



MATERNAL and CHILD NURSING (N13) COURSE GUIDE

Course Description:

This course provides opportunity to demonstrate nursing care to well clients, mothers in different stages of childbearing, and newborn up to adolescence utilizing the nursing process in hospital and community settings.

Course Credit:

5 units (2 units lecture; 1 unit laboratory; 2 units clinical)

Course Outcomes:

After completing this course, students should be able to:

1. Integrate knowledge from various sciences, and the humanities in promoting health and wellness of women during antepartum, intrapartum, and postpartum, and promoting growth and development of children from birth to adolescence.
2. Provide safe, quality, holistic, and compassionate care to healthy and well clients in the antepartum, intrapartum, and postpartum period, and period from birth to adolescence, in various settings, utilizing the nursing process.
3. Use updated information in planning and implementing care of the well mother and child, including those with mild physiologic alterations and psychosocial concerns.
4. Provide care towards the promotion of healthy pregnancy, safe delivery, and postpartum period, and preventing complications at any stage.
5. Apply health promotion and disease prevention skills in the care of children of different developmental stages.
6. Use effective communication in establishing rapport, planning and implementing care, and care evaluation.
7. Document pertinent information and performance of care using appropriate forms and formats in a timely, accurate, and comprehensive manner.
8. Appreciate the significance of being a caring and competent nurse in improving maternal and child health, contributing to and sustaining national development.

Course Faculty:

Asst. Prof. Kenny-lynn B. Baccay, MA (Nursing), RN - Course Coordinator

Members:

Asst. Prof. Aprille C. Banayat, MA (Nursing), RN

acbanayat@up.edu.ph

Assoc. Prof. Floreliz V. Ngay-aan, PhD, RN

fvngayaan1@up.edu.ph

Mode of Delivery and Platform

Learning materials will be uploaded to the course site in UP Manila VLE. Face-to-face classes for integrating concepts will be done according to schedule. Students are expected to follow the weekly course schedule and submit requirements on time.

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Note the individual schedule of faculty members for consultation hours.

Course Requirements and Bases for Grades

Components			Units	Weight
Lecture	Long Exam (2)	65%	2.0	40%
	Final Exam	35%		
Laboratory	OSCE	100%	1.0	20%
Clinicals	Clinical Performance Evaluation	100%	2.0	40%
Total			5.0	100%

General Guidelines in the Conduct of the Course

- Proper communication for the course
 - Communicate with your course faculty through VLE and email. You may send your inquiries through email or the VLE at any time. However, should you prefer to communicate to your faculty through SMS for urgent concerns, you may do so between 9am to 5pm, Mondays thru Fridays. Your faculty will respond during office hours, unless for urgent/ emergent matters. Individual consultations may be scheduled with the faculty.

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 - Observe network etiquette when posting on the online discussion boards.
 - If you encounter any issues, especially with the online materials, please contact the Course Coordinator as soon as possible to apply appropriate solutions. You may contact your faculty via the VLE course site's message system or email.
- Submission of assignments and requirements.
 - Submissions should be on time. Prepare them well since they reflect a good portion of your final grade. Keep a duplicate soft copy with you, just in case the one you submitted gets lost in transit and the computer files get corrupted.
 - Follow instructions on file formatting of requirements as posted in appropriate submission bins. Course requirements sent as attachments via email to the faculty or any other means will not be checked unless a prior agreement is made with your

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faculty. This is important so that the course team is able to keep track of your submitted requirements and send you feedback.

3. Minimum Pass Level (MPL) and Examinations

- Minimum pass level for the course components are 60%, 80%, and 60% for lecture, laboratory, and clinical duty, respectively.
- Be sure to be in your assigned testing room on the schedule of examinations. Students are advised not to miss exams. Make-up exam will not be provided.
- Students will be exempted from the Final Exam if: (1) they pass all long exams and laboratory exams (ie. no removal taken), (2) all activities and assignments are submitted, (3) no missed lecture and laboratory sessions, and (4) have a class standing of at least 1.75.

