

During the antenatal period explain the role of the midwife, the knowledge the midwife requires to provide screening and education

Antenatal Care

Factors that affect conception and pregnancy progression:

- Weight
 - o Assessing BMI
 - o Effects of BMI and pregnancy weight gain
 - o Sensitivity and guidance
 - o Risks for mother and baby
- Age

Gestational Weight Gain

- Low gestational weight gain can be associated with preterm birth and low-birth-weight infants
- High gestational weight gain is associated with preeclampsia, gestational diabetes, large-for-date infants, depression and C-section
- BMI should be taken prior to pregnancy and documented at booking-in
- Weight gain for multiple pregnancies:
 - Twin pregnancies – 17-25kgs
 - For overweight women with twin pregnancy is 14-23kgs
 - Obese twin pregnancy – 11-10kgs
- Obesity:
 - o more likely to be deficient on vitamin D, B12 and iron
 - o BMI > 30
 - o Infants born to women who are obese have increased rates of respiratory distress, hypoglycaemia, jaundice, intensive care admission
 - o Women who are obese are considered high risk for pregnancy

TABLE 21.8 Recommended weight gain during pregnancy based on pre pregnancy BMI

Prepregnancy BMI (kg/m ²)	Recommended weight gain (kg)	Rates of weight gain* 2nd and 3rd trimester (kg)
Underweight: <18.5	12.5–18	0.51 (0.44–0.58)
Healthy: 18.5–24.9	11.5–16	0.42 (0.35–0.50)
Overweight: 25–29.9	7.0–11.5	0.28 (0.23–0.33)
Obese: ≥30.0	5–9	0.22 (0.17–0.27)

BMI (body mass index) is calculated as weight (kg) divided by height squared (m²).

*Calculations assume a 0.5–2 kg weight gain in the first trimester.

(Source: *National Academy of Sciences, 2009.*)

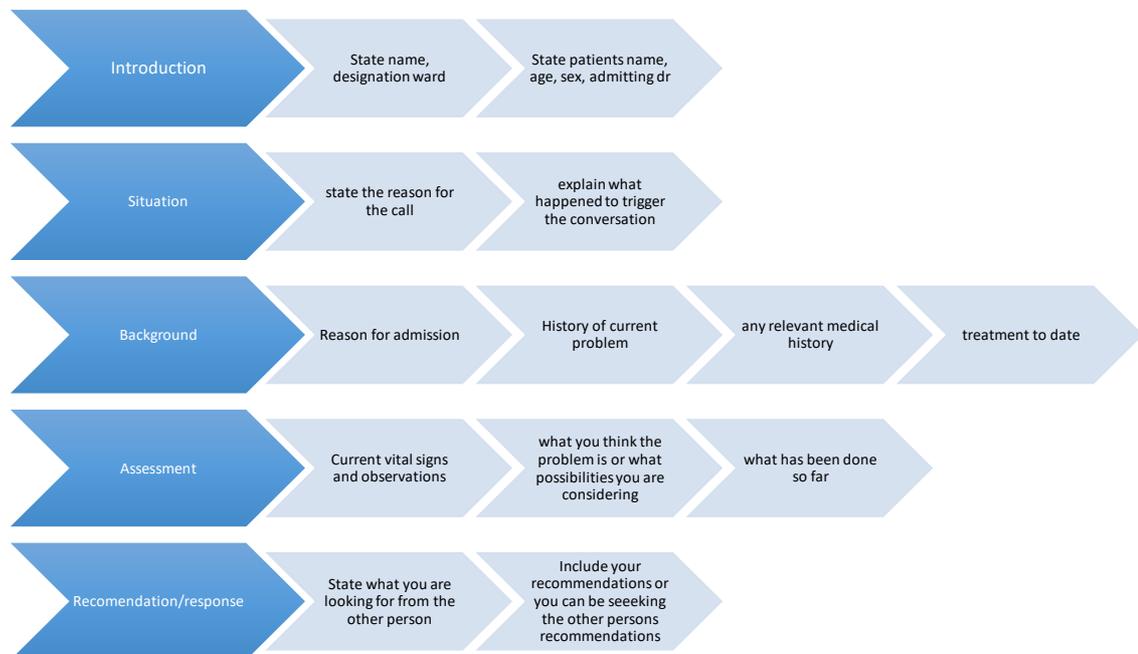
Identify and discuss examples of different models of communication and factors that influence or effect communication

What language is appropriate?

- Does the language put the woman, as a whole person, at the centre of her experience?
- Are the words ones that she would use? Are there technical words?
- IS she being manipulated?
- Is the language suggesting she needs help? Does it suggest she has failed, or that she is a failure?

Professional communication:

- Be polite
- Be formal
- Be clear
- Be accurate



Documentation

- To provide evidence of care and the patients response to that care
- To be an importance source of reference between members of the health care team
- To facilitate the continuity of care by keeping all members of the team informed of the current health status
- To improve outcomes for patients
- To protect staff if they are called upon to explain the care they have given in any circumstance

8) Discuss the concepts of lifelong learning. Learning styles, reflections & critical thinking, as they relate to midwifery practice

Explain what is meant by reflection and critical thinking

What is reflection?

- Learning from an experience
- Asking questions of an experience
- Trying to make sense of things
- Planning for the future
- Thinking things over/through

Why is reflection important in evidence-informed midwifery?

- Bridge the theory practice gap
- Reduces practices based on custom & practice
- Develop & understand your practice, decisions made, lessons learnt and implication of these for future practice
- Ensure that care remains woman-focussed & based on the woman's experience

What is critical thinking?

- The process of assessing claims and making judgements on the basis of well-supported evidence

Describe critical writing:

- Uses comparisons
- Contrasts and considers alternative views
- Provides evidence for points made
- Considers strengths and weaknesses
- Makes links to practice where appropriate
- Avoids too much details
- Keeps descriptions to a minimum

Description	<ul style="list-style-type: none">• A factual explanation of the event• think about any elements that should remain confidential
Feelings	<ul style="list-style-type: none">• An exploration of your feeling towards the event• Be honest, but avoid writing anything that could be offensive to others
Evaluation	<ul style="list-style-type: none">• How satisfactory was the event, in both your opinion and that of others• Were there both good and bad aspects to it?• Was it resolved afterwards, if not, why not?
Analysis	<ul style="list-style-type: none">• Provide more detail and depth about the context and things that influenced the event• Draw on other people's work but reference them• Relate your experience to that of others to construct a more theoretical understanding of what happened
Conclusion	<ul style="list-style-type: none">• What did you learn from the event and could anything else have been done to take matters in a different direction?• Could things have been improved or avoided?• What will you do next time?
Action Plan	<ul style="list-style-type: none">• What needs to be done so that you can improve next time• Are there issues you need to give attention, so that you can cope/practice better in the future