



Caring for pregnant clients

Courses for Complementary Therapists

2 day taught course accredited by the Federation of Holistic Therapists (FHT) and Federation of Antenatal Educators (FEDANT); 3 day taught course accredited by the University of Greenwich, London. Distance learning option (no attendance) also available. Taught courses available in London and near Manchester; can also be delivered on your own premises, in the UK and overseas, by negotiation.

See also Expectancy's Birth Support Therapist course

This unique, flexible course is aimed at professionals working in, or wishing to contribute to, an integrated approach to the care of pregnant and childbearing women, utilising or advising on the safe and appropriate use of complementary and alternative medicine in conjunction with conventional maternity care. The course provides a *theoretical* basis to enhance therapists' understanding about and appreciation of complementary medicine with specific application to the care of pregnant and childbearing women, focusing particularly on the issues of safety, efficacy and evidence-based practice efficacy, but is also broad enough to facilitate flexibility of content to meet the needs of individuals within the group. Therapists who successfully complete the theoretical course are then eligible to attend specific Expectancy courses relevant to their own therapy discipline, eg aromatherapy or reflexology.

Two-day taught course programme

Day 1	0930 – 1030	Introduction to Complementary Therapies in Maternity Care
	1100 - 1300	Pregnancy: maternal changes and symptoms Aims and schemes of antenatal care; special tests and investigations; the role of the midwife and other members of the maternity care team
	1400 – 1700	Labour: related anatomy and physiology; aims and care in labour and delivery; pain relief; applying complementary therapies in labour
Day 2	0930 – 1100	Safety of complementary therapies in pregnancy, childbirth and for new mothers: aromatherapy, massage, reflexology, herbal medicine, homeopathic remedies, etc
	1130 – 1300	Postnatal care: maternal changes and the baby's adaptation to life outside the uterus; daily care breast feeding; implications for therapists
	1400 – 1600	Women's health: infertility and preconception care; implications for complementary practitioners

Three-day taught course programme

Day 1 0900 – 1000	Introduction to course and course participants; Aims and outcomes of the course; introduction to course assignment
1030 - 1300	Introduction to Integrated Maternity Care : the nature and status of complementary medicine and its use in pregnancy and labour
1400 – 1630	Pregnancy : related anatomy and physiology; maternal changes and symptoms. Antenatal care: aims and schemes of care; special tests and investigations; the role of the midwife and other members of the maternity care team
Day 2 0900 – 1000	Pregnancy complications and emergencies. The role of the complementary practitioner when caring for pregnant women; responsibilities and accountability
1030 - 1300	Labour : related anatomy and physiology; aims and care in labour and delivery; pain relief; applying complementary therapies in labour
1400 – 1630	Labour continued: complications and management ; emergency childbirth
Day 3 0900 – 1030	Postnatal care : related anatomy and physiology; aims; examinations; breast feeding; complications in the postnatal period
1100 - 1300	The newborn baby : physiological adaptations to life outside the mother; routine baby care; minor disorders; medical complications
1400 – 1530	Evidence base : the evidence for safety and effectiveness of complementary therapies in pregnancy and childbirth; NICE guidelines; maintenance of records for legal and research purposes
1545-1630	Information on course assignment and on-going tutorial support Discussion, questions, course evaluation End of taught course

Fees for taught courses

£250 for 2 day course; £425 for 3 day course; assignment administration charge £75

Distance learning option

This 6 month guided self-study course aims to facilitate therapists to develop a working knowledge of pregnancy and childbirth anatomy & physiology, potential pathology & how to deal with obstetric emergencies which may arise, an appreciation of the maternity services including antenatal, labour & postnatal care & an understanding of the relevant legal, ethical and safety issues. It aims to build on their existing complementary therapies expertise & experience by facilitating the application of theory to practice and enhancing their understanding of the issues relevant to this specialist client group. Please note that this course does *not* prepare practitioners to provide complementary therapies for infants & children.

Aims of the Course: The course aims to provide complementary practitioners with the opportunity to:

- examine why complementary therapies are increasingly of interest to pregnant women and how they are being integrated by professionals into the conventional maternity services

- acquire a working knowledge of pregnancy anatomy and physio-pathology, the maternity services, antenatal, labour & postnatal care
- develop an appreciation of the roles & responsibilities of healthcare professionals involved in conventional maternity care & an understanding of the parameters of practice for complementary practitioners who treat pregnant, labouring & newly-delivered mothers
- reflect on legal & ethical and health & safety issues when complementary therapies are offered to pregnant & childbearing women

Learning outcomes of the course: By the end of the course students will be able to:

- demonstrate an understanding of the uses of, access to & provision of complementary therapies for pregnant & childbearing women
- demonstrate a working knowledge of pregnancy, labour & postnatal physio-pathology, the maternity services and aspects of antenatal, intrapartum & puerperal care
- identify the roles & responsibilities of midwives, doctors, health visitors & other conventional maternity professionals and recognise the limitations of their role as complementary practitioners in maternity care settings
- demonstrate an understanding of the legal, ethical and health and safety issues related to the care of pregnant and childbearing women & how to deal with obstetric emergencies in their clinical practice, both in the presence & the absence of a midwife or doctor

Teaching and learning activities: The study pack contains the following materials:

- Expectancy's workbook, *Caring for Pregnant Clients: a Guide for Complementary Therapy Practitioners*, containing introductory factual material on maternity complementary therapies, an overview of pregnancy anatomy & physiology, antenatal, labour & postnatal care
- the workbook also contains reflective exercises to encourage the student to consider new information in relation to existing knowledge, previous experience & attitudes in order to promote greater understanding of the safe use of complementary therapies in maternity care
- suggested additional reading & educational resources, including research databases
- supplementary learning materials: CD of downloadable information leaflets to distribute to expectant mothers; CD ROMs on *Coping with Sickness in Pregnancy* and *What to do if Your Baby is Breech*; copy of the publication *Implementing Aromatherapy in Maternity Care: a Manual for Midwives and Managers*, which highlights issues around integrating complementary therapies into NHS maternity care
- information on the tutorial & assessment processes – access to online tutorial support; how to produce evidence of further reading; presentation of 5 case studies and management of the examination and assessment process

The 6 months' guided self-study course, equivalent to 60 hours of study, involves:

- progression through the workbook on *Caring for Pregnant Clients*, completing the exercises and activities & submitting these online for formative assessment as part of the monthly online tutorials (equivalent to 5 hours' personal study per week x 6 months = 30 hours)
- relevant additional reading and research and producing written work (750 words) for summative assessment to demonstrate how this supports your learning (equivalent to 10 hours' personal study)
- monthly access to online tutorial support from one of Expectancy's lecturing team, to discuss your progress, receive feedback on the workbook activities and discuss any theoretical or clinical questions or issues (equivalent to 3 hours = 6 email tutorials at monthly intervals)
- completion of 5 case studies (750 words each) of pregnant, labouring or newly-delivered mothers you have treated during the 6 month preparation period (equivalent to 15 hours' personal study) or within the previous 12 months

Assessment strategy:

Formative assessment:

1. Presentation of completed exercises and activities from the workbook, submitted online: these form part of the monthly online tutorial feedback throughout the 6 month course
2. Online mentoring to discuss issues which arise during the 6 month course – these may be in relation to study and learning or discussions of care for pregnant and childbearing women whom you may be seeing during this time

Summative assessment:

1. Production of