4. Course attendance and conduct.

- Observe intellectual honesty at all times. There are University rules against plagiarism and cheating which will be strictly enforced.
- University rule on absence shall apply. Students who are absent (excused or unexcused) for 20% or more of the course activities will be given a grade of 5.0.
- Come to class promptly. A student is considered late if arrival is 1-15 minutes after the designated time of lecture, course activity, and clinical rotation.
- Three (3) incidences of tardiness is equivalent to one (1) unexcused absence.
- A student is considered absent if arrival is >15 minutes after the designated time of ALL scheduled activities.
- Course materials should only be used for and within the course. These materials are specifically curated and consolidated for you and this course. Thus, you are not allowed to share the materials to anyone outside of the course. Taking photos/videos or any form of reproduction of course materials (i.e. slides, exam questions, videos) and sharing them outside of the course is strictly prohibited. However, we encourage you to keep copies of course materials for your personal and academic use.
- Digital copies of course materials are posted on the VLE Course site. It is the student's responsibility to print materials if instructed, or if they prefer printed copies.
- Video/voice recording or photography of any kind of the lectures and lab activities is NOT allowed.
- Any form of replication/copying of examinations and other course activities or its distribution are NOT allowed, and will be sanctioned based on implementing rules reflected on the UPCN Catalogue of Information/Student Handbook/UP Manual.

5. Conduct in Clinical duty

Please refer to the **UNDERGRADUATE STUDENT POLICIES FOR CLINICAL PRACTICE** (Teaching Program, 2011). A separate orientation will be done prior to the clinical rotation of this course.

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Course Schedule and Outline
BATCH 1

Schedule	Topic	Faculty	No of Hours
Feb 14, 2025 7 - 7:30AM	<i>Course Orientation</i>	ALL	1 hour
7:30 - 10:30AM	<i>Nurses' Role in Reproductive and Sexual Health</i> 1. Human Sexuality and Sexual Identity 2. Human Sexual Response 3. Menstruation 4. Conception 5. Stages of Fetal Development 6. Embryonic and Fetal Structures 7. Origin and Development of Organs 8. Fetal Circulation 9. Preconception Care 10. Genetic Counseling	FV Ngaya-an	3 hours
10:30AM - 12 NN	<i>Nursing care of a Normal Pregnant Woman (PART 1)</i> 1. Maternal Mortality Ratio and Sustainable Development Goals 2. Safe Motherhood Initiative and Making Pregnancy Safer 3. Physiological and Psychological Changes in Pregnancy	KB Baccay	2 hours
Feb 18, 2025 7 AM - 9 AM	<i>Nursing care of a Normal Pregnant Woman (PART 2)</i> 4. Nursing Care during the Prenatal Period 5. Health Promotion Strategies During Pregnancy 6. Preparing a Woman in Childbirth	KB Baccay	2 hours
9AM - 12NN	LABORATORY <ul style="list-style-type: none"> ● Prenatal Assessment ● Leopold's Maneuver 	ALL	3 hours
Feb 19, 2025 7 AM - 11 AM		KB Baccay	4 hours

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	<p><i>Nursing care of a Woman during Labor and Delivery</i></p> <ol style="list-style-type: none"> 1. Theories of Labor Onset 2. Signs of Labor 3. Components of Labor 4. Stages of Labor 5. Maternal and Fetal Response to Labor 6. Heart Rate and Uterine Contraction During Labor 7. Care of the Laboring Woman During the First Stage of Labor 8. Care of the Laboring Woman During the Second Stage of Labor 9. Care of the Woman During the Third and Fourth Stage of Labor 10. Experience of Pain During Labor 11. Comfort and Pain Relief Measures 12. Induction of Labor 13. Obstetric Emergencies 14. Other Methods of Delivery 		
11 AM - 12 NN	<p>LABORATORY</p> <ul style="list-style-type: none"> ● Partograph 	ALL	1 hour
Feb 20, 2025 7 AM - 12 NN	<p>LABORATORY</p> <ul style="list-style-type: none"> ● Pregnancy Exercises ● Preparing DR Instruments ● Perineal Prep and Draping ● Delivery of the Baby and the Placenta <p>SIMULATION:</p> <ul style="list-style-type: none"> ● Normal spontaneous delivery with immediate newborn care 	ALL	5 hours
Feb 21, 2025 7 AM - 9:30 AM	<p><i>Nursing Care of a Postpartum Woman</i></p> <ol style="list-style-type: none"> 1. Psychological Changes 2. Maternal Role Attainment 3. Biophysical Changes 4. Postpartum Physical Assessment 5. Postpartum Exercises 	FV Ngaya-an	2.5 hours
9:30 AM - 12 NN	<i>Reproductive Life Planning</i>	KB Baccay	2.5

