIVES

At the end of the programme, the student should be able to:

1. Assess the health needs of the community with special reference to the basic needs of the family/individuals.
2. Utilize the Nursing process in providing comprehensive Nursing/Midwifery services to individuals and groups in the community and all health care settings.
3. Manage minor disorders during ante-natal, labour and post-natal periods of the child bearing cycle.
4. Function independently and in collaboration with other members of the health team, intersectoral team and Traditional Birth Attendants (TBAs) to provide comprehensive maternal and child health services.
5. Practice and maintain safe and clean delivery services.
6. Supervise the clinical experience of student midwives and other community health workers.
7. Effectively organize and manage clinics to achieve the goals of health maintenance by utilizing available human and materials resources.
8. Sensitize, mobilize and educate individuals, families and groups in order to effect change in the reproductive pattern of the community.
9. Utilize the knowledge and skill of information, education and communication in improving reproductive health care services.
10. Prescribe and administer family planning devices
11. Monitor the effects of family planning services in individuals and the community
12. Identify and refer high risk clients to other members of the health team for specialized care.
13. Initiate and conduct research in reproductive health issues.

COMPETENCIES

The competencies of an individual who has successfully completed the requirements of this midwifery programme include the ability to:

1. Assess, plan, implement and evaluate the nursing needs of the community with special reference to the expectant family/individual.
2. Prevent and control communicable diseases especially those that may affect the health of the family/individual by initiating community surveillance programmes and maximizing the use of human and material resources.
3. Function independently and collaboratively with allied health professionals and the intersectoral team to provide comprehensive maternal and child health care services at all levels of health care.
4. Plan, establish, organize and manage antenatal, postnatal, family planning and infant welfare clinics and assist in school health clinics.
5. Manage clients/patients during normal labour and delivery.
6. Deliver, resuscitate, prescribe and supplement care for the newborn.
7. Monitor the total health care plan for mother, child and family in order to meet specific needs during the neonatal period.
8. Store, prescribe and independently administer drugs under the jurisdiction of independent midwifery functions in any area of clinical practice
9. Diagnose and treat minor disorders occurring during the childhood period.
10. Anticipate/recognize risk factors take prompt action and refer where necessary.

11. Teach, guide and supervise the practice of other health personnel including students in maternal and child health services.
12. Plan with and guide families and communities on the methods necessary for achieving and maintaining healthy life styles.
13. Educate the community on family planning and administer contraceptive devices in accordance with the socio-cultural values and needs of the people.
14. Evaluate maternal and child health care services and conduct research with the aim of improving and developing techniques to meet the changing needs and demands of the people.
15. Initiate care in emergency situations to save the life of mother and/or child in the absence of medical care.

ADMISSION REQUIREMENTS

Candidates for admission into the Post Basic Midwifery programme must be a registered nurse with Nursing and Midwifery Council of Nigeria (N&MCN) and possess a current practicing license. In addition candidates must possess the senior secondary school certificate with credit in at least five subjects.

PROGRAMME DESCRIPTION

The Post Basic Midwifery programme shall be an eighteen (18) month programme of study in approved institutions.

TEACHING METHODS

Emphasis shall be on integrating theory with related practical demonstration and clinical experiences. All educators shall work with students in the clinical areas i.e. community, primary health care setting and hospital.

Teaching/learning methods shall include:

- a. Lecture
- b. Lecture/Discussion
- c. Practical Demonstration
- d. Clinical Instruction
- e. Group Discussion
- f. Patient/Client care Studies
- g. Individual/Group Project
- h. Home Health visit
- l. Clinical Round
- j. Field Trip
- k. Role Modeling
- l. Role Play
- m. Seminar
- n. Tutorial
- o. Simulation
- p. Computer Technology

PROGRAMME IMPLEMENTATION

1. School of Post Basic Midwifery will require the following cadre of staff:
 - (a) *Academic Staff*
 - Nurse/Midwife Educators
 - Public Health Nurse Educators
 - Guest Lecturers in specialty areas.
 - (b) Clinical Instructors
 - (c) Non-Academic Staff
 - Secretary/Typist
 - Clerical staff
 - Account staff
 - Administrative officers
 - Messengers
 - Security guards
 - Gardeners
 - Drivers
 - Porters etc.
2. Only trained and registered midwife educators and practitioners shall teach and examine midwifery courses
3. The ratio of registered educators to students in the classroom and the clinical setting shall be 1:6.
4. The Principal of a School of Midwifery shall be a registered midwife educator/nurse educator with basic preparation in midwifery.
5. Each School of Midwifery shall have the following standing committees:
 - Curriculum Committee
 - Education/Research Committee
 - Examination Committee
 - Procedure Committee
 - Disciplinary Committee
6. A guideline of the scheduled lecture for guest lecturers must be drawn up and given to the guest lecturer in advance of the lecture.
7. Before sitting for the final qualifying examination, the student midwife shall be required to have:
 - (a) Conducted and recorded a minimum of 20 deliveries, (15 normal deliveries and 5 complicated deliveries).
 - (b) Cared for a minimum of 30 clients during puerperium.
 - (c) Inserted 10 intra uterine contraceptive devices, fitted 2 diaphragms (where available) and prescribed 10 oral contraceptives
 - (d) Performed 5 Manual Vacuum Aspiration (MVA) procedures.

