



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--|---|---|----------------------|--|---|--------------------------------|---|------------|---|
| Course Title | | Perinatal Education Approach | | | | | | | |
| Course Code | | EBE531 | | Course Level | | Second Cycle (Master's Degree) | | | |
| ECTS Credit | 4 | Workload | 106 (<i>Hours</i>) | Theory | 2 | Practice | 0 | Laboratory | 0 |
| Objectives of the Course | | To acquire the knowledge of techniques and approaches for the training of mothers, fathers and other family members with the aim of improving the health status of mothers and newborn during pregnancy, childbirth and the postpartum period | | | | | | | |
| Course Content | | Pregnancy, childbirth and the postpartum period, the method used for the education of the parents, philosophy and approaches | | | | | | | |
| Work Placement | | N/A | | | | | | | |
| Planned Learning Activities and Teaching Methods | | | | Explanation (Presentation), Demonstration, Discussion, Case Study, Individual Study, Problem Solving | | | | | |
| Name of Lecturer(s) | | Lec. Sibel ŞEKER | | | | | | | |

Assessment Methods and Criteria

| Method | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1 | 40 |
| Final Examination | 1 | 60 |

Recommended or Required Reading

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| 1 | Nichols F.H., Humenick S.S. Childbirth Education, Practice, Research and Theory, 2. Edition, Mosby Campany, 2000. |
| 2 | Demir A. Hamileliğe Hazırlık Doğum ve Sonrası Annenin El Kitabı, Kurtuluş Matbaacılık, Ankara, 2002. |
| 3 | Günalp S. Resimli Doğum Bilgisi, Ömür Basımevi, Ertem Matbaacılık, Ankara, 2003. |
| 4 | Okumuş H, Mete S. Anne ve babalar için Doğuma Hazırlık, I. Ed, Deomed, 2009 |
| 5 | Dick Read G. Childbirth without fear, 2nd Edition. London:Printer and Martin Ltd, 2005 |
| 6 | Kadayıfçı O. Lamaze Yöntemi İle Doğuma Hazırlık, Nobel Tıp Kitabevi, Ankara, 2005 |
| 7 | İstanbul Tıp fakültesi kadın ve Çocuk Sağlığı Eğitim ve araştırma Birimi. Doğum Öncesi Eğitim. Program hazırlayanlar ve Eğitimciler İçin Rehber, İstanbul 2000 |
| 8 | Okumuş H, Mete S, Aytur T, Yenal K, Demir N. Doğuma hazırlık sınıfının doğum sürecine etkisinin incelenmesi. Klinik Bilimler ve Doktor Dergisi 2002 8(6):771-775. |
| 9 | Dunkley J. Health Promotion in Midwifery Practice, A Resource For Health Professionals, Boillieve Tindall, 1. Edition. Pheladelphia, 2000 |
| 10 | Şeker S., Doğuma Hazırlık Sınıflarının Annenin Fonksiyonel Durumuna ve Bebeğini Algılamasına Etkisi, Danışman: Sevil Ü. Ege Üniversitesi Sağlık Bil. Enst. Yayınlanmamış Doktora Tezi, İzmir, 2006 |
| 11 | Yenal K. Web ortamında yapılan gebe eğitim programının gebelerin günlük yaşam aktivitelerine etkisinin incelenmesi. Danışman: Sevil Ü. Ege Üniversitesi Sağlık Bil. Enst. Yayınlanmamış Doktora Tezi, İzmir, 2006 |
| 12 | Özbaşaran F, Avcı HD, Çoban A, Taşpınar A. Doğum öncesi dönemde gebelere uygulanan planlı eğitimin (doğum öncesi eğitim kursu) etkinliğinin incelenmesi, DPT Bilimsel Araştırma Projeleri, Manisa, 2008 |

| Week | Weekly Detailed Course Contents | |
|------|---------------------------------|--|
| 1 | Theoretical | Adult Education |
| | Preparation Work | Reading, research |
| 2 | Theoretical | Cultural perspectives to pregnancy, childbirth and the postpartum period |
| | Preparation Work | Reading, research |
| 3 | Theoretical | Prenatal Training Methods - One to One Training Method - Videocassette with the Training Method - Education Through Computer and Internet |
| | Preparation Work | Reading, research |
| 4 | Theoretical | Prenatal Learning Methods - Group Training * History, Importance and Objectives of Prenatal Education Classes |
| | Preparation Work | Reading, research |
| 5 | Theoretical | Prenatal Education Classes (Continued) Conceptual Structure |