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	<ol style="list-style-type: none"> Laws Governing the Practice of FP in the Philippines Principles of Responsible Parenthood and FP Natural Methods of FP Modern Methods of FP 		hours
Feb 24, 2025 7 AM - 9 AM	FIRST LONG EXAM		2 hours
Feb 25, 2023 7 AM - 10 AM	<i>Nursing Care of a Newborn/Neonate Part I</i> <ol style="list-style-type: none"> General Observation of the Newborn Clinical Criteria for Gestational Assessment Observe for danger signs in the newborn for the 1st 24 hours of life after birth. Newborn Screening and Newborn Hearing Test. Profile of the Newborn Anthropometric measurement and vital signs Newborn reflexes, senses, and birthmarks Physical Assessment of a Newborn and Nursing Responsibilities 	AC Banayat	3 hours
10 AM - 12 NN	LABORATORY <ul style="list-style-type: none"> Physical assessment of the newborn 	ALL	2 hours
Feb 26, 2025 7 AM - 10 AM	<i>Nursing Care of a Newborn/Neonate Part II</i> <ol style="list-style-type: none"> Why is breastfeeding important? How does breastfeeding work? Key points of attachment and positioning Common Breastfeeding Difficulties Breast Condition Bathing of newborn, swaddling, clothing Kangaroo Mother Care <ol style="list-style-type: none"> KMC Essential Components Levels of KMC Implementation and Benefits 	AC Banayat	3 hours

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	8. Immunization for the Newborn		
10 AM -12 NN	LABORATORY <ul style="list-style-type: none"> Breastfeeding 	ALL	2 hours
Feb 27, 2025 7AM -12 NN	LABORATORY <ul style="list-style-type: none"> KMC Method Care of the Newborn (Bathing, clothing, swaddling) Immunization 	ALL	5 hours
Feb 28, 2025 7 - 12 NN	<i>Care of the Child from Infancy to Adolescence</i> <ol style="list-style-type: none"> Promoting Safety Promoting Nutritional Health Promoting Development in Daily Activities Parental Concerns and Problems Common Health Problems Physical Assessment of Children (Infants to Adolescents) 	AC Banayat	5 hours
Mar 3, 2025 7 AM -12 NN	LABORATORY <ul style="list-style-type: none"> <i>Physical Assessment (Child to Adolescent)</i> <ul style="list-style-type: none"> HEADDS 	ALL	5 hours
Mar 4, 2025 7 AM - 9 AM 10 AM - 12 NN	SECOND LONG EXAMINATION OSCE		2 hours 2 hours
Mar 5, 2025 7 AM - 12 NN	<i>OSCE (continuation)</i>		5 hours
Mar 6, 2025 8 AM - 10 AM	FINAL EXAMINATION		2 hours
Mar 7, 2025 8 AM - 10 AM 10 AM - 12 NN	Removal Exam Orientation to Clinicals		

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References (List to be Updated with available resources in UP Manila and UPCN Library)