General Methods of Evaluation

- A. Student
 - Continuous Assessment
 - School Examinations

Expectant family care project
Research project
Council's Final Qualifying Examination

- B. Programme
 Course Evaluation
 Teacher Evaluation

Scheme of Examination

The examination for the post basic midwifery shall consist of two parts;
(A) School examinations (B) Nursing and Midwifery Council Final Qualifying Examination.

A. School Examination

This shall consist of two parts

(I) Course Work

This shall constitute 30% of the total marks obtainable by the student during the programme.

(ii) End of Course Examination

This shall constitute 70% of the total marks obtainable by the student during the programme.

B. Council's Final Qualifying Examination

It shall be in four parts

(I) Paper I — Perspectives in midwifery practice

A-three-hour paper with 100 objective test items and 3 essay questions, it shall be made up of the following courses: Applied Anatomy and Physiology, Fundamentals of Midwifery practice, Normal Midwifery, Community Midwifery, Infant I, Reproductive Health I, Family Planning I & II.

(II) Paper II — Dimensions in midwifery practice

A-three-hour paper with 100 objective test items and 3 essay questions, it shall be made up of the following courses: Applied Anatomy and Physiology, Complicated Midwifery I & II, Research Methods and Statistics, Child Health, Infant II, Management and Teaching Reproductive Health II.

(III) A-60-minute Objective Structure Clinical Examination (OSCE) to be held in the clinical setting, and 10-minutes oral examination.

(IV) Presentation of: (I) one written research project (ii) A comprehensive expectant family care project.

Unsuccessful candidates shall repeat the Council's examination twice only.

Achievement Grades

The pass mark for all examinations shall be 50%. The achievement grades will be interpreted as follows:

- A. 80% and above (Distinction)
- B. 70% - 79% (Upper Credit)
- C. 60% - 69% (Lower Credit)
- D. 50% - 59% (Pass)
- E. 49% and below (Fail)

Certification and Licensing

Upon successful completion of the requirements for the Midwifery programme, the student shall be required to seek registration as a “Registered Midwife” (RM) with the Nursing and Midwifery Council of Nigeria, and be licensed to practice as a Midwife in any health care setting.

This license for practice shall be renewable in accordance with the rules and regulations of the Council.

Vacation/Casual Leave

- (a) A maximum of two weeks vacation shall be allowed at the end of each part of the programme
- (b) One week shall be allowed for casual leave during the programme
- (c) Sick leave shall be according to the Nursing and Midwifery Council of Nigeria regulation
- (d) Any days taken in excess of the above, shall be made up in full according to Council's regulation.

Student Intake

A maximum of 30 students shall be admitted annually.

Post-Basic Midwifery Programme Courses

First Part

- PBM 411 - Applied Anatomy and Physiology
- 412 - Fundamentals of midwifery practice
- 413 - Normal midwifery
- 414 - Community midwifery
- 415 - Infant I
- 416 - Reproductive Health I
- 417 - Family planning I
- 418 - Community Based Midwifery Practice I
- 419 - Hospital Based Midwifery Practice I

Second Part

- PBM 420 - Complicated Midwifery I
- 421 - Complicated Midwifery II
- 422 - Research Methods and Statistics

- 423 - Family Planning II
- 424 - Child Health
- 425 - Infant II
- 426 - Application of management and Teaching Principles to Midwifery
- 427 - Seminar in midwifery Practice I
- 428 - Hospital Based midwifery Practice II
- 429 - Community Based Midwifery Practice II

Third Part

- PBM 430 - Introduction to computer
- 431 - Reproductive Health II
- 432 - Research Project
- 433 - Seminar in Midwifery Practice II
- 434 - Community Based Midwifery Practice III
- 435 - Hospital Based Midwifery Practice III

Table of Courses for Post-Basic Midwifery Programme
First Part (Total Number of Hours — (645 hours))

Course Number	Course Title	Number of Hours		Total hours	No. of Units
		Lecture	Practical		
PBM 411	Applied Anatomy and Physiology	45	45	90	4
412	Fundamental of Midwifery Practice	30	-	30	2
413	Normal Midwifery	45	45	90	4
414	Community Midwifery	30	-	30	2
415	Infant I	30	45	75	3
416	Reproductive Health I	30	45	75	3
417	Family Planning I	30	45	75	3
418	Community Based Midwifery Practice I	-	90	90	2
419	Hospital Based Midwifery Practice I		90	90	
Total		-			

Course Number	Course Title	Number of Hours Lecture	Total No. of Practical	Hours	Units
PBM 420	Complicated Midwifery I	30	-	30	2
421	Complicated Midwifery II	30	45	75	3

422	Research Methods and Statistics	30	45	75	3	
423	Family Planning II	15	45	60	2	
424	Child Health	30	45	75	3	
425	Infant II	15	-	15	1	
426	Application of Management and Teaching Principles to Midwifery	15	-	15	1	
427	Seminar in Midwifery Practice I	15	-	15	1	
428	Hospital Based Midwifery Practice II	-	-	135	135	3
429	Community Based Midwifery Practice II	-	-	180	180	4
	Total	180	495	675	23	

Vacation — 2 weeks

Third Part - Total number of Hours — 750 hours

Course Number	Course Title	Number of Hours		Total Hours	Number of Units	
		Lecture	Practical			
PBM 430	Introduction to computer	15	45	60	2	
431	Reproductive Health II	30	45	75	3	
432	Research Project	-	45	45	1	
433	Seminar in Midwifery Practice II	30	-	30	2	
434	Community Based Midwifery Practice III	-	-	270	270	6
435	Hospital Based Midwifery Practice III-	-	-	270	270	6
	Total	75	675	750	20	

Total

PBM 411 Applied Anatomy and Physiology Introduction

This course builds on the student's already acquired knowledge of anatomy and physiology with special application to midwifery. Physiological indices are used to explain pathological changes. Thus the midwife's role in the identification of anatomical land-marks in the mechanism of child birth is emphasized.

Objectives

At the end of the course the student will be able to:

1. Relate the structural adaptation of the organs of reproduction to their functions in normal and pathological conditions.
2. Utilize the knowledge of anatomy and physiology in the care of clients during the pre-natal and postnatal periods of life.
3. Relate congenital malformations with the vulnerable period of human development
4. Describe the role of predisposing factors in the development of congenital malformations

Course Content

Unit I: Anatomy and Physiology of female reproductive organs

- Bony pelvis
- External genitalia
- Internal genitalia
- Pelvic floor (changes during pregnancy, labour and puerperium)
- Menstrual cycle/menstruation
- Fallopian tubes
- Ovaries
- Oogenesis
- Influence of related hormones on reproductive organs at puberty, pregnancy
- Menopause
- Breasts, (changes in pregnancy, labour and puerperium)
- Physiology of lactation

Unit II: Anatomy and Physiology of the male reproductive organs

- External organs — penis and scrotum
- Internal organs — testis, excretory duct
- Spermatogenesis
- Andropause

Unit III: Foetal Development

- Fertilization and implantation
- Embryonic development
- Placenta formation
- Placenta at term (structure and functions)
- Abnormalities of the placenta
- Foeto — placental exchange
- Foetal circulation (structure)
- Circulatory changes at birth
- Abnormalities of foetal circulation
- The foetal skull

External structures — development, sutures, fontanelle, diameters, moulding

Internal structures

Changes that take place during labour: injuries.

Unit IV: Affiliated Organs

- Urinary system
- Structure and functions
- Changes during pregnancy, labour and puerperium

PBM 412 FUNDAMENTALS OF MIDWIFERY PRACTICE

Introduction

This course introduces the student to the rules and regulations governing the practice of midwifery. It highlights the concepts and principles that govern its practice and focuses

on the roles of national and international organizations concerned with midwifery practice.

Objectives

At the end of the course, the student will be able to:

1. Discuss the perspectives of midwifery practice
2. Explain theories and tools used in midwifery practice
3. Appreciate the importance of quality care in midwifery practice
4. Discuss ethical and legal issues in midwifery practice.

Course Content

Unit I: Ethics of Midwifery

- History and ethics of midwifery
- Rules and regulations governing the practice of midwifery
- Norms and standards
- The law and the midwife
- Nursing and Midwifery Council Decree The Midwife's legal coverage
- Intersectoral and inter-professional Relationship to midwifery
- The role of national and international organizations.

Unit II: Ethico-legal Issues

- Alcohol and substance abuse patients
- Attempted suicide patients
- When police ask for help
- Obtaining evidence by the police
- Felony — related cases
- Non-responsive on call doctor
- Handling of evidence properly
- Legal implications of responding to emergencies at scene of incident/accident

The off-duty nurse

The emergency team

The Good Samaritan laws

Responsibility to help and immunity from liability/consent to treat

Refusal of treatment/erring against medical advice

Types of Notifiable/Reportable cases in Emergencies

Unit III: Theories applied to midwifery practice

- Orem's self care theory
- Erickson's developmental theory
- Piaget's developmental theory
- Maslow's self-actualization theory
- Roy's adaptation theory
- Social relations theory
- General system theory

Unit IV: Basic Concepts of Practice

- Nursing Process
- Primary Health Care
- Health — Illness continuum
- Stress and crisis
- Problem solving

Unit V: Quality Care

- Definition and Elements of Quality Care
- Technical Competencies of care providers in midwifery practice
- Factors that enhance quality care in midwifery practice e.g. code of ethics, infrastructures, facilities, equipment, staffing etc.

PBM 413 Normal Midwifery I

Introduction

The course offers the student the opportunity to apply an in-depth knowledge of the reproductive system to the practice of normal midwifery. It emphasizes the health of the family during childbearing years. It pays particular attention to the normal needs of the mother, father, fetus, infant and other siblings as a family unit. Development of skills in the management of normal pregnancy, labour, puerperium and the care of the neonate is included as a necessary clinical component. A cordial midwife/client relationship is highlighted so as to develop a helpful interactional process.

Objectives

At the end of the course, the student will be able to:

1. Describe the process of prenatal care, labour and puerperium
2. Apply Nursing process in the care of women during pregnancy, labour and puerperium
3. Appreciate the cultural and socio-economic factors that affect child bearing process
4. Discuss the need for family and community involvement in the child bearing process

Course Content

Unit I: Prenatal Care

Definition of pregnancy, prenatal care

Physiological changes of the various systems due to pregnancy

Reproductive system including breast

Cardio vascular system

Respiratory system

Urinary system

Integumentary system

Musculo-skeletal system

Gastro-intestinal system

Neurological system

Endocrine system

Signs of pregnancy (presumptive, probable and positive)

Family adaptation to pregnancy

Acceptance of pregnancy

Identification with motherhood/fatherhood role

Husband-wife relationship

Mother-child relationship

Disorders and complications of pregnancy (minor and major)

Anticipation of labour

Aims and objectives of prenatal care

- Process of pre-natal care

Use of Prenatal Risk Assessment Form (PRAF)

History taking

Physical examination including height, weight, gait

General examination including abdominal

Laboratory investigations (PCV, FBC, HIV, Khan, VDRL, Urinalysis, blood grouping and genotype etc)

Pelvic Assessment (diameters, brim at 36 weeks)

Identification of high-risk patients for referral

Unit II: Normal Labour

Physiology of true labour

Stages of labour (first, second, third and fourth)

Mechanism of normal labour

Preparation of delivery room/equipment

Infection control in midwifery practice

First stage of Labour

Definition

Physiology

Admission Procedure

Assessment of first stage of labour

History taking

Physical examination

Abdominal examination

Uterine contraction

Vaginal examination

Conditions of vulva and vagina

Cervical dilatation

State of membranes

Confirmation of presentation/presenting part

Use of partograph

Components of partograph

Plotting

Interpretation of findings/diagnosis
Planning and implementation
Evaluation
Relief of pain in labour
Types of analgesia (Diversional, Acupuncture, use of drugs, others)
Routes and timing for administration of analgesics
Possible effects of analgesics and anaesthesia on mother and baby
Importance of continuous monitoring and documentation of progress in labour

Unit III: Second, Third and Fourth Stages of Labour

Second stage of Labour

Definition and Signs:
Physiology of second stage of labour
Management:
Assessment
Positions in labour
Mechanisms of normal labour
Conduct of normal delivery
Episiotomy — Indication, types, procedure
Psychological support
Immediate care of the baby under the following:
Initiation and maintenance of respiration
Assessment of baby using APGAR score
Provision of warmth
Initiation of breast feeding
Examination of baby (head to toe)

Third stage of labour

Definition
Physiology of third stage of labour
Signs of third stage of labour
Mechanism of placental separation
Methods of placental delivery
Active management of third stage of labour
Placenta examination

Fourth stage of labour

Definition
Monitoring blood loss
Inspection of perineum and repair
Initiation of lactation
Monitoring status of mother
Identification of complications
Reporting and referral

PBM 414 Community Midwifery

Introduction

The course is designed to enable students identify the basic concepts and principles of Primary Health Care especially as it relates to midwifery practice in the community. It provides in depth knowledge in the delivery and care of individuals and expectant families in both the urban and rural areas of the community. It also examines the utilization of available resources; the planning, administration and management of midwifery services. In addition, it explores the midwives roles as a member of the health team within the community outlining the scope of the limitations of practices.

Objectives

At the end of the course, the student will be able to:

1. Describe the concept and principles of Primary Health Care.
2. Apply the concept and principles of Primary Health Care in community midwifery practice
3. Utilize information, education and communication strategies to eliminate harmful traditional practices
4. Demonstrate understanding of referral system in community midwifery practice.

Course Content

Unit I: Primary Health Care

Aims and Objective

Components of Primary Health Care

Education concerning prevailing Health problems

Promotion of food supply and proper nutrition

The provision of safe water and basic sanitation

Maternal and child health care including family planning

Immunization against major communicable diseases

Prevention and control of locally endemic diseases

Treatment of common diseases and injuries

Provision of essential drugs

Community Mental Health

Community Dental Health

Organization and Management of Health Centres

The role of the midwife in Primary Health Care

Unit II: The Community

Family patterns, political, cultural, social and economic structures

Health patterns, factors influencing health and disease

The role of traditional birth attendants, traditional healers and spiritualists in maternal health services

Modes of health promotion, accident and disease prevention in the community

The role of health education, environmental sanitation and maintenance of environmental health

Health surveillance, motivation and community participation in control of communicable diseases

Unit III: Maternal and Child Health Services

Antenatal and Post-natal services

Family planning

Infant Welfare and School Health

Domiciliary midwifery practice

Screening and selecting patients for home delivery

Content of home nursing bag kit

Antenatal care in the home

Conducting home delivery

Drugs that can be carried and administered independently by the midwife

Obstetric emergencies in the community and their management

Planning, administration and management of midwifery services

The role of the midwife in the community and as a member of a health team

Unit IV: The Exceptional Child

Classification, cause, screening, management and rehabilitation within the community

Provision, utilization and management of facilities for the child

Counselling services: marriage, genetic, occupation, education and post delivery

The role of the midwife, the family, the community and the nation in the care of the exceptional child

Unit V: Records and Reports

Biostatistics

Record keeping and statistical information

Method of collection and analysis of data

Importance of records and reports in the evaluation of the health status in the community

PBM 415 Infant I

Introduction

The course exposes the student midwife to the normal physiological changes at different stages of growth and development of the infant. It enables the student acquire competence in assessment and care of the new-born, detection of deviation from normal and initiation of prompt treatment or referral in case of complication. The course further provides opportunity for the student to implement supportive care, supervision and counseling to the family in the area of family adjustment.

Objectives

At the end of the course, the student will be able to:

Describe the features of a normal newborn

Conduct a physical, behavioural and neurological assessment of the newborn and detect abnormalities

Motivate mothers to breast feed

Offer supportive care, appropriate counseling and education to the family in the art of parenting, infant care and available social and medical services.

