**Course Outline 3423VC Childbearing Family Spring 2013**I. Foundations for Nursing care of Childbearing Families

II. The Family Before Birth

III. The Family During Birth

IV. The Family Following Birth

V. Families at Risk during the Childbearing Period

VI. Women’s Health Care

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| **Week** | **Date** | **Topic****Theory** | **Reading Assignments** | **Assignments** |
|  | 2/24 | Review syllabus, clinical documentation, & expectationsFoundations of Nursing Care of Childbearing Families Chapters 1-5  | * Text Ch. 1-5
* Review corresponding ATI chapters
 | 1st Clinical Weekend Thursday and FridayPreclinical assignments (in Clinical and Simulation tab) due Weds by 2359 before clinical. Submit to BBTake ATI Practice Test A and generate focused review due Sunday by 2359. Submit transcript to BB (not for grade)Work on Medication Cards due 2nd clinical weekendWork on Teaching Project due by last Clinical Weekend |
|  | 3/2 | Foundations of Nursing Care of Childbearing Families (cont.)Chapters 1-5  | * Text Ch. 1-5
* Review corresponding ATI chapters
 | Discussion One Week 2. Main Post by 2359 Weds. Minimum 2 Response Posts due by 2359 SundayTake ATI Practice Test B and generate focused review due Sunday by 2359. Submit transcript to BB (not for grade)DocuCare assignment due Weds by 2359Work on Medication Cards due 2nd clinical weekendWork on Teaching Project due by last Clinical Weekend |
|  | 3/9 | SPRING BREAK!!HAVE FUN! |  |  |
|  | 3/16 | **Test 1** **(Ch. 1-5) Tuesday March 18 1700-2230**The Family Before Birth Chapters 6-11 | * Text Ch. 6-11
* Review corresponding ATI chapters
 | Discussion Two Week 3.Main Post by 2359 Weds. Minimum 2 Response Posts due by 2359 SundayWork on Medication Cards due 2nd clinical weekendWork on Teaching Project due by last Clinical Weekend |
|  | 3/23 | **Midterm Proctored ATI** The Family Before Birth (cont.)Chapters 6-11 | * Text Ch. 6-11
* Review corresponding ATI chapters
 | 2nd Clinical Weekend Thursday and FridayPreclinical assignments due Wednesday by 2359. Submit to BB**Midterm Proctored ATI (not for grade)**Medication Cards Due during clinical SHOW TO CLINCAL INSTRUCTORWork on Teaching Project due by last Clinical Weekend |
|  | 3/30 | **Test 2 (Ch. 6-11) Tuesday April 1 1700-2230**The Family During BirthChapters 12-16 | * Text Ch. 12-16
* Review corresponding ATI chapters
 | Discussion Three Week 5.Main Post by 2359 Weds. Minimum 2 Response Posts due by 2359 SundayRe-test Practice Tests A and B due Sunday by 2359. This is for a grade. Submit transcript to BB.DocuCare assignment due Weds by 2359Work on Teaching Project due by last Clinical Weekend |
|  | 4/6 | **Test 3 (Ch. 12-16) Tuesday April 8 1700-2230**The Family Following BirthChapters 17-23 | * Text Ch. 17-23
* Review corresponding ATI chapters
 | Take ATI Tutorial Practice test - Maternal Newborn #1. This is for a grade. Due Sunday by 2359. Submit transcript to BBTake ATI Tutorial Practice test – Maternal Newborn #2. This is for a grade. Due Sunday by 2359. Submit transcript to BBWork on Teaching Project due by last Clinical Weekend |
|  | 4/13 | The Family Following Birth (cont.)Chapters 17-23 | * Text Ch. 17-23
* Review corresponding ATI chapters
 | Take ATI Tutorial Final Test – Maternal Newborn. This is for a grade. Due Sunday by 2359. Submit transcript to BBWork on Teaching Project due by last Clinical Weekend |
|  | 4/20 | **Test 4 (Ch. 17-23) Tuesday April 22 1700-2230**Families at Risk during the childbearing period Chapters 24-28 | * Text Ch. 24-28
* Review corresponding ATI chapters
 | 3rd Clinical WeekendThursday and FridayPreclinical assignments due Wednesday by 2359. Submit to BBPresent Teaching Project due this Clinical Weekend and submit to BB |
|  | 4/28 | Families at Risk during the childbearing period (cont.)Chapters 29-30 | * Text Ch. 29-30
* Review corresponding ATI chapters
 | Discussion Four Week 9.Main Post by 2359 Weds. Minimum 2 Response Posts due by 2359 SundayDocuCare assignment due Weds by 2359 |
|  | 5/4 | **Test 5** **(Ch. 24-30) Tuesday May 6 1700-2230**Women’s Healthcare Chapters 31-34* **Turn in final ATI transcript**
* **Complete clinical faculty evals.**
 | * Text Ch. 31-34
* Review corresponding ATI chapters
 | Discussion Five Week 10.Main Post by 2359 Weds. Minimum 2 Response Posts due by 2359 SundayConcept Map due by 2359 Sunday. Submit to BB. Template will be posted in BB |
| 11 | 5/11 | **Course Final Tuesday May 13 1400-2230**  | **20 questions over Ch. 31-34 (new) and 80 questions cumulative over Ch. 1-30**  |  |

**Learning Outcomes:** Review and apply knowledge within resources provided below in readiness for performance of the following nursing activities, Also review ATI learning objectives:

**Week 1**

**Chapter 1 Learning Objective - Maternity and Women's Health Care Today**

1. Describe changes in maternity care, from home birth with lay midwives to the emergence of medical management.
2. Compare current settings for childbirth both within and outside the hospital setting.
3. Describe settings for childbirth both within and outside the hospital setting.
4. Identify trends that led to the development of family-centered maternity care.
5. Describe current trends that affect perinatal nursing and women's health nursing, such as cost containment, outcomes management, evidence-based practice, community-based care, advances in technology, and increased use of complementary and alternative medicine.
6. Explain changes in family structure and discuss their impact on family functioning.
7. Compare Western cultural values with those of differing cultural groups.
8. Describe the effect of cultural diversity on nursing practice.
9. Discuss the downward trends in infant and maternal mortality rates, and compare current infant mortality rates among specific racial groups and nations

**Chapter 2 Learning objective - The Nurse's Role in Maternity and Women's Health Care**

1. Explain the roles of nurses with advanced preparation in maternal-newborn or women's health nursing including the roles of nurse-midwives, nurse practitioners, and clinical specialists.
2. Discuss the roles for nurses in maternity and women's health care.
3. Explain the importance of critical thinking in nursing practice and describe how it may be refined.
4. Relate the five steps of the nursing process to maternal-newborn and women's health nursing.
5. Explain how the nursing process relates to critical thinking.
6. Discuss the importance of nursing research in clinical practice.

**Chapter 3 Learning objectives – Ethical, Social and Legal Issues**

1. Apply theories and principles of ethics to ethical dilemmas.
2. Describe how the steps of the nursing process can be applied to ethical decision making.
3. Discuss ethical conflicts related to reproductive issues such as elective abortion, forced contraception, and infertility therapy.
4. Discuss the maintenance of client, institutional, and colleague confidentiality when using electronic communication.
5. Relate how major social issues such as poverty and access to health care affect maternal-newborn and women's health nursing.
6. Describe the legal basis for the nursing practice.
7. Identify measures to prevent or defend malpractice claims.
8. Describe the nursing implications of current trends in health care.

**Chapter 4 Learning objectives- Reproductive Anatomy and Physiology**

1. Explain female and male sexual development from prenatal life through sexual maturity.
2. Describe the normal anatomy of the female and male reproductive systems.
3. Explain the normal function of the female and male reproductive systems.
4. Explain the normal structure and function of the female breast.

**Chapter 5 Learning objectives - Hereditary and Environmental Influences on Childbearing**

1. Describe the structure and function of normal human genes and chromosomes.
2. Give examples of ways to study genes and chromosomes.
3. Explain some of the benefits and ethical implications of the Human Genome Project.
4. Describe the characteristics of single gene traits and their transmission from parent to child.
5. Relate chromosomal abnormalities to spontaneous abortion and to birth defects in the infant.
6. Explain characteristics of multifactorial birth defects.
7. Identify environmental factors that can interfere with prenatal development and ways to prevent or reduce their effects.
8. Describe the process of genetic counseling.
9. Explain the role of the nurse in caring for individuals or families with concerns about birth defects.

