

Hypertension

Study Group Module

Make a copy of this template to create your own editable document.* (File>> Make a Copy>> Save to Drive.)**

Hypertension

National Midwifery Institute, Inc.
Study Group Coursework
Syllabus

Description:

This module explores gestational hypertension and its implications in a midwifery practice. It includes recommended reading materials in print and online, and asks students to complete short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects to deepen your hands-on direct application of key concepts.

Learning Objectives:

- Define hypertension.
- Note current and historical terminology around hypertension and pregnancy
- Identify the hypertensive disorders of pregnancy.
- Identify the long term physiologic risks of hypertension.
- Identify the effects of hypertension on fetal growth.
- Identify the role of hypertension in placental insufficiency.
- Identify the links between hypertension and pre-eclampsia.
- Identify nutritional sources that support normal regulation of blood pressure.
- Describe lifestyle changes and support measures for response to gestational hypertension.
- Identify non-allopathic treatments for gestational hypertension.
- Identify prenatal lab work useful in the monitoring of hypertension.
- Identify the medical standard of practice in your community for monitoring and treating hypertension in pregnancy.
- Draft practice guidelines for responding to hypertension in your own practice.
- Demonstrate your ability to assess and monitor clients' hypertension.
- Demonstrate appropriate response to clients' hypertension.
- Understand the correlations between the social determinants of health and the occurrence of hypertension in different community groups.

Learning Activities:

- Research and read appropriate study sources, seeking out additional study sources where needed
- Complete short answer questions in attached module document for assessment
- Complete long answer questions for deeper reflection in attached module document for assessment
- Complete learning activities listed in attached module document for assessment
 - Research medical standard of practice regarding hypertension
 - Create a list of nutritional sources that support normal regulation of blood pressure
 - Draft practice guidelines for responding to hypertension
- Submit work to Study Group Course Coordinator
- Reflect on feedback from Study Group Course Coordinator and re-submit work as needed

Study Sources (print):

Use keywords from the Learning Objectives to search the table of contents and index of the required reading listed below. Read those pages listed, and read the chapter in which they are found. Establish a context for the information so that you understand how other topics are related. In addition, flip through each text to familiarize yourself with the content of chapters. As you work through Study Group modules, you will eventually read each text in its entirety.

Required Reading (print):

- Holistic Midwifery, Vol. I, Frye
- Holistic Midwifery, Vol. II, Frye
- Understanding Diagnostic Tests in the Childbearing Year, Frye
- Varney's Midwifery, 6th edition
- Birth Emergency Skills Training, Gruenberg

Optional Reading:

- The Natural Pregnancy Book, Romm
- Herbal for the Childbearing Year, Weed
- Human Anatomy and Physiology, Marieb, review Chapter on Cardiovascular System

Study Sources (online):

See NMI website Hypertension module web resources section for current online study sources for this module.

Related Modules:

- Nutrition
- Uterine Size/EDD Discrepancy
- Placenta

- Substance Use and Abuse
- Liver
- Pre-eclampsia

Submitting Module for Assessment:

Study Group modules are accepted electronically in PDF format *only*. We encourage you to submit modules as you complete them throughout each quarter of enrollment.

Please e-mail your completed Study Group module to:

Study Group Course Work Instructor nmistudygroup@nationalmidwiferyinstitute.com

Once your module has been emailed to us, you will receive an e-mail confirmation that we have received it. Study Group modules are reviewed and returned in digital format as PDF documents. Modules can take up to 1 month from submission to be reviewed and returned to you. We will return your module as an e-mail attachment. Each module includes an Evaluation Sheet at the end of the pdf. The module's page on the student portal also includes a link to a fillable online module evaluation sheet. Please take the time to fill out the module evaluation sheet and return it to us for each module, it helps us to improve our course work.