Course Content

Unit I: The Newborns

Features of the newborn

Transition from intra to extra uterine life

Physiological, chemical and structural changes in the newborn e.g. changes in: Respiratory, Cardiovascular, Urinary system etc.

Deviations from normal physiological changes in the newborn

Care of the newborn; immediate and subsequent, Resuscitation

Assessment: Initial Apgar score, subsequent assessment Physical and neurological assessment

Immunization — BCG

Unit II: The Newborn Environment

Provision of Appropriate Environment

Warmth and Temperature Control

Bonding concept, counseling and art of parenting

Unit III: Nutrition

Physiology of Lactation

Initiation of Feeding

Exclusive Breastfeeding

Demand feeding, rooming in

10 steps to successful breast feeding

Supervision, support and care

Supplementary/complementary feeding

Unit IV: Discharge and follow up care

Evaluation on Discharge

Home visiting

Family adjustments

Child Health Clinics

Referral and follow up

PMB416 Reproductive Health I

Introduction

This course is designed to acquaint the students with the strategies put in place to improve the quality of maternal health services and to increase awareness about

maternal health issues in the community. It lays emphasis on the improvement of women's health in general and specifically on reducing maternal morbidity and mortality.

Objectives

At the end of the course, the student will be able to:

1. Explain the concept of Reproductive Health and reproductive Rights
2. Demonstrate the skills needed for effective communication
3. Explain the importance of quality care in the provision of Reproductive Health (RH) services
4. Provide safe and effective maternal and child health care services
5. Provide Reproductive Health information and youth friendly services.

Course Content

Unit I: Introduction

- Overview of Reproductive Health and Reproductive Rights
- International Conference on Population and Development (ICPD) programme of Action
- Reproductive Health situation in Nigeria

Unit II: Information, Education and Communication

- Communication of Reproductive Health Information Use of IEC support materials
- Health Education on reproductive Health and Services
- Counseling clients on Reproductive Health (RH)
- Advocacy — Policy makers and opinion leaders
- Community mobilization for Reproductive Health Activities

Unit III: Quality of Care

- Concept of Quality of Care
- Strategies for achieving and sustaining provision of quality reproductive health services
- Application of the concept of quality care in RH service delivery

Unit IV: Safe motherhood

- Concept of safe motherhood
- Prenatal care
- Management of normal labour
- Emergency obstetric care
- Post partum care
- Management of the newborn

PBM 417 Family Planning I

Introduction

This course focuses on Family Planning as an integral part of Reproductive Health as stipulated in the

International Conference on Population and Development (ICPD) programme of Action of 1994. It highlights the factors affecting the acceptance of Family Planning and health benefits of Family Planning to the individual, family and the community

Objectives

At the end of the course, the student will be able to:

1. Understand the concept of Family Planning
2. Discuss the demographic indices in relation to Family Planning needs of the nation
3. Educate, counsel and motivate individuals and families on the benefits of Family Planning
4. Perform complete physical examination that will facilitate the provision of quality care.

Course Content

Unit I: Introduction to Family Planning

History of Family Planning National and International

Legal aspect of family planning (informed consent)

The socio-economic, cultural, religious beliefs, myths, misconception and customs which affects client's acceptance of family planning

Demography: Maternal and infant morbidity and mortality rates

General Fertility

Population Growth

Reproductive Rate

Health Education and counseling in Family Planning

Male involvement in Family Planning

Unit II: Data Collection for Family Planning clients

History taking. utilization of data (e.g. social, family medical, surgical, menstrual, obstetrical, gynaecological and contraceptive)

Examination of the male and female reproductive organs

Clinical investigation

Physical examinations: Elements and Techniques, including pelvic examination

Identification of clients requiring laboratory investigations

Laboratory investigation: Collection of specimens e.g. High Vaginal Swab, Pap Smear, urine specimen, blood sample, semen specimen.

Interpretation of results

Treatment and referral of:

Pregnancy

Pelvic inflammatory disease

Tumours

Sexually transmitted diseases and Acquired Immune Deficiency Syndrome (AIDS)

Cervical erosion

Identification and referral of infertile couples

PBM 420 Complicated Midwifery I

Introduction

This course is designed to prepare the student to recognize those conditions which suggest deviation from normal during pregnancy and labour. It highlights the midwives roles and responsibilities in early diagnosis, appropriate intervention on and referral as necessary.

It also emphasizes the midwives involvement in emergency situations and operative intervention.

Objectives

At the end of the course, the student will be able to:

1. Demonstrate competence in the early diagnosis of risk factors/conditions that complicate pregnancy and labour.
2. Manage opportunity those risk factors/conditions
3. Identify emergencies in pregnancy and labour
4. Apply life saving skill (LSS) measures in the management of these emergencies

Course Content

Unit I: Risk Factors/Conditions that Complicate Pregnancy and Labour

Structural abnormalities e.g. Abnormal pelvis Cephalo-Pelvic Disproportion

Retroverted Gravid uterus

Social and Psychological conditions

Poverty

Single parenthood or unsupported mother

Psychosis

Domestic violence

Harmful practices

Breast conditions: Flat nipples, inverted nipples

Risk Conditions/Factors: Malpresentations and Malpositions, Bleeding, Anaemia, Multiple

pregnancy, Intra-uterine death, pregnancy induced hypertensions, hydraminious, hyperemesis gravidarum, prolonged pregnancy etc

Unit II: Management of the risk factor/conditions

Proper screening for the factors and the conditions at antenatal clinic during home visit

Essential hypertension

Cardiac disease

Pulmonary tuberculosis

Chronic nephritis

Diabetes mellitus

Anaemia

Malaria

Urinary tract infection

Psychosis

Gastro-intestinal disorders e.g. cholera, Dysentery etc.

