

MODULE ONE: NON-PREGNANT CLIENT ASSESSMENT AND INITIAL INTERVIEW, APPLIED

Please finish all assignments and answer all items. Work that is either incomplete or incorrect will be returned to you for completion/correction.

LEARNING OBJECTIVES

To demonstrate basic knowledge of well-woman caregiving:

- 1) Demonstrate ability to take, review and interpret medical history, including family, menstrual, obstetric, gynecological, sexual and contraceptive aspects
- 2) Cite components of a routine non-pregnant client examination
- 3) List common problems in routine gynecological care, with indications for consultation or referral
- 4) Give rationale for, methodology and interpretation of, Pap smears
- 5) Cite diagnostic application of vaginal/cervical cultures
- 6) Give rationale for, methodology and interpretation of, bimanual assessment
- 7) Give rationale for, methodology and interpretation of, breast examination

LEARNING ACTIVITIES

- 1) Review Heart & Hands, Chapter 2
- 2) Read Varney's Midwifery (all topics in learning objectives)
- 3) Read A Midwife's Handbook, Chapter 8
- 4) *Medical History Project* – using appendix C, Heart & Hands, as a guide, take and review the complete medical history of a non-pregnant woman/person with written summary of:
 - A. Concerns
 - B. Indications for consultation/referral
 - C. Recommendations
 - D. Plan (as co-developed with non-pregnant woman/person)
 - E. Indications for follow-up
- 5) Do breast exam worksheet/self-exam

OPTIONAL LEARNING ACTIVITIES

- 1) Perform at least two breast exams, documenting results and teaching appropriate self-exam techniques (*extra credit*)
- 2) Assist a midwife in performing: (*extra credit*)
 - A. A Pap smear or vaginal culture
 - B. A routine gynecological exam (bimanual and breast exam)

SUBMIT

- 1) *Medical History Project*—completed forms and summary, with client name changed or deleted
- 2) Breast exam worksheet
- 3) Completed module post-test
- 4) Short essay on the midwifery model of care and non-pregnant client assessment
- 5) Reports on optional learning activities, with any questions arising from these activities
- 6) Module Evaluation Sheet

WORKSHEET
BREAST EXAM

1. Which area of the breast is most vulnerable to abnormal, cancerous growths?

2. Which point in the menstrual cycle is best for self-examination of the breasts, and why?

3. What is fibrocystic breast tissue, and how is it identified?

4. What is the cardinal rule to help identify normal from abnormal tissue in performing breast exam?

5. According to instructions in Heart & Hands, chapter 2, examine and then diagram your breast tissue below, showing masses, lumps, and underlying structure in detail (make a circle for each breast, then fill in structure) :

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- 1) Cite possible causes of the following gynecological problems, with indications for consultation or referral:
 - A. Pain with intercourse
 - B. Bleeding with intercourse
 - C. Breast discharge (other than milk or colostrum)
 - D. Sexual dysfunction
 - E. Breast pain (non-lactating)
 - F. Pelvic pain
 - G. Painful menstruation
- 2) Describe appropriate technique for performing a Pap smear. Briefly outline the scoring system of Pap results, with appropriate response
- 3) Define HPV, and explain its role in cytological abnormalities of the cervix
- 4) Cite common means of diagnosis and treatment of the following vaginal/cervical infections:
 - A. Herpes
 - B. Group B strep
 - C. Chlamydia
 - D. Gardnerella
 - E. Bacterial infection
 - F. Trichomonias
 - G. Condyloma
- 5) Describe the process of bimanual assessment step-by-step, citing normal/abnormal findings and treatment/response
- 6) **SHORT ESSAY:** List three principles of the midwifery model of care, and discuss how these can be applied to non-pregnant client assessment.

MODULE EVALUATION SHEET

1. Do you feel you met this module's stated learning objectives?
2. Did the learning activities enable you to meet the learning objectives?
3. Were the suggested learning resources (books and materials) adequate to meet the learning objectives?
4. Any comments/suggestions for improving the module?