

PRENATAL PREPARATION

1	Course Title:	PRENATAL PREPARATION
2	Course Code:	HEM3222
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	6
7	ECTS Credits Allocated:	3.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	Having taken the Obstetrics and Gynecology Nursing course
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Dr. Öğr. Üyesi GONCA BURAN
15	Course Lecturers:	Dr Öğr. Üyesi Nevin UTKUALP, Öğr.Gör. Pakize Cındaş
16	Contact information of the Course Coordinator:	Öğr. Gör. Dr. Gonca BURAN gburan@uludag.edu.tr, 0224 294 24 81 Bursa Uludağ Üniversitesi Sağlık Bilimleri Fakültesi Merkez kampus Nilüfer BURSA
17	Website:	
18	Objective of the Course:	The aim of the course is to train nurses who integrate them with the role and functions of the nurse in the process of ensuring that pregnant women have a healthy pregnancy period, gain awareness in discovering their birth preferences and have a comfortable birth experience.
19	Contribution of the Course to Professional Development:	The course will contribute to the professional development of the students in integrating their roles and functions in ensuring a healthy pregnancy and birth process.
20	Learning Outcomes:	
	1	To be able to explain the definition and necessity of preparation for birth
	2	To be able to explain the models of preparation for birth
	3	To be able to explain the development of preparation for birth in the world and in our country
	4	Organization of the birth preparation class role of the nurse in planning and the legal aspect of management explain
	5	Ability to compare birth types and birth positions with our country and world countries
	6	To be able to count breastfeeding techniques
	7	To be able to explain the psychological effects of pregnancy and birth on couples
	8	To understand the importance of birth fears and pain coping respiration relaxation massage techniques pregnancy exercises
	9	To be able to count the roles and responsibilities of the nurse in preparation for birth
	10	
21	Course Content:	

	Course Content:			
Week	Theoretical	Practice		
1	Introduction and sharing of course objectives and content			
2	Development of birth preparation in the world and in our country			
3	Culture and birth perspective Birth preparation philosophies and techniques			
4	The legal aspect of planning and management of the birth preparation class organization and the role of the nurse			
5	Physiological and psychological changes during pregnancy Pregnancy and Nutrition			
6	Father's role at birth Coping with birth fears and pain breathing relaxation massage techniques pregnancy exercises			
7	Psychological effects of pregnancy and birth on couples			
8	Birth Types and Birth Positions Comparison with our country and world countries			
9	Real and False Labor Pains Initial Symptoms of Labor Birth rehearsal			
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	Physical and psychological care process of the postpartum period	14	2.00	28.00
Practicals/Labs		0	0.00	0.00
Self study and preparation	Postpartum Family Planning Methods Postpartum Exercises	14	2.00	28.00
Homeworks		0	0.00	0.00
Projects	Evaluation of the lesson	0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm Exams	Textbooks, References and/or Other Materials:	1- Taşkın L. Doğum ve Kadın Sağlığı Hemşiresliği Çözümlenmiş XVIII. Baskı, Akademi yayın, Ankara, 2021	20.00	20.00
Others		0	0.00	0.00
Final Exams		2- Çoker H. Dr. Hakan Çoker ile 100 Soruda Doğal Doğum. İnkılap Kitabevi 2015	20.00	20.00
Total Work Load				116.00
Total work load/ 30 hr		3- Güvenli Annelik katılımcı kitabı. T.C Sağlık Bakanlığı Ana Çocuk Sağlığı ve Aile Planlaması Genel Müdürlüğü		3.20
ECTS Credit of the Course				3.00
		Sağlığı Mezuniyet Öncesi Eğitimini Güçlendirme Projesi. Ankara, 2005.		
		4- Rathfich G. Doğal Doğum Felsefesi, Nobel Tıp Kitabevi, 2018		
		5-Okumuş H. Mete S. Anne Babalar İçin Doğuma Hazırlık, 2. Baskı, deomed yayınları,2010,Ankara		
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBE R	WEIGHT	
Midterm Exam		1	40.00	
Quiz		0	0.00	
Home work-project		0	0.00	

Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade	40.00	
Contribution of Final Exam to Success Grade	60.00	
Total	100.00	
Measurement and Evaluation Techniques Used in the Course	It will be evaluated with a multiple choice exam.	

24 ECTS / WORK LOAD TABLE

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	3	2	0	4	1	1	0	0	1	2	3	0	1	0	0	0
ÖK2	1	1	3	2	1	0	2	0	4	0	1	0	0	0	0	0
ÖK3	3	0	1	4	1	1	0	1	1	0	0	0	1	0	0	0
ÖK4	1	0	2	5	3	2	0	1	1	1	3	4	1	0	0	0
ÖK5	4	3	3	5	4	3	0	2	2	1	3	4	0	0	0	0
ÖK6	3	2	4	2	1	0	1	3	0	0	0	2	0	0	0	0
ÖK7	4	3	4	4	5	0	0	1	1	0	0	1	0	0	0	0
ÖK8	2	4	5	3	3	1	0	0	0	2	2	2	0	0	0	0
ÖK9	1	2	3	0	0	0	0	0	0	0	0	4	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							