Worm infestation infection

Sexually transmitted infections e.g. Trichomoniasis, Herpes Genitalia, Syphilis, Gonorrhoea, Human Immune Virus (HIV/Acquired Immune Deficiency Syndrome (AIDS)

Unit III: Medical Conditions that Complicate Pregnancy

Essential hypertension

Cardiac disease

Pulmonary tuberculosis

Chronic nephritis Diabetes mellitus

Anaemia

Malaria

Urinary tract infection

Psychosis in pregnancy

Gastro-intestinal disorders e.g., cholera, Dysentery etc

Worm infestation infection

Sexual transmitted infection e.g.Trichomoniasis, Herpes Genitalia, Syphilis, Gonorrhoea

Human Immunodeficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS)

Unit IV: Malpositions and Malpresentations and their Managements

Breech

Face

Brow

Compound Presentation

Unstable lie

Persistent Occipito-posterior positions

Unit V: Abnormal Labour

Definition

Types of Abnormal labour

Abnormal uterine action such as Hypertonic uterine action, incoordinate uterine action, constriction ring

Precipitate labour

Spurious labour

Cervical Dystocia

Prolonged labour

Management of each of the types enumerated above

Unit VI: Obstetric Emergencies in Pregnancy and Labour Bleeding in Pregnancy

Bleeding in Pregnancy, Bleeding in early Pregnancy, Types, Causes and management

Post Abortion Care

Patient assessment, treatment plan, Manual Vacuum Aspiration (MVA), Legal aspects, Counselling etc

Bleeding in Late Pregnancy Antepartum Haemorrhage: Types, clinical features and management

Post Partum Haemorrhage:

Types, causes and management

Obstructed Labour/Ruptured uterus

Cord Prolapse

Maternal and Fetal Distress

Sepsis and Obstetric shock

Amniotic fluid embolism

PBM 421 Complicated Midwifery II

Introduction

The course is designed to prepare the student to recognize those conditions which suggest deviation from normal during puerperium. It highlights the midwives roles and responsibilities in early diagnosis, appropriate intervention and referral as necessary. It also emphasizes the midwives involvement in emergency situations and operative intervention.

Objectives

At the end of the course, the student will be able to:

1. Demonstrate competence in the early diagnosis, appropriate intervention, including referral in complications occurring during puerperium
2. Prepare for and assist with operational procedures in obstetrics, demonstrating skills in pre, intra and post-operative management.
3. Demonstrate competence in the performance and repair of episiotomy using approved procedure

Course Content

Unit I: Complications of Puerperium

Breast complications

Sub-involution

Primary and Secondary post partum haemorrhage

Puerperal pyrexia

Venous thrombosis

Thrombophlebitis

Puerperal psychosis/depression

Shock

Unit II Obstetrical Interventions

Lacerations/Episiotomy including repairs

Induction of labour

Version — External

Internal

Vacuum Extraction

Forceps Delivery
Symphysiotomy
Caesarean Section
Destructive operations
Male circumcision
Ear piercing
Unit III: Nursing Procedures
Preparation of the labour room and operating theatre
Use and care of equipment
Trays and trolleys for theatre procedures.

PBM 422 Research Methods and Statistics

Introduction

The course is designed to provide the student with adequate knowledge, attitude and skill required for data collection, presentation and interpretation in midwifery practice. It also highlights the use and importance of statistics in health care delivery.

Objectives

At the end of the course, the student will be able to:

1. Discuss the research process, its methodology and the different types of research most appropriate in normal practice.
2. Demonstrate an understanding of research studies by critically evaluating research reports in clinical practice under supervision
3. Initiate, conduct and present a well organized and documented research project
4. Demonstrate an appreciation of the role of research in the development of midwifery theory
5. Explain the role of statistics in science and health care
6. Utilize simple statistical method in gathering, analyzing and presenting data.

Course Content

Unit I: Introduction

Overview of Research Process
Definition, types and purpose
Significance of research in nursing
History of nursing research

Unit II: Research Process

Terms used in Research
Steps in the Research process
Problem identification
Literature Review
Theoretical Framework
Definition and determination of variables
Formulation of Hypothesis
Research Design

Population sample and sampling techniques
Methods of Data collection
Data Analysis and Interpretation
Report of Findings
Discussion of results
Recommendation
References and Bibliography
Writing a Research proposal

Unit III: Scales of Measurement
Scale of measurement
Measures of central tendency and location
Measures of variability
Introduction to probability and inductive statistics
Estimating significance of difference

Unit IV: Research Communication
Ethical issues
Critique of Research Report
Application of Research Process in clinical practice
Acknowledgement of contributors and references
Communicating Research Findings
Utilization of Research Findings

Unit V: Statistics
Definition of statistical terms
Role of statistics in Science and health care delivery
Basic concepts, principles and methods
Collection and organization of data

PBM 423 Family Planning II

Introduction

This course is designed to provide the student with the knowledge, skills and attitude of the principles and practice of family planning services. It also highlights the application of management tools in the organization of a Family Planning clinic.