Please follow these formatting guidelines when submitting modules:

- Your first initial and last name in title of PDF, along with name of module. Example: "ERyanFirstStage.pdf"
- Title of module on the document's front page
- Your name on the document's front page
- Provide the text of each question, followed by a blank line and then your thoughtful answer (without the question, you have commentary without context)
- Blank line between the answer for a question and the next question: question, blank line, answer, blank line, question, blank line, answer...
- Please leave margin space for our comments!
- Don't use script or cursive writing style text
- Font size not smaller than 12
- Credit sources of direct quotes

Completion Requirements and Feedback:

In order to complete this module for graduation purposes from National Midwifery Institute you must review all resources, complete the attached short answer questions for assessment, long answer questions for deeper reflection, and learning activities/projects, and submit them as detailed above. Upon return to you, your coursework may have feedback or ask for additional information or exploration on certain topics. Your work will be evaluated in the following Rubric (pasted below). You must achieve a minimum score of **7.5** in order to move on to your next module, though we encourage all students to strive for a **10**.

	Level 1 (0 Points) Not Adequate	Level 2 (1 Point) Developing Adequacy	Level 3 (1.5 points) Meets Basic Expectations	Level 3 (2 points) Exceeds Expectations	Student Score
Completion of module prompts and elements	-Module not completed	-Major Elements of module are missing	-All aspects of module elements present, with some minor questions unanswered or missing	-All aspects of module elements present and answered completely	
Demonstrates Comprehension of module content and concepts	- Lack of comprehension	- Responses are unclear and do not reflect basic comprehension of module concepts	- Responses are clear and reflect basic comprehension of module content and concepts	- Responses are clear, well written, and reflect in-depth comprehension of module content and concepts. Added subpoints and additional reflections demonstrate a deeper knowledge and curiosity.	
Analysis	- Key terms not defined	-Inaccurate definitions of key items -Limited connections made between evidence, subtopics and clinical experience	-Accurate definitions of key items -Connections made between evidence, subtopics and clinical experience -Incorporation of original ideas and incorporates some clinical experience in responses where possible	- Accurate definitions of key items -Strong connections made between evidence, subtopics and clinical experience	
Evidence	- No research evidence used	-Research not used -Research not clearly connected to questions asked in module	-Research is present but limited -Research presented is weak or not relevant to communities served by midwives	-Research is abundant -Research is compelling and relevant to communities served by midwives	

Engagement with Learning Resources	-Evident study sources were not utilized	-Evident study sources were partially utilized	-Evident that study sources were fully utilized	-Evident that study sources were fully utilized and independent research was undertaken -Full incorporation of original ideas, personal analysis and incorporates relevant clinical experience in all areas possible
---	--	--	---	---

Skills

Following are Skills Logs which meet MEAC and NARM requirements for assessment of clinical readiness for entry-level practice upon graduation. Review the skills in each of the skills logs and consider how they each relate to the content of this module. If you are currently working with a preceptor, take this opportunity to focus on these areas. During Supervised Primary Care you will formally evaluate these skills together using the NMI Complete Skills Logs: Prenatal Skills Log, Labor & Birth Skills Log, Newborn Exam Skills Log, Postpartum Skills Log, and the Additional Skills Log. To Download the Complete Skills Logs go to the [Apprenticeship Page](#) on the Student Portal.

Hypertension

National Midwifery Institute, Inc.
Study Group Coursework
Module Submission Attestation

All students must complete **one attestation form along with each module submission**. This reminds students of submission guidelines and expectations. It is also a MEAC requirement. Please put your name, read the fine print, and check each box as indicated. Thank you!

First and Last Name:

Email:

I have submitted my module by email (required)

I have emailed my module to nmistudygroup@nationalmidwiferyinstitute.com. I have made sure I followed submission and formatting instructions carefully, as outlined in the module syllabus. I have submitted a .pdf document, and all project attachments as requested.

I have read the fine print. I have emailed my module.

The work I have submitted is my original work (required)

I have not plagiarized my work, rather, my work is in my own words and reflects my own unique ideas. When sourcing ideas from others, I have quoted, cited, and/or attributed their ideas properly. If there is any question about the originality of my work, a Study Group Coursework Coordinator will contact me.

I have read the fine print. I certify that I have submitted original work.

I have submitted a module feedback form (required)

I understand I must submit at least ten module feedback forms throughout my time completing Study Group Coursework. These module feedback forms solicit student feedback in order to improve modules and keep them relevant and up-to-date for optimum student education.

Yes, I submitted a module feedback form for this module

No, I have not chosen to submit a module feedback form for this module.

Hypertension

National Midwifery Institute, Inc.
Study Group Coursework
Short Answer Questions

Short Answer Questions:

1. What are common terms/phrases/keywords used for high blood pressure in pregnancy?
2. What is the current medical definition of gestational hypertension?
3. What is considered severe hypertension?
4. Vascular damage may occur at what level of blood pressure?
5. Define chronic or essential hypertension.
6. How and when does chronic hypertension present in pregnancy?
7. What are the health risks of prolonged hypertension in non-pregnant people?
8. What are the risk factors for developing gestational hypertension?
9. What are the risks of hypertension in pregnancy?

10. What street drugs, prescription drugs, and herbs may raise blood pressure?
11. How does obesity contribute to long term hypertension?
12. Do the rates of hypertension and gestational hypertension differ between races? Why?
13. Do the rates of hypertension and gestational hypertension differ between communities of different socioeconomic classes? Why?
14. Define MAP, or mean arterial pressure. Give an example. How is this used in medical management of hypertension?
15. List the hypertensive disorders of pregnancy.
16. What is the difference between Gestational Hypertension and Pre-Eclampsia?
17. What is the medical course of treatment for gestational hypertension? For severe gestational hypertension?
18. What are the risks to the fetus during maternal hypertension?
19. How does hypertension compromise placental function?

Hypertension

National Midwifery Institute, Inc.

Study Group Coursework

Long Answer Questions for Deeper Reflection

Questions Requiring Longer, More Thoughtful Answers:

(number continued from previous section).

20. Describe the screening methods you use to monitor gestational hypertension and rule out pre-eclampsia?
21. In addition to nutritional support, what do you recommend to a person who is tending toward gestational hypertension?

22. What non-allopathic remedies and referrals do you recommend when addressing gestational hypertension?
23. Do maternal hypertension rates vary between races/ethnicities? Socioeconomic classes?
24. What is the cumulative effect of racial micro and macro-aggressions on a pregnant person's emotional, psychological, and physiological, wellbeing? How might this affect blood pressure?

Hypertension

National Midwifery Institute, Inc.
Study Group Coursework
Projects/Learning Activities

Projects(send completed projects with the rest of your course work for this module)

(number continued from previous section).

25. What is the medical standard of practice in your community for monitoring and treating hypertension in pregnancy?
26. Create a list of nutritional sources that support normal regulation of blood pressure. Format this list as an information sheet to give clients.
27. Complete the attached Practice Guidelines worksheets. These worksheets will serve as the basis for your professional Clinical Practice Guidelines you will draft before graduation. Fill them out as if you are a midwife in primary practice, and fill them out in the way *you* plan/want to practice. For additional guidance on Practice Guidelines, see the Practice Guidelines page on the NMI Student Portal.



Practice Guidelines Worksheet

Practice Guidelines form the blueprint for your rationale and procedures of your future midwifery practice. They should lay out your midwifery management plans for selected topics in enough detail that you can follow, share, and turn to them for guidance - but not too much detail as to be potentially incriminating if you don't follow them to the letter. Your submission here is a first draft, upon which we will provide feedback. You are expected to revise, reformat, and compile all your Practice Guidelines in your final submitted module at NMI: "Charting and Practice Guidelines". This macro Handbook of Practice Guidelines is also required by NARM and many state licensing agencies.

Hypertension

Drafted by: [your name]

Date:

Date of Next Review: [typically in 3-5 years]

Background

Here you write a quick summary that introduces the topic, why you care about it as a midwife, and includes any pertinent definitions that may need to be cited for terms used in your guideline. Statistics of frequency or rarity in practice may also be welcome here. This is typically 1-2 paragraphs.

Risk Factors

-
-
-
-
-

Identifying Hypertension

Here you write how you, as a midwife, will identify the condition. Include signs and symptoms, blood pressure reading thresholds, and anything else you find relevant. This can be paragraphs, or a list.

Midwifery Management: Prenatal

Here you write step by step what you will do when you have confirmed hypertension in a client in pregnancy.

Midwifery Management: Labor

Here you write step by step what you will do when you have confirmed hypertension in a client in labor.

Midwifery Management: Postpartum

Here you write step by step what you will do when you have confirmed hypertension in a client in postpartum.

Consult & Transfer of Care

Here you write under what conditions you would seek urgent or non-urgent consult or transfer of care with a physician. Be sure to reference relevant midwifery law (if relevant in your area) and write specific procedure for how to facilitate this consult/transfer-of-care.