**Chapter 6 Learning objectives - Conception and Prenatal Development**

1. Describe the formation of the female and male gametes.
2. Relate ovulation and ejaculation to the process of human conception.
3. Explain implantation and nourishment of the embryo before development of the placenta.
4. Describe normal prenatal development from conception through birth.
5. Explain the structure and function of the placenta, umbilical cord, and fetal membranes.
6. Describe the occurrence of common deviations from normal conception and prenatal development.
7. Describe prenatal circulation and the circulatory changes after birth.
8. Explain the mechanisms and trends in multifetal pregnancies.

**Chapter 7 Learning objectives - Physiologic Adaptations to Pregnancy**

1. Describe the physiologic changes that occur during pregnancy.
2. Differentiate presumptive, probable, and positive signs of pregnancy.
3. Compute gravida, para, and estimated date of delivery.
4. Describe preconception and initial antepartum assessments in terms of history, physical examination, and risk assessment.
5. Identify subsequent antepartum assessments.
6. Discuss maternal adaptation to multifetal pregnancy.
7. Describe the common discomforts of pregnancy in terms of causes and measures that prevent or relieve them.
8. Use nursing process and critical thinking skills to develop plans of nursing care for the most common problems and discomforts of pregnancy.

**Chapter 8** **Learning Objective - Psychosocial Adaptations to Pregnancy**

1. Describe the psychosocial responses of the expectant mother to pregnancy.
2. Identify the process of role transition.
3. Explain the maternal tasks of pregnancy.
4. Describe the developmental processes of the transition to the role of father.
5. Describe the responses of prospective grandparents and siblings to pregnancy.
6. Discuss factors that influence psychosocial adaptation to pregnancy, such as age, parity, absence of a partner, social support, abnormal situations, and socioeconomic status.
7. Describe the ways in which these factors affect nursing practice.
8. Describe cultural influences on pregnancy and cultural assessment and negotiation.

**Chapter 9** **Learning Objective - Nutrition for Childbearing**

1. Explain the importance of adequate nutrition and weight gain during pregnancy.
2. Compare the nutrient needs of pregnant women and nonpregnant women.
3. Describe common factors that influence a woman's nutritional status and choices.
4. Describe the effects of common nutritional risk factors on nutritional requirements during pregnancy.
5. Compare the nutritional needs of a postpartum woman who is breast-feeding with those of the woman who is not breast-feeding.
6. Apply the nursing process to nutrition during pregnancy, the postpartum period, and lactation.

**Chapter 10 Learning Objective - Antepartum Fetal Assessment**

1. Identify indications for fetal diagnostic procedures.

2. Discuss the purpose, procedure, advantages, and risks of each diagnostic procedure discussed in this chapter.

3. Provide information for common questions that women may have about antepartum fetal assessment procedures.

4. Apply the nursing process to care of women undergoing antepartum fetal assessment procedures

**Chapter 11** **Learning Objective - Perinatal Education**

1. List the goals of perinatal education.
2. Explain choices in childbearing and the effects of education on these choices.
3. Describe the various types of education for childbearing families.
4. Describe techniques for pain relief taught in childbirth classes.
5. Describe the support person's role in helping women during labor and birth.
6. Explain the components frequently included in a birth plan.

**Chapter 12** **Learning Objective - Processes of Birth**

1. Describe the woman's physiologic and psychological responses to labor.
2. Describe fetal responses to labor.
3. Explain the ways each component of the birth process affects the course of labor and birth and the interrelation of these components.
4. Relate the mechanisms of labor to the process of vaginal birth.
5. Explain premonitory signs of labor.
6. Compare true labor with false labor.
7. Describe common differences in the labors of nulliparous and parous women.
8. Compare each stage of labor and the phases within the first stage.

**Chapter 13 Learning Objective - Nursing Care during Labor and Birth**

1. Analyze issues that may face a new nurse who cares for women during the intrapartum period.
2. Explain teaching guidelines for going to the hospital or birth center.
3. Describe admission and continuing intrapartum nursing assessments.
4. Describe common nursing procedures used when caring for women during the intrapartum period.
5. Identify nursing priorities when assisting the woman to give birth under emergency circumstances.
6. Relate therapeutic communication skills to care of the intrapartum woman and her significant others.
7. Apply the nursing process to care of the woman experiencing false or early labor.
8. Apply the nursing process to care of the woman and her significant others during the intrapartum period.