Objectives

At the end of the course, the student will be able to:

1. Discuss the various family planning methods
2. Demonstrate proficiency in prescribing and dispensing Family Planning devices
3. Apply the principles of management in the organization and operation of family planning clinics

Course Content

Unit I: Family Planning Method

Traditional and modern methods of family planning

Hormonals (orals, injectibles and implant e.g., nor-plant)

Intrauterine contraceptive device (IUCD) (Technique of Insertion and removal)

Barrier methods (Diaphragm, condom, foaming vaginal tablets, form, jellies, creams)

Natural family planning

Surgical methods (tubal ligation and vasectomy) (emphasizing the following — method of administration, mode of action, advantages and disadvantages, effectiveness, side effects, indications and contraindications, major complications, client instruction, referral of clients with major complications and associated problems)

Follow up: Schedule appointments, defaulters

Record keeping and Reporting:

Method

Maintenance

Utilization

Unit II: Application of Management Tools for setting up a Clinic

Community analysis including catchment area and site

Determination of the required resources: human and material

Organization of a family planning clinic

Patient flow

Supply and storage of family planning commodities

Management process:

Assessment

Planning

Implementation

Evaluation tools e.g. interview of clients and community

Budgeting

Research and utilization of findings in family planning

PBM 424 CHILD HEALTH

Introduction

This course focuses on the developmental needs of the growing child and the midwife's role in meeting these needs. It highlights some diseases common to the 0-5 years age group, and the health services available for maintaining the health of the child throughout the stages of development up to adolescence.

It further enables the midwife appraise the important role of the home in the development of the child into a useful citizen.

Objectives

At the end of the course, the student will be able to:

1. Describe the stages of growth and development

2. Explain commonly occurring diseases of age 0-5 years
3. Manage the commonly occurring diseases
4. Utilize approved guideline in the integrated management of childhood illnesses
5. Discuss the available health services in the community
6. Recognize the developmental and maturational problems of the adolescent

Course Content

Unit I: Growth and development of the child

The child as an individual

Stages of normal growth and development

Positive factors in child growth and development

Physical, social, psychological, nutritional and clothing needs

Importance of play and necessary play materials at different ages

Feeding methods and practices

Negative factors in child growth and development

Inhibitions of normal growth and development

Behavioural problems of the child e.g. thumb sucking, fear, temper tantrums, bed wetting, aggressiveness, lies telling etc.

Unit II: Commonly occurring diseases at the 0-5 years age group

Malnutrition

Tetanus

Pneumonia

Measles etc

Unit III: Integrated Management of Childhood Illnesses (IMCI)

The concept of IMCI

Definition, Rationale, advantages, components

Selection and use of appropriate case

Management charts, and recording forms

Assessment of general danger signs

Assessment and classification of a child 2 years up to 5 years

Cough or difficult breathing

Diarrhea

Fever

Ear problem

Malnutrition and anaemia

Immunization and vitamin status

Other problems; mothers health

Identification of treatment

Treatment priorities

Pre-referral treatment

Treatment of the sick child 2 years up to 5 years

Urgent referral

Children who do not need urgent referral

Pre-referral treatment

Appropriate oral drugs (dosage and schedules)

Appropriate antibiotics (dosage and schedules)

Home treatment for local infections e.g. eye

Infection; ear infection; mouth ulcers;

Soothing throat to relief cough; preventing low blood sugar; extra fluids for diarrhoea

Immunizations

Communication

Counseling mother

Assessment and classification of sick infant 1 week to 2 months

Bacterial infections

Diarrhea

Feeding problems and low weight

Counseling mother about breast feeding problems

Immunization status

Identification of appropriate treatment for the sick infant

Infants that need urgent referral

Pr-referral treatment

Those who do not require referral

Counseling mother on home care of the sick infant

Follow up care for sick child 2 years up to 5 years Follow up care for sick infant 1 week to 2 months

Unit IV: Available Health Services

Child health clinic

National Programme on Immunization

Control of diarrhoea diseases (Oral Dehydration Therapy)

School Health

Unit V: The Adolescent

The Adolescent

Normal growth

Developmental and maturational problems associated with School age and adolescent child

Family life education

Substance abuse

Adolescent/youth friendly services

Teenage pregnancy/single parenthood

PBM 425 Infant II

Introduction

The course is designed to prepare the student to recognize those conditions which suggest deviation from normal during the neonatal period. It highlights the midwives roles and responsibilities in early diagnosis, appropriate intervention and referral as necessary.

Objectives

At the end of the course, the student will be able to:

1. Identify conditions/complications that affect the newborn
2. Demonstrate competence in the management of these conditions/complications
3. Counsel mothers/families on these conditions and their prevention

Course Content

Unit I: Abnormal Conditions of the Newborn

Asphyxia Neonatorum

Abnormalities associated with birth injuries Internal e.g. Intracranial injuries, rupture of the liver

External e.g. Cephal-haematoma, dislocations and fractures

Congenital and Generic Malformations

Skeletal Abnormalities

Cleft lip and cleft palate

Spina bifida

Hydracephaly

Anencephaly

Microcephaly

Musculo skeletal Disorders:

Talipes equinovarus

Congenital hip dysplasia

Polydactyl

Soft Tissue Abnormalities

Congenital Heart Diseases

Frenulum Linguae

Hypospadias and epispadias

Ambiguous Genitalia

Umbilical hernia

Diaphragmatic hernia

Obstruction of the alimentary tract

Atresia of the Oesophagus

Pyloric Stenosis

Obstruction of the Duodenum and small intestine

Omphalocele

Gastroschisis

Imperforate Anus

Unit II: Other Abnormal Conditions

Chromosomal Abnormalities

Trisomy 13

Trisomy 18

Trisomy 21 or Down's Syndrome, phocomelia

Inborn errors of metabolism

Phenylketonuria: Diagnosis and Management

High Risk infant;
Diagnosis, Medical and Nursing Management
Pre-and Post-term Infants; Tube feeding
Infants with respiratory distress syndrome
Infections: Jaundice
Ophthalmia Neonatorum
Pemphigus Neonatorum
Addiction Syndromes:
Drug Addiction in the neonate
Foetal Alcohol Syndrome

PBM 426 Application of Management and Teaching Principles to Midwifery

Introduction

This course is designed to enhance the student's knowledge and skill in the use of theories, principles and techniques of management and teaching as related to Midwifery Practice.

Objectives

At the end of the course, the student will be able to:

1. Utilize the knowledge of basic principles of management in participation in health care delivery system in all health care settings
2. Demonstrate competence in the use of managerial skill for quality assurance in health care.
3. Apply the principles of learning and teaching in the management of health/illness situations

Course Content

Unit I: Review of philosophy and Principles of management
Review of elements and functions of management
Management theories

Unit II: Components of Management
Planning
Types of plan
Decision making process
Organizing
Structure of organization
Interdepartmental relationship and communication
Staffing
Directing
Leadership

Delegation of responsibility
Authority and Accountability
Motivation
Communication
Controlling
Accounting/Budgeting
Discipline
Job performance evaluation

Unit III: Application of principles of management to Midwifery
Organization of the Unit
Role of the Nurse in the management of the Unit
The Politics of health services

Unit IV: Quality assurance and Risk Management
Quality Assurance
Definition, Aim and Objectives
Quality Assurance and its relationship to standard setting and Nursing Process
Nursing Audit
Committee and Function
Monitoring and Evaluation
Risk Management Basic concepts
Common risk categories for Nurses
Elements of Risk Management
Hospital/Departmental programme
Incident Reporting

Unit V: Review of Principles of teaching and learning
The learning environment
Methods and techniques of teaching
Evaluation of teaching and learning processes
Principles of adult learning
Giving Health Talks/Education

PBM 430 Introduction To Computer Studies

Introduction

With increase need for computer technology application to all spheres of human endeavour, it is important that the Midwife keeps abreast of information technology as it applies to health care system. The course is designed to introduce the student to the use of computer.

Objectives

At the end of the course, the student will be able to:

1. Identify the different types of computers commonly used

2. Appreciate the basic concepts of data processing
3. Explain the major advantages of electronic data processing over manual processing
4. Explain ideas about computer peripherals
5. Relate processing ideas to everyday activities
6. Demonstrate an understanding of computer application

Course Content

Unit 1: Introduction

Definition of Computer

Classification of computer

- By function — Analog, digital and hybrid
- Purpose
- Size — Mainframe Computer- mini computer and micro computer
- Age — 1st 2nd 3rd 4th 5th General

Unit II: Components of Computer System

Hardware

Input, output, processing devices

Software

System program (software)

Application program (software)

Utility (software)

Translation programs

Input Devices

Keyboard, computer mouse, document reader, terminals and optical marker readers etc

Processing

Central Processing Unit (CPU)

Control Unit Arithmetic Logical Unit (ALU), Main Memory, Secondary or Auxiliary Storage

Output Devices

Printers, visual display unit, plotters etc

Main Memory

- Read only memory (ROM)
- Random Access Memory (RAM)
- Function of main storage

Input storage area

Working storage area

Program area

Output area

Unit III: Computer Files

Logical files, physical files, master files, references files

File arrangement

Random, access, sequential, index sequential

File processing

Batch processing, on-line processing, real-time processing, multi-processing, multi-user

Storage (Secondary or Auxiliary Storage)

Hard disk

Floppy diskettes etc

Storage capacities

Unit IV: Data Collection and Control

Stages:

Data creation, data transmission, data Processing, multi-processing, multi-user

Unit V: Computer Networking

Internet

E-mail

PBM 431 Reproductive Health II

Introduction

This course is designed to further expose the students to the strategies put in place to improve the quality of maternal health services and increase awareness about maternal health issues in the community. Emphasis is laid on the improvement of women's health in general and specifically on reducing maternal morbidity and mortality

Objectives

At the end of the course, the student will be able to:

1. Describe Adolescent Sexuality and development processes
2. Reduce maternal morbidity and mortality through effective post abortion care
3. Create awareness on gender issues in reproductive health
4. Discuss harmful practices against women and children in Nigeria

Course Content

Unit I: Adolescent Reproductive Health

Definition of Adolescence, youth and young persons

Concept of sexuality

Developmental changes of adolescence

Behavioural characteristics of adolescence

Unit II: Abortion and Post Abortion Care

Types and causes of abortion

Prevention of unsafe abortion
Complications of abortion
Post abortion care

Unit III: Gender Issues in Reproductive Health
Definition of sex and gender sex and gender roles
Gender stereotypes
Gender issues in Reproductive Health (RH)
Bridging the gap in gender roles

Unit IV: Harmful practices
Definition and types
Factors contributing to harmful practices
Consequences of common harmful practices
Strategies for the elimination of harmful practices