



Faculty Guide for Prenatal Care Workshop

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Learning Outcomes

By the end of the session, learners will be able to:

1. Describe the prenatal care for pregnant patient and fetus during each trimester of pregnancy.
2. Demonstrate the correct techniques on a pregnant patient of the following: fetal heart tones by electronic Doppler, measurement of fundal height, determination of fetal position using Leopold Maneuvers.
3. Calculate the estimated delivery date of a patient using the last menstrual period or ultrasound data.
4. Define and use the obstetrical terms found on the obstetrical vocabulary sheet.
5. Discuss the presentation, diagnosis and management of miscarriage, premature rupture of membranes and preeclampsia.

Purpose

The Prenatal Care Workshop was developed in 2008 to provide physician assistant students with a clinical and educational experience in prenatal care as required by the accreditation Standard B3.03c of the Accreditation Review Commission on Education for the Physician Assistant (ARC – PA).^[14] Finding clinical sites for prenatal care has been challenging for many PA programs. In some regions declining birth rates and regional consolidation of obstetrical care has resulted in fewer opportunities for learners. In addition, there has been a decrease in the number of family medicine physicians practicing obstetrics which decreases the number of clinicians providing prenatal care. In some cases, patient and or preceptor preference for care based on student sex and/or gender has limited prenatal experience for students.

Since the presentation of the Prenatal Care Workshop at the 2009 Education Forum of the Physician Assistant Education Association (PAEA), the materials have been provided to PA programs on request.^[14]

In order to provide open access to the workshop materials for all PA programs, the Association of Physician Associates in Obstetrics and Gynecology (APAOG) has agreed to host them.

The Prenatal Care Workshop provides instruction in prenatal care and a clinical prenatal care experience with pregnant patients. As explained in the overview below, it includes instruction, cases illustrating common prenatal care issues such as miscarriage, premature rupture of membranes and pregnancy induced hypertension, and a vocabulary worksheet. Answers for the worksheet and cases are provided.

Prenatal Care Workshop Overview

Prenatal Care Lecture: This should be provided at the beginning of the session or as a pre-recorded lecture prior to the session. It reviews the history of prenatal care, the care of both pregnancy capable patients and the fetus, dating criteria and trimester by trimester guide to visits. Common pregnancy issues such as emesis, varicose veins and constipation are reviewed. Please note that prenatal lab testing is a rapidly changing area with regional variation and patient preference. The PowerPoint may be modified to suit regional and local practices.

Clinical Experience: To provide students with experience in providing prenatal care, pregnant patients were recruited to serve as patients. The patients understood that the workshop did not replace a prenatal visit and that they would be seen by students. The only area examined would be the abdomen and gravid uterus; no pelvic exams would be done. Each patient could be examined up to 3 times. For the Prenatal Care Workshop, patients were recruited from various sites. We have used local clinics, obstetrical offices and high schools. The workshop leader met with the patients to explain the workshop and obtain consent. Patients were told that they could leave out some medical history if it was upsetting or embarrassing such as testing positive for an STI or substance use. In groups of three, students took a history, measured fundal height, listened for fetal heartbeat and determine fetal position (vertex or breech). They then logged the session as prenatal care to provide documentation for the program.

Workshop Cases: Three cases are provided to illustrate prenatal care for common issues such as early pregnancy bleeding, miscarriage, premature rupture of membranes, pregnancy induced hypertension and first prenatal visit with confusing dates. The cases may be used in several different ways. They may be done individually or in small groups and may be done during the workshop or afterwards. Cases may be submitted for grading or discussed in a large group session. Answers are provided. In addition, a worksheet for students to look up and define obstetrical terms is also provided.

Materials Needed

A provider experienced in prenatal care should be available during the workshop and ideally should present the lecture. The following items are required:

- Prenatal care lecturer/instructor
- Examination tables (1 per patient)
- Exam table paper
- Hand sanitizer
- Table cleaning supplies
- Paper disposable measuring tapes
- Paper drapes

- Fetal heart dopplers (one per table) (see notes below)
- Extra batteries for dopplers
- Doppler gel (one bottle per table) (see notes below)
- Paper towels
- Patients – One pregnant patient for 3 students. Having extra patients is advisable for no-shows or sick patients. Patients needed to be at least 20 weeks gestation and could not have any of the following medical issues – placenta previa, low lying placenta, twins or multiples, history of premature labor.
- Printed history and prenatal visit forms (Prenatal History Form.docx and Prenatal Visit Form.docx)
- Pens/pencils
- Clipboards
- Gloves (for the abdominal exam if desired)
- Shredder for shredding the history and physical exam documents

The following is recommended:

- Easy access to restrooms for patients
- Bottled water and snacks for patients

Material Notes: For the Prenatal Care Workshop, the fetal heart doppler will be used to measure the fetal heart rate. This does not have to be a professional grade doppler and many sites such as Amazon, Target and Walmart offer dopplers at a cost of \$50 - \$100. Dopplers with batteries may be convenient than rechargeable ones. All dopplers will need ultrasound gel to hear the heartbeat as water does not work. Aquasonic 100 gel is recommended and may be found on Amazon with a cost of \$7 per bottle.

Assessment

No assessment tool is provided, and programs are free to use methods which demonstrate meeting the prenatal care supervised clinical practice experience (SCPE) standard B3.03b and their own competencies. Some programs have chosen to grade the workshop cases while others have used the workshop as they would a procedural training as a competency to be met by participation. Other suggested assessment methods may include pre and post workshop quizzes, exams and reflection papers.

Prenatal Care Workshop Files

- Faculty Guide Prenatal Workshop.pdf
- Introduction to Prenatal Care.pptx
- Prenatal Care Examination Techniques.pdf
- Obstetrical Vocabulary.pdf
- Obstetrical Vocabulary Answers.pdf
- Prenatal History Form.pdf
- Prenatal Visit Form.pdf
- Patient Case 1 Early Pregnancy.pdf
- Patient Case 1 Early Pregnancy Answers.pdf
- Patient Case 2 PROM PIH.pdf

- Patient Case 2 PROM PIH Answers.pdf
- Patient Case 3 Pregnancy Loss.pdf
- Patient Case 3 Pregnancy Loss Answers.pdf

Use and Modifications and Sharing

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Prenatal Care PowerPoint

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Disclaimer

While the Prenatal Workshop was developed to meet the ARC-PA B3.03c standard for prenatal care, the author cannot guarantee the standard will be met with the workshop. Programs are urged to review their competencies, learning outcomes and learning objectives for their supervised clinical practice experiences and adapt the materials as needed for their program.

Feedback

Thank you for downloading this curriculum and I hope you enjoy using it with your students. Your feedback, suggestions and comments on the Prenatal Care Workshop are welcome.



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