

## **SBMS10, Reproductive, Perinatal and Sexual Health Focusing on Pregnancy and Family Planning, 9 credits**

*Introduktion till reproduktiv, perinatal och sexuell hälsa med fokus  
på graviditet och familjeplanering, 9 högskolepoäng*  
Second Cycle / Avancerad nivå

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### **Details of approval**

The syllabus was approved by Board of Health Sciences Education on 2013-04-19 to be valid from 2013-09-02, autumn semester 2013.

### **General Information**

The course is a compulsory component of the Postgraduate Diploma programme in Midwifery (90 credits) but can also be taken as a freestanding course. It complies with the guidelines of the Higher Education Ordinance (SFS 1993:100 with later amendments).

Swedish. Some components may be in English.

#### *Main field of studies*

Reproductive, Perinatal and Sexual  
Health

#### *Depth of study relative to the degree requirements*

A1N, Second cycle, has only first-cycle  
course/s as entry requirements

### **Learning outcomes**

#### **Knowledge and understanding**

On completion of the course, the student shall demonstrate specialised knowledge by being able to

- discuss and reflect on the profession of midwife from a historical, national and international perspective

- use and explain basic concepts in reproductive and sexual health from a gender perspective
- discuss and reflect on women's life conditions by identifying problems and pointing to links and contexts from a historical, cultural, psychosocial and gender perspective
- describe and explain sexual development, and interrogate and discuss causes/contexts, and show understanding for sexual and sexual health issues and sexual variation
- describe and explain the anatomy and physiology of the reproductive organs and describe the link with endocrine function, and relate this to women's reproductive health from a gynaecological perspective, with the point of departure in different phases of the woman's life cycle
- identify problems and formulate issues concerning gynaecological infections and Sexually Transmitted Infections (STIs) and sampling, contact tracing and notification obligation in connection with this
- describe the right to prescribe contraceptives in accordance with the regulations of the National Board of Health and Welfare and the Medical Products Agency by describing and explaining different methods of contraception and, where appropriate, their pharmacological effects
- explain and discuss induced abortion and complications of early pregnancy, and describe and reflect on management and nursing in these situations
- describe and explain the growth and development of the foetus, formulate assumptions on the context of various factors and propose nursing related to this
- describe, in overview, the organisation of preventive antenatal care and explain its design
- describe the physical and mental development phases of the pregnant woman and relate these to health education and lifestyle during pregnancy, and formulate possible cause-effect relationships
- discuss the woman's and partner's need of information on being told of pregnancy, and interrogate and reflect on the parental role from a gender perspective
- describe and explain methods for monitoring the development of the foetus and normal pregnancy, identify problems and formulate issues regarding care and nursing, and intervention in the event of deviations from normal
- explain the content and importance of follow-up examination
- relate to relevant statutes, regulations and other rules applying to the specialist field
- demonstrate knowledge of documentation of patient data in records, according to statutory requirements
- relate to the disciplinary foundation of the field and the link between current research and proven experience, and the importance of the link for the practice of the profession of midwife

### **Competence and skills**

On completion of the course, the students shall demonstrate the ability to

- carry out gynaecological nursing and smear tests during methodology practice
- provide instructive information on self-examination of the breasts

- integrate knowledge, identify problems, analyse and find solutions/interventions concerning complex situations related to the course content

### **Judgement and approach**

On completion of the course, the students shall demonstrate the ability to

- conduct in-depth theoretical discussions about a professional approach, keeping in mind the philosophy and code of ethics of the midwifery profession
- reflect on violence towards women from a gender perspective
- show self-awareness during discussions on induced abortion, and reflect on this in an empathetic and ethical perspective
- on the basis of various ethical issues, interrogate and explain links, and discuss prenatal diagnosis and screening
- analyse and evaluate their own ability, based on group dynamics, to develop the group and strengthen conflict management and conflict resolution abilities

### **Course content**

The midwifery profession in a historical, national and international perspective

The philosophy and code of ethics of the midwife

Fundamental concepts in reproductive health

Women's living conditions from a historical, cultural and psychological perspective during different phases in the woman's life cycle

Gender concepts and gender perspectives

Violence towards women

Sexual development and sexual variations

The anatomy and physiology of the reproductive organs and endocrinology

Adolescent gynaecology

Gynaecological examination, smear tests and self-examination of breasts

Gynaecological infections, Sexually Transmitted Infections (STIs) and contact tracing

Contraceptives: pharmacology, technology, function, effects and prescribing rights

Embryology, and growth and development of the foetus

Prenatal diagnosis and screening

Spontaneous abortion, ectopic pregnancy, molar pregnancy

Induced abortion

Physiology of pregnancy – normal pregnancy

Health education/lifestyle – diet, exercise, environment and alcohol, tobacco, drugs and medicines during pregnancy

Health monitoring during pregnancy and care and interventions in the event of deviations from the normal

Pregnancy psychology – mother/child and father/child interaction, parenthood and starting a family

Postnatal checkups

Organisation and design of maternity care

Theories and ethical aspects of nursing in reproductive, perinatal and sexual health

Laws, statutes and regulations in the field

Documentation in obstetric and gynaecological care/nursing

Pre-clinical exercises:

Carry out a gynaecological examination and a smear test

Insert an IUD and fit a diaphragm

Carry out external palpation, the Leopold manoeuvres

## Course design

The teaching and learning activities are designed so as to enable students to develop a specialised understanding and are characterised by an active search for knowledge, problem solving, reflection and critical analysis. Among the work methods used are independent study, group work, peer review, skills training, seminars and lectures. Absence from compulsory learning activities can be compensated for by other learning activities.

## Assessment

One examination and two opportunities to retake the examination are arranged for each assessed component. Students who do not achieve a pass on any of these occasions will be able to retake the examination on a later occasion. There are six opportunities for re-examination of each assessed component. A student who has failed an examination six times must discontinue his or her studies. A student who has failed an examination on a course twice is entitled to request that another examiner be appointed by the programme director.

All oral group examinations require active individual participation in addition to oral presentation.

At re-examination, individual examination may replace group examination.

*Subcourses that are part of this course can be found in an appendix at the end of this document.*

## Grades

Marking scale: Fail, Pass.

For a pass on the course, the student must have passed all the assessed components.

## Entry requirements

- Registered nurse and a degree in nursing comprising at least 180 credits including a degree project of 15 credits or the equivalent
- Professional experience equivalent to one year's work as a registered nurse in in-patient somatic care.

## Subcourses in SBMS10, Reproductive, Perinatal and Sexual Health Focusing on Pregnancy and Family Planning

Applies from H13

- 1301 Midwifery as a Profession, 1,0 hp  
Grading scale: Fail, Pass  
Seminar, oral group assignment, oral presentation individually and in groups at a seminar.
- 1302 Women's Situation, 1,0 hp  
Grading scale: Fail, Pass  
Seminar, oral group assignment, oral presentation individually and in groups at a seminar
- 1303 Gynaecological Health and Ill-health, 1,0 hp  
Grading scale: Fail, Pass  
Written and oral group assignment, oral presentation individually and in groups at a seminar.
- 1304 Anticonception, Family Life and Sexuality, 3,0 hp  
Grading scale: Fail, Pass  
Individual written invigilated exam.
- 1305 Pregnancy, Health Monitoring and Parenthood, 3,0 hp  
Grading scale: Fail, Pass  
Individual written invigilated exam.
- 1306 Supervision in Nursing, 0,0 hp  
Grading scale: Fail, Pass