**Chapter 14** **Learning Objective- Intrapartum Fetal Surveillance**

1. Identify the purposes of intrapartum fetal surveillance.
2. Explain the normal and pathologic mechanisms that influence fetal heart rate.
3. Identify the advantages and limitations of each method of intrapartum fetal surveillance: auscultation and electronic monitoring.
4. Explain the types of equipment used for auscultation and electronic fetal monitoring during labor and the advantages and limitations of each.
5. Describe the interpretation of intrapartum fetal assessment data.
6. Explain the methods that may be used in addition to electronic fetal monitoring to judge fetal well-being.
7. Describe appropriate responses to nonreassuring fetal heart rate patterns.
8. Use the nursing process to plan care for a woman undergoing intrapartum fetal assessment.

**Chapter 15** **Learning Objective - Pain Management during Childbirth**

1. Compare childbirth pain with other types of pain.
2. Describe the way excessive pain can affect the laboring woman and her fetus.
3. Examine how physical and psychological forces interact in the laboring woman's pain experience.
4. Describe use of nonpharmacologic pain management techniques in labor.
5. Describe the way medications may affect a pregnant woman and the fetus or neonate.
6. Identify benefits and risks of specific pharmacologic pain control methods.
7. Explain nursing care related to different types of intrapartum pain management, both nonpharmacologic and pharmacologic.

**Chapter 16 Learning Objective - Nursing Care during Obstetric Procedures**

1. Identify clinical situations in which specific obstetric procedures are appropriate.
2. Explain risks, precautions, and contraindications for each procedure.
3. Identify nursing considerations for each procedure.
4. Identify methods to provide effective emotional support to the woman undergoing an obstetric procedure.
5. Apply the nursing process to care for the woman having a cesarean birth.

**Chapter 17 Postpartum - Physiologic Adaptations**

1. Explain the physiologic changes that occur during the postpartum period.
2. Describe nursing assessments and nursing care during the postpartum period.
3. Describe expected outcomes and interventions for the most common nursing diagnoses.
4. Discuss the role of nurses in health education and identify important areas of teaching.
5. Describe criteria for discharge and available health care services.
6. Compare nursing assessments and care for women who have undergone cesarean birth and vaginal birth.
7. Use critical thinking exercises to improve selected nursing care plans.

**Chapter 18 Postpartum - Psychosocial Adaptations**

1. Explain the process of bonding and attachment, including maternal touch and verbal interactions.
2. Describe the progressive phases of maternal adaptation to childbirth and the stages of maternal role attainment.
3. Identify maternal concerns and the way they change over time.
4. Discuss the cause, manifestations and interventions related to postpartum blues.
5. Describe the processes of family adaptation to the birth of a baby.
6. Discuss factors that affect family adaptation.
7. Discuss cultural influences on family adaptation.
8. Describe assessments and interventions related to postpartum psychosocial adaptations.
9. Discuss the need for additional care of the mother and infant after discharge from the birth facility.

**Chapter 19 Normal Newborn- Processes of Adaptation**

1. Explain the physiologic changes that occur in the respiratory and cardiovascular systems during the transition from fetal to neonatal life.
2. Describe thermoregulation in the newborn.
3. Compare gastrointestinal functioning in the newborn and adult.
4. Explain the causes and effects of hypoglycemia.
5. Describe the steps in normal bilirubin excretion and the development of physiologic, pathologic, and breast milk jaundice.
6. Describe kidney functioning in the newborn.
7. Explain the functioning of the newborn's immune system.
8. Describe the periods of reactivity and the six behavioral states of the newborn.

**Chapter 20** **Learning Objective- Assessment of the Normal Newborn**

1. Describe the initial assessments of the newborn.
2. Explain the nurse's responsibility in cardiorespiratory and thermoregulatory assessments.
3. Describe nursing assessments of body systems.
4. Explain the importance and the components of gestational age assessments.

**Chapter 21** **Learning Objective - Care of the Normal Newborn**

1. Describe the purpose and use of routine prophylactic medications for the normal newborn.
2. Explain the nurse's responsibility in cardiorespiratory and thermoregulatory assessments and care.
3. Describe collaborative interventions for hypoglycemia.
4. Discuss prevention and parent teaching for jaundice.
5. Explain the risks and benefits of circumcision.
6. Describe the care of circumcised and uncircumcised male infants.
7. Describe ongoing nursing assessments and care of the newborn.
8. Describe methods to protect newborns by proper identification.
9. Explain how nurses can help prevent infant abductions.
10. Describe methods to prevent infections in newborns.
11. Discuss important considerations in parent teaching.
12. Explain the importance of newborn screening tests.