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- Department of Health. The Philippine Clinical Standards Manual on Family Planning (2014 Edition). Manila, Philippines: DOH. 2014. 437 pages.
- Hockenberry, M.J. and Wilson, David (2016). Wong's Nursing Care of Infants and Children. 1st Philippine Edition 10th edition. Elsevier
- Maternal, Newborn, Child Health and Nutrition, Essential Intrapartum and Newborn Care (MNCHN-EINC) Implementation Manual for Hospitals, May 2012
- Pillitteri, Adele (2014). Maternal & Child Health Nursing, Care of the Childbearing & Childrearing 7th Edition. Lippincott Williams & Wilkins
- The Asia and Oceania Kangaroo Mother Care Network
- University of the Philippines Open University, N230 Primary Care of Women , Unit II Care of Women throughout the Lifespan
- WHO (2003) Kangaroo Mother Care: Practical Guide. World Health Organization
- WHO (2016) recommendations on antenatal care for a positive pregnancy. World Health Organization
- WHO (2018) Reproductive Health Library . WHO Recommendation on routine postpartum maternal assessment. The WHO Reproductive Health Library, Geneva, World Health Organization

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ABOUT THE FACULTY

Assistant Professor Kenny-lynn B. Baccay, MA (Nursing), RN is a regular faculty of the College of Nursing and a member of the Maternal and Child specialty group. She is also a member of Sigma Theta Tau Alpha Alpha Phi Chapter, an internationally regarded as top honor society in Nursing. She is currently the UPCN Skills and Simulation Laboratory Coordinator. She served as a staff nurse of UP-Philippine General Hospital under the Department of Obstetrics and Gynecology. Through this experience, she gained expertise in maternity care, high risk pregnancy, gynecologic nursing, basic newborn care, and labor and delivery. You can contact her through her email: kbbaccay@up.edu.ph.

Assistant Professor Aprille C. Banayat, MA (Nursing), RN is a regular faculty of the College of Nursing, head of the Maternal and Child specialty group, the member of UP Manila Canvas project management team, and member of the UPCN Gender Committee. Her initial clinical nursing practice involved general medical-surgical nursing, including pediatrics. She later moved on to be a pediatric critical care nurse. She was a nurse educator for Pediatric Hematology/Oncology ward of PGH, and was one of the inaugural pediatric hematology-oncology nursing fellows of St. Jude-VIVA Nursing Institute in Singapore. She is a master trainer of TeamSTEPPS, a system for patient safety. She is also involved with capacity building initiatives on harm reduction in various communities. You may contact her through her email: acbanayat@up.edu.ph

Assistant Professor Arnold B. Peralta, MHPEd, MAN, RN is a regular faculty of the College of Nursing, and a member of the Maternal and Child Nursing. He is also the head of the Teaching Program. You may contact him through his email address:

Associate Professor Floreliz V. Ngaya-an, PhD, RN is a regular faculty of the College of Nursing, currently serving as the Graduate Program Coordinator. She is also the Coordinator of the Maternal and Child Nursing Specialty Group in the College where she teaches Maternal and Child Nursing Courses both in the Undergraduate and Masters Program. She is the Gender Focal Person for the College of Nursing and represents the College in the University Committee on Gender. Associate Professor Ngaya-an finished her Doctor of Philosophy in Nursing from UP College of Nursing and she is currently one of the faculty of the PHD in Nursing Program of the College. Associate Professor Ngaya-an is a member of the UPMREB Panel 5 that reviews research of undergraduate students. Associate Professor Ngaya-an may be contacted through her email: fvngayaan1@up.edu.ph or thru messenger.

Ms. Vivian Alvarez, MA (Nursing), RN, is a PhD student serving as Teaching Fellow at the UP College of Nursing. She finished her BS Nursing at UPCN and her MAN Major in Maternal and Child Nursing at UP Open University. She worked as a Staff Nurse at RCB 7th floor UP-PGH before she became a Population Officer at LGU Oras, Eastern Samar for 14 years. She eventually became Local Chief Executive of Oras, and was a National Awardee of the Seal of Good Local Governance. She is a Gender Advocate and a pioneering ANGAT BAYI FELLOW, a Political Empowerment Fellowship Program for women leaders nationwide. She is likewise a resource person of the UPCN-DOH

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