

**COMPETENCY ITEMS AND VALIDATION TECHNIQUES**

**COMPETENCY: PRENATAL NURSING CARE**

**STANDARD:** Prenatal nursing care promotes a positive birth experience and healthy birth outcomes, and is an integral component of maternal and child health home visiting nurse care.

<b>I. The nurse demonstrates ability to assess, plan, intervene, and evaluate (with client &amp; family) their goals and plan of care</b>			
<b>Technical Skills</b>	<b>Interpersonal Skills</b>	<b>Critical Thinking Skills</b>	<b>Validation</b>
<p><b>Section A</b>                      1. Demonstrates prenatal assessment, compares data with norms and reports abnormal findings to physician or certified nurse midwife:                      Physical</p> <ul style="list-style-type: none"> <li>• general health (vital signs, sleep/activity level)</li> <li>• medical &amp; mental health history</li> <li>• current medical &amp; mental health condition(s)</li> <li>• flat or inverted nipples</li> <li>• previous c-section</li> <li>• weight gain or loss</li> <li>• nausea &amp; vomiting</li> <li>• dental health</li> <li>• s/s of preterm labor</li> <li>• s/s of UTI</li> <li>• pain</li> <li>• edema</li> </ul>			<p><b>Case Review</b></p> <p><b>Technical skill item #1 &amp; critical thinking skill #2 &amp; 3</b>                      Prenatal assessment includes the following items. The nurse’s ability to compare data with norms and report abnormal findings to physician or certified nurse midwife is evaluated.                      Physical</p> <ul style="list-style-type: none"> <li>• general health (vital signs, sleep/activity level)</li> <li>• medical &amp; mental health history</li> <li>• current medical &amp; mental health condition(s)</li> <li>• flat or inverted nipples</li> <li>• previous c-section</li> <li>• weight gain or loss</li> <li>• nausea &amp; vomiting</li> <li>• dental health</li> <li>• s/s of preterm labor</li> <li>• s/s of UTI</li> <li>• pain</li> <li>• edema</li> <li>• fetal movement</li> </ul> <p>Psychosocial</p>
		2. Develops and modifies	

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<ul style="list-style-type: none"> <li>• fetal movement</li> </ul> <p>Psychosocial</p> <ul style="list-style-type: none"> <li>• cultural and ethnic traditions</li> <li>• use of prenatal care</li> <li>• nutrition</li> <li>• knowledge of pregnancy</li> <li>• support systems</li> <li>• parenting preparation</li> <li>• substance use/abuse (tobacco, alcohol, other)</li> <li>• stressors</li> </ul> <p>Environmental</p> <ul style="list-style-type: none"> <li>• housing</li> <li>• smoke detectors</li> <li>• exposure to 2nd hand smoke</li> <li>• cats in home/litter box</li> <li>• home, neighborhood &amp; work related hazards</li> </ul>		<p>the plan of care based upon:</p> <ul style="list-style-type: none"> <li>• physical,</li> <li>• psychosocial, and</li> <li>• environmental findings</li> </ul> <p>3. Builds a realistic plan of care considering the following:</p> <ul style="list-style-type: none"> <li>• family dynamics</li> <li>• family support systems (availability &amp; quality)</li> <li>• community resources</li> </ul>	<ul style="list-style-type: none"> <li>• cultural and ethnic traditions</li> <li>• use of prenatal care</li> <li>• nutrition</li> <li>• knowledge of pregnancy</li> <li>• support systems</li> <li>• parenting preparation</li> <li>• substance use/abuse (tobacco, alcohol, other)</li> <li>• stressors</li> </ul> <p>Environmental</p> <ul style="list-style-type: none"> <li>• housing</li> <li>• smoke detectors</li> <li>• exposure to 2nd hand smoke</li> <li>• cats in home/litter box</li> <li>• home, neighborhood &amp; work related hazards</li> </ul> <p>Based upon a review of a prenatal client's chart and discussion with the nurse, the nurse is able to:</p> <p><b>Technical skill #1</b> Identify the physical, psychosocial and environmental health risks (abnormal findings.)</p> <p><b>Critical thinking skill #2</b> Describe how the health risks (abnormal findings) influenced the client's plan of care.</p> <p><b>Critical thinking skill #3</b> Describe a factor related to family dynamics, family support systems and community resources that influenced the plan of care.</p>
<p><b>Section B</b> 1. Lists physical and/or</p>			<p><b>Written test</b></p>