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| 5 | Preparation Work | Reading, research |
| 6 | Theoretical | * Prenatal Education Classes (Continued) Philosophy and Roles |
| | Preparation Work | Reading, research |
| 7 | Theoretical | * Prenatal Education Classes (Continued) Key Features |
| | Preparation Work | Reading, research |
| 8 | Theoretical | Prenatal Education Classes (Continued) Types |
| | Preparation Work | Reading, research |
| 9 | Preparation Work | Reading, research |
| | Intermediate Exam | Midterm exam |
| 10 | Theoretical | Supportive care at birth (pain management, relaxation, biofeedback, touch, Dreaming, music, etc.) |
| | Preparation Work | Reading, research |
| 11 | Theoretical | Supportive care at birth (pain management, relaxation, biofeedback, touch, Dreaming, music, etc.) |
| | Preparation Work | Reading, research |
| 12 | Theoretical | Pre-natal and post- natal exercise |
| | Preparation Work | Reading, research |
| 13 | Theoretical | Studies and Results on Prenatal Education Classes and |
| | Preparation Work | Reading, research |
| 14 | Theoretical | Studies and Results on Prenatal Education Classes |
| | Preparation Work | Reading, research |
| 15 | Theoretical | Studies and Results on Prenatal Education Classes |
| | Preparation Work | Reading, research |
| 16 | Final Exam | Final exam |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|--|----------|-------------|----------|----------------|
| Lecture - Theory | 14 | 4 | 2 | 84 |
| Midterm Examination | 1 | 8 | 2 | 10 |
| Final Examination | 1 | 10 | 2 | 12 |
| Total Workload (Hours) | | | | 106 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 4 |
| *25 hour workload is accepted as 1 ECTS | | | | |

Learning Outcomes

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| 1 | To be able to determine the needs of the family during pre-pregnancy, pregnancy, childbirth and the postpartum period |
| 2 | To be able to apply knowledge of the properties of adult on education and training prepared |
| 3 | To be able to comprehend and discuss the methods of pre-primary education, to be able to choose the appropriate method, and evaluate the results |
| 4 | To be able to develop conceptual structure to open Prenatal Education Classes, to be able to analyze the conditions |
| 5 | To be able to examine the relationship between cultural structure and training |
| 6 | To be able to comprehend and apply the methods of the management of pain in labor |
| 7 | To be able to comprehend and follow new developmets of perinatal education |

Programme Outcomes (Midwifery Master)

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| 1 | based on midwifery degree level qualifications, to be able to comprehend the theoretical, practical and to-date information at the level of expertise in midwifery, and develop this information. |
| 2 | to be able to develop the philosophy of midwifery with information about concepts, theories and principles of midwifery. |
| 3 | to be able to define the issues of profession of midwifery, and develop the appropriate strategies of national and international professional in cooperation with legislative bodies. |
| 4 | to be able to develop strategies, policies and implementation plans in midwifery, and evaluate the results obtained within the framework of quality processes. |
| 5 | to be able to offer midwifery service of the women, family and community health promoting, disease preventive, curative and supportive. |
| 6 | to be able to describe and discuss the basic concepts of women, family and community health, the national and international indicators. |
| 7 | to be able to comprehend characteristics of all life stages of women, the potential and existing bio-psycho-social problems, and state care requirements, and give evidence-based midwifery care with problem-solving approach. |



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| 8 | to be able to comprehend statistics, effective uses relevant software, and to be able to select, calculate and interpret statistical methods while doing research |
| 9 | to be able to follow evidence-based practices related to professional practice and conduct research to create evidence of their field. |
| 10 | to be able to write the report that she has done / participated the research, and publish national / international a refereed journal publications / offer in the scientific meetings. |
| 11 | to be able to monitor scientific and technological developments in the area of midwifery, scan literature, critically evaluate and use new information obtained in accordance with the principles of lifelong learning. |
| 12 | to be able to make oral and written communication at least one European language portfolio B2 using in a general level. |
| 13 | to be able to comprehend the importance of ethical principles and ethics committees for individual and society, and treat according to ethical principles. |

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

| | L1 | L2 | L3 | L4 | L5 | L6 | L7 |
|-----|----|----|----|----|----|----|----|
| P1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| P4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| P5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| P6 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| P9 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| P11 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |

