



King Saud University
College of Applied Medical Sciences
Department of Community Health Sciences

Maternity and child care (CHS 433)



King Saud University
Applied Medical Sciences College
Quality and Development Unit
Course Syllabus

Vision, mission and goals

Vision:

Leadership and excellence in the field of clinical nutrition.

Mission:

Graduating qualified clinical nutrition specialists provided with sufficient knowledge and skills and armed with values required for professional practices and leadership in the field of clinical nutrition that meet the aspirations of the community at the national and international levels.

Goals:

- providing the students with outstanding educational experiences in the field of clinical nutrition according to international standards that develop their professional practices.

- Building the students' competencies of critical thinking, problem solving and effective communication that help them dealing with various nutritional problems in collaboration with the health care team and other nutrition- related sectors.

- Integrating community service activities into the program to adopt healthy nutrition attitudes and behaviors and instill values of compassion, loyalty and belonging among students.

- Fostering the principles of life-long learning to empower students' professional self-development, and encourage their participation in conferences, workshops and clinical nutrition related scientific research activities.



Course Syllabus

Course title and code: CHS 433

Department : Clinical nutrition program, health education program

Program in which the course is offered:

Credit hours: 3

Total contact hours per semester: 45 hours

Level at which this course is offered: 6

Course prerequisites: CLS212, CHS214 and CLS224 for CLN program and CLS212 and CLS224 for (CHHE) program

Time:

Sunday: 10AM TO 1 PM

Location:

Sunday: S 28`

College member responsible for the course:

Nouf Al Otaibi

Contact information:

Office Number: 98, building 12, floor 3

Email: nnaif@ksu.edu.sa

Office hours: Sunday: 8 -10

Monday : 11-12

Course Description (Note: General description in the form to be used for the course specification)

Course Description

The course is focused on the basic information related to maternal & child health care generally, & for Saudi family in particular. Knowledge about pregnancy, delivery, puerperium & infant care will be emphasized. It will also include care for this target group when experiencing potential or actual health problems commonly seen in Saudi Arabia.

(Note: Course Objectives which listed in the course specification)

Course Objectives

By the end of this course, students should be able to:

1. Explain mothers' & children's health during different cycles of child bearing



and child rearing periods.

2. Distinguish key health status outcomes for women and children at the individual and community levels
3. Outline the female reproductive system and cycle
4. Recognize normal parameters of maternal health child growth and development and their role in maternal and child health status outcomes.
5. Describe health promotion, protection, maintenance and restoration during preconception, pregnancy; post-natal, adolescence and menopause

Teaching strategies:

Lectures, discussion, presentations, models showing the process of pregnancy & delivery will be used

Learning Resources

Required Text (s)

Theodore H. Tulchinsky and Elena A. Varavikova. (2014). The New Public Health. Academic Press

□ *Lowdermilk, D., Perry, S. E., Cashion, M., & Alden, K. (2016). Maternity & Women's Health Care, 11th Edition. Mosby. Missouri, United States of America.*

□ *Jonathan B. Kotch, (2012). Maternal And Child Health: Programs, Problems, and Policy in Public Health, 3rd Edition. Jones & Bartlett Learning*

Essential References: N/A

Recommended Journals

Maternal and Child Health Journal

Electronic Materials and Web Sites



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Time table for Monday Group

Topic	Date	Contact hours
Introduction to maternity and child care	Week1,4 \5\39	3
Female reproductive system	Week 2,11\5\39	3
Antenatal care	Week 3,18\5\39	3
Pregnancy and Labor	Week 4,5 25\5\39 -2\6\39	6
Midterm 1	Week 6 9\6\39	3
Postpartum and newborn care	Week7& week8 16\6\39-23\6\39	6
Adolescent	Week 9,1 \7\39	3
Contraceptive methods and care for gynecological case	Week 10 \7\39	6
Midterm 2	Week11,15 \7\39	3
Contraceptive methods and care for gynecological case	Week 12, 22\7\39	3
Menopause	Week 13,29 \7\39	3
C.S	Week 14,6 \8\39	3

Schedule of Assessment Tasks for Students during the Semester

Assessment task	Week due	Proportion of final n
Quiz	4 th	5%
Midterm 1	6 th	20%
Midterm 2	11 th	20%
Assignment and workshop	Assignment week 8 Workshop week 13	15%
Final exam	End of semester	40%



Required Assignments

As a student enrolled in 433CHS course, you will be asked to prepare scientific content as an educational booklet directed to women in our community about a common case (in Arabic language) and include at least 3 recent research articles about latest evidence based practices in the same case which will be assigned to you by the course educator.

The 15 marks allocated for this activity will be distributed as: 10 marks for the content prepared according to the outlines provided in the table below and finding 3 related articles. The other 5 marks will be for the activities participation of the topic on the day of medical applied science final activities

The topic content will be evaluated according to the evaluation tools attached

Course rules

- You are welcomed to share your experience or opinion during the lecture if it is related to the topic, if not please leave it to the end of the class.
- Your interaction with the group is valuable; do not keep it between you and your friend (No side talks at all during lecture).
- Do not make your attendance for fill up the attendance sheet; come to the class with new spirit every week.
- Speak up and do not struggle alone, it will end better if you discuss it with your teacher and not keep it to yourself.
- Submit your assignment on time, and do not be late so you do not loss your marks.

Duties of the Class leader

- Work as a connection between students and the course educator



- Generalize all educators' comments and instructions to all students and make sure all students informed

Seminar Evaluation Sheet

Student's Name:

Date:

ID#:

Mark	Item	Grade	Comments
<u>Preparation</u>			
1.0	1-Outline		
1.0	2-Introduction		
1.0	3-Language		
1.0	4-Organization		
1.0	5-Clarity		
1.0	6-Comprehensiveness		
1.0	7- Relevance & Accuracy		
1.0	8- Conclusion		
1.0	9- Reference.		
1.0	10- Attach 3 articles		
10	<u>Total</u>		

Best wishes

L: NOUFAL OTAIBI