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<p>psychosocial risks associated with adolescent pregnancy</p> <p>2. Lists benefits of prenatal care for the mother and/or fetus</p> <p>3. Lists at least one warning sign for each of the following pregnancy complications:</p> <ul style="list-style-type: none"> <li>• preterm labor</li> <li>• placenta previa</li> <li>• placenta abruptio</li> <li>• premature rupture of membranes</li> <li>• fetal demise</li> <li>• preeclampsia</li> </ul>			<p><b>Technical skill item #1</b> List 3 physical and/or psychosocial risks associated with adolescent pregnancy</p> <p><b>Technical skill item #2</b> List 3 benefits of prenatal care for the mother and/or fetus</p> <p><b>Technical skill item #3</b> List at least 1 warning sign for each of the following pregnancy complications</p> <ul style="list-style-type: none"> <li>• preterm labor</li> <li>• placenta previa</li> <li>• placenta abruptio</li> <li>• premature rupture of membranes</li> <li>• fetal demise</li> <li>• preeclampsia</li> </ul>

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Technical Skills	Interpersonal Skills	Critical Thinking Skills	Validation
<p><b>Section C</b></p> <p>1. Identifies the purpose and implications for changes in client's plan of care related to the following laboratory tests:</p> <ul style="list-style-type: none"> <li>• HIV</li> <li>• glucose tolerance test (GTT)</li> <li>• triple marker screen</li> </ul> <p>2. Describes the purpose of and how to prepare the client for the following procedures:</p> <ul style="list-style-type: none"> <li>• ultrasound</li> <li>• amniocentesis</li> <li>• nonstress test (NST)</li> </ul>			<p><b>Written test</b></p> <p><b>Technical skill item #1</b> Identify the purpose and one implication for changes in client's plan of care related to the following laboratory tests:</p> <ul style="list-style-type: none"> <li>• HIV</li> <li>• glucose tolerance test (GTT)</li> <li>• triple marker screen</li> </ul> <p><b>Technical skill item #2</b> Describe the purpose of and how to prepare the client for the following procedures:</p> <ul style="list-style-type: none"> <li>• ultrasound</li> <li>• amniocentesis</li> <li>• nonstress test (NST)</li> </ul>

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<p><b>Section D</b></p>	<ol style="list-style-type: none"> <li>1. Elicits client and partner's reaction to and expectation of pregnancy</li>   <li>2. Assists the client in devising a plan of action in the event of pre-term labor or other complications</li>   <li>3. Assists the client in devising a plan of action if there are barriers to accessing or using prenatal care</li> </ol>		<p><b>Case review</b></p> <p>Based upon a review of a prenatal client's chart use the following questions to guide a discussion with the nurse.</p> <p><b>Interpersonal skill item #1, #2 &amp; #3</b></p> <p><b>Questions for discussion</b></p> <ol style="list-style-type: none"> <li>1. Ask the nurse to describe her plan of care. This should include the client's strengths and needs, what additional information the nurse would seek and interventions the nurse would plan.</li> <li>2. How would you characterize/describe the client's feelings about pregnancy? Describe how these feelings affect the client's plan of care.</li> <li>3. What seemed to be most helpful to the client in recognizing when to call her primary care provider?</li> <li>4. What actions did you take to support the client's follow through of the plan of action in the event of pre-term labor or other complications?</li> <li>5. Did you identify any barriers the client has in accessing care? What actions did you take to support the client in overcoming these barriers?</li> </ol>

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<p><b>Section E</b></p>	<p>1. Provides support and resources to the client who experiences fetal loss (miscarriage or stillbirth)</p>		<p><b>Case study</b></p> <p><b>Interpersonal item #1</b></p> <p><b>Case study</b> You call your client to schedule her first Healthy Babies home visit. After hesitating about agreeing to a time, she tells you she had a miscarriage a few days ago.</p> <p><b>Question for discussion</b> Ask the nurse to describe her plan of care. This would include the client's strengths and needs, what additional information the nurse would seek and interventions the nurse would plan.</p> <p>The nurse's plan of care should include:</p> <ul style="list-style-type: none"> <li>• opportunity for client to express her feelings related to her loss;</li> <li>• offering emotional support and</li> <li>• offering information/referral for grieving</li> </ul>

**II. The nurse demonstrates knowledge of and ability to assess client's nutritional status, provide nutritional education and refer for nutritional counseling as indicated**

Technical Skills	Interpersonal Skills	Critical Thinking Skills	Validation
<p><b>Section A</b>            1. Lists recommended dietary requirements during pregnancy by:</p> <ul style="list-style-type: none"> <li>• using the food guide pyramid</li> <li>• specific nutrients, their food sources and their functioning in supporting a healthy pregnancy</li> </ul> <p>2. Uses a standard weight gain grid (e.g., Health Diary or Vermont Department of Health Weight Gain Chart) to assess weight gain</p>			<p><b>Written test</b></p> <p><b>Technical skill item #1</b>            Lists the recommended dietary requirements during pregnancy by:</p> <ul style="list-style-type: none"> <li>• servings for each food group of the food guide pyramid</li> <li>• list 3 specific nutrients, their food sources and their function in supporting a healthy pregnancy</li> </ul> <p><b>Technical skill item #2</b>            Assesses weight gain, using a standard weight gain grid for a 15 year old G1P0 who is 16 weeks pregnant, pre-pregnant weight of 113 pounds and weighs 118 at 16 weeks</p>
<p><b>Section B</b>            1. Lists community resources for supplemental foods</p>	<p>2. Elicits client and family attitudes about weight gain, eating habits, food preparation, and shopping and involves client and family in developing a nutritional plan</p>	<p>3. Makes dietary recommendations based on weight gain grid, 24 hour real dietary intake, and other assessment information</p>	<p><b>Case review</b></p> <p>Based upon a review of a prenatal client's chart use the following questions to guide a discussion with the nurse.</p> <p><b>Technical skill item #1 , Interpersonal skill item #2 and Critical thinking skill #3</b></p> <p><b>Questions for discussion</b>            1. Ask the nurse to describe her plan of care. This would include the client's strengths and</p>

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			<p>needs, what additional information the nurse would seek and interventions the nurse would plan.</p> <p>2. What techniques did you find most helpful in eliciting information from the client?</p> <p>3. What strategies were most helpful in obtaining a 24 hour recall?</p> <p>4. What was your rationale for the specific dietary recommendations you made?</p> <p>5. Name 2 community resources for supplemental foods that might be helpful to the client.</p>

**III. The nurse demonstrates knowledge of and ability to provide prenatal & parenting education to client and family**

Technical Skills	Interpersonal Skills	Critical Thinking Skills	Validation
<p><b>Section A</b></p> <p>1. Identifies self-care measures for the following common discomforts associated with pregnancy:</p> <ul style="list-style-type: none"> <li>• backache</li> <li>• frequent urination</li> <li>• heart burn</li> <li>• leg cramps</li> <li>• nausea &amp; vomiting</li> <li>• varicose veins</li> </ul> <p>2. Describes the impact of the following on fetal growth and development:</p> <ul style="list-style-type: none"> <li>• cigarette smoking</li> <li>• marihuana</li> <li>• cocaine</li> <li>• heroin</li> <li>• alcohol</li> </ul> <p>3. List preventive measures related to:</p> <ul style="list-style-type: none"> <li>• car safety for pregnant women and infants</li> <li>• sleep safety (positioning, bedding)</li> </ul>			<p><b>Written test</b></p> <p><b>Technical skill item #1</b> List 1 self-care measure for each of the following discomforts associated with pregnancy</p> <ul style="list-style-type: none"> <li>• backache</li> <li>• frequent urination</li> <li>• heart burn</li> <li>• leg cramps</li> <li>• nausea &amp; vomiting</li> <li>• varicose veins</li> </ul> <p><b>Technical skill item #2</b> Describe the impact of 3 of the following on fetal growth and development:</p> <ul style="list-style-type: none"> <li>• cigarette smoking</li> <li>• marihuana</li> <li>• cocaine</li> <li>• heroin</li> <li>• alcohol</li> </ul> <p><b>Technical skill item #3</b> List at least 1 preventive measure for each of the following:</p> <ul style="list-style-type: none"> <li>• car safety for pregnant women and infants</li> <li>• sleep safety (positioning, bedding &amp; crib)</li> </ul>

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& crib)			
<b>Section B</b>	<p>1. Helps client/family identify expectations of labor and childbirth and ways of coping with unexpected developments</p> <p>2. Assists client in anticipating and planning the impact of baby on parents, and family including:</p> <ul style="list-style-type: none"> <li>• development of attachment</li> <li>• emotional adjustment</li> <li>• expectations of newborn</li> <li>• sibling adjustment</li> </ul>		<p><b>Case review</b></p> <p>Based upon a review of a prenatal client’s chart and discussion with the nurse, the nurse is able to answer the following questions:</p> <p><b>Interpersonal skill item #1</b></p> <ol style="list-style-type: none"> <li>1. What are the family’s expectations of labor, childbirth?</li> <li>2. What are the client’s strengths/resources to deal with unexpected developments?</li> <li>3. What nursing interventions should be included in the client’s plan of care based upon this knowledge?</li> </ol> <p><b>Interpersonal skill item #2</b></p> <p>What adjustments does the client anticipate and how does the nurse help her plan for those?</p>