**Chapter 22** **Learning Objective - Infant Feeding**

1. Identify the nutritional and fluid needs of the infant.
2. Compare the composition of breast milk with that of formula.
3. Describe the benefits of breast-feeding for the mother and the infant.
4. Explain important factors in choosing a method of infant feeding.
5. Explain the physiology of lactation.
6. Describe nursing management of initial and continued breast-feeding.
7. Describe nursing assessments and interventions for common problems in breast-feeding.
8. Describe nursing assessments and interventions in formula feeding.

**Chapter 23 Learning Objective - Home Care of the Infant**

1. Explain why nurses need knowledge about care of the infant during the early weeks after birth.
2. Describe postdischarge nursing care included in home visits, clinic visits, and telephone follow-up.
3. Explain the safety features of infant equipment that parents must consider.
4. Explain methods of resolving common problems involving infant crying and sleep patterns during the early weeks of parenting.
5. Answer common questions that parents might have about care of the young infant.
6. Describe the normal changes in growth and development of the infant during the first 12 weeks of life.
7. Explain the purpose and importance of well-baby checkups and immunizations for infants.
8. List signs that indicate illness in the infant.
9. Discuss current knowledge about sudden infant death syndrome.

**Chapter 24** **Learning Objective - The Childbearing Family with Special Needs**

1. Discuss the incidence and factors that contribute to teenage pregnancy.
2. Identify the effects of pregnancy on the adolescent mother, her infant, and her family.
3. Explain the role of the nurse in the prevention and management of teenage pregnancy.
4. Identify the major implications of delayed childbearing in terms of maternal and fetal health.
5. Describe the effects of substance abuse on both the mother, fetus, and newborn.
6. Identify nursing interventions to reduce or minimize the effects of substance abuse in the antepartum, intrapartum, and postpartum periods.
7. Discuss parental responses when an infant is born with congenital anomalies and identify nursing interventions to assist parents.
8. Describe parental responses to pregnancy loss, and identify nursing interventions to assist parents through the grieving process.
9. Examine the role of the nurse when the mother relinquishes the infant for adoption.
10. Identify the factors that promote violence against women, and describe the role of the nurse in assessment, prevention, and interventions.

**Chapter 25** **Learning Objective - Complications of Pregnancy**

1. Describe the hemorrhagic conditions of early pregnancy, including spontaneous abortion, ectopic pregnancy, and gestational trophoblastic disease.
2. Explain disorders of the placenta, such as placenta previa and abruptio placentae, that may result in hemorrhage during late pregnancy.
3. Discuss the effects and management of hyperemesis gravidarum.
4. Describe the development and management of hypertensive disorders of pregnancy.
5. Compare Rh and ABO incompatibility in terms of etiology, fetal and neonatal complications, and management.
6. Explain nursing considerations for each complication of pregnancy.

**Chapter 26** **Learning Objective - Concurrent Disorders during Pregnancy**

1. Describe the effects of pregnancy on glucose metabolism.
2. Discuss the effects and management of preexisting diabetes mellitus during pregnancy.
3. Explain the effects and management of gestational diabetes mellitus.
4. Describe the major effects of pregnancy on the woman who has heart disease and identify the goals of therapy.
5. Explain the maternal and fetal effects of specific anemias and the required management during pregnancy.
6. Identify the effects, management, and nursing considerations of specific preexisting conditions discussed in this chapter.
7. Discuss the maternal, fetal, and neonatal effects of the most common infections that may occur during pregnancy.

**Chapter 27** **Learning Objective - Intrapartum Complications**

1. Explain abnormalities that may result in dysfunctional labor.
2. Describe maternal and fetal risks associated with premature rupture of the membranes.

 Analyze factors that increase a woman's risk for preterm labor.

1. Explain maternal and fetal problems that may occur if pregnancy persists beyond 42 weeks.
2. Describe the intrapartum emergencies discussed in this chapter.
3. Explain therapeutic management of each intrapartum complication.

Apply the nursing process to the care of women with intrapartum complications and the care of their families

**Chapter 28 Learning Objectives - Postpartum Maternal Complications**

1. Describe postpartum hemorrhage in terms of predisposing factors, causes, signs, and therapeutic management.
2. Explain major causes, signs, and therapeutic management of subinvolution.
3. Describe three major thromboembolic disorders (superficial venous thrombosis, deep vein thrombosis, pulmonary embolism) and their predisposing factors, causes, signs, and therapeutic management.
4. Discuss puerperal infection in terms of location, predisposing factors, causes, signs and symptoms, and therapeutic management.
5. Describe the major mood disorders (postpartum depression, postpartum psychosis, and bipolar II disorder) and anxiety disorders (panic disorder, postpartum obsessive compulsive disorder, and posttraumatic stress disorder).
6. Describe the role of the nurse in the management of women who have a postpartum complication.

**Chapter 29 Learning Objectives - High-Risk Newborn: Complications Associated with Gestational Age and Development**

1. List risk factors that may lead to complications of gestational age and development in the newborn.
2. Describe the implications of late preterm birth.
3. Explain the special problems of the preterm infant.
4. Identify common nursing diagnoses for preterm infants, and explain the nursing care for each.
5. Explain the complications that may result from premature birth.
6. Describe the characteristics and problems of the infant with postmaturity syndrome.
7. Explain the effects of intrauterine growth restriction.
8. Compare the problems of the large-for-gestational-age infant with those of the small-for-gestational-age infant.

**Chapter 30 Learning Objectives - High-Risk Newborn: Acquired and Congenital Conditions**

1. Describe the steps involved in neonatal resuscitation.
2. Explain common respiratory problems in the newborn.
3. Explain the causes and significance of nonphysiologic jaundice.
4. Describe the nursing care of the infant with nonphysiologic jaundice.
5. Describe causes of neonatal infections and nursing care for infants with infections.
6. Explain the effect of maternal diabetes on the newborn and the implications for nursing care.
7. Describe the effect of maternal substance abuse on the newborn and the nursing care needed.
8. Describe common congenital anomalies.

**Chapter 31 Learning Objectives - Family Planning**

1. Describe the role of the nurse in helping couples choose contraceptive methods.
2. Compare and contrast contraceptive methods in terms of safety, effectiveness, convenience, education needed, effect on spontaneity, availability, expense, and preference.
3. Explain why informed consent is important for contraception.
4. Compare and contrast contraceptive needs of adolescent and perimenopausal women.
5. Explain the mechanism of action of methods of family planning available.
6. Describe education needed for effective use of each contraceptive method.

**Chapter 32 Learning Objective - Infertility**

1. Describe settings in which the nurse may encounter couples with infertility problems.
2. Explain factors that can impair a couple's ability to conceive.
3. Explain factors that may cause repeated pregnancy losses.
4. Specify evaluations that may be performed when a couple seeks help for infertility.
5. Explain the use of procedures and treatments that may aid a couple's ability to conceive and carry the fetus to viability.
6. Analyze ways in which infertility can affect a couple and other family members.
7. Summarize the nurse's role in caring for couples experiencing problems with fertility.

**Chapter 33 Learning Objectives - Preventive Care for Women**

1. Explain examinations and screening procedures recommended to maintain the health of women.
2. Describe how a nurse can encourage the woman to take charge of improvement in her personal health.
3. Describe how a nurse might make difficult exams (such as pelvic exam) better tolerated by the woman.
4. Describe what is done in female genital mutilation, why it is done, and why most nations want it eradicated.
5. Explain benefits of indicated immunization(s) to a woman.

**Chapter 34 Learning Objectives - Women's Health Problems**

1. Explain benign disorders of the breast, relate them to usual age of onset, and describe the diagnostic procedures used to rule out cancer of the breast.
2. Describe the incidence, risks, pathophysiology, management, and nursing considerations related to malignant breast tumors.
3. Discuss cardiovascular disease in women, including risk factors, signs and symptoms, and prevention measures.
4. Discuss common menstrual cycle disorders.
5. Explain premenstrual syndrome, management options, and nursing considerations.
6. Discuss medical termination of pregnancy in terms of procedures, possible complications, and follow-up care.
7. Describe the physical and psychological changes associated with menopause and options to alleviate uncomfortable changes.
8. Discuss measures to reduce severity of osteoporosis.
9. Describe the major disorders associated with pelvic relaxation in terms of cause, treatment, and nursing considerations.
10. Discuss the most common benign and malignant disorders of the reproductive tract in terms of signs and symptoms, management, and nursing considerations.

Describe care of the woman with an infectious disorder of the reproductive tract, including sexually transmitted diseases, pelvic inflammatory disease, and toxic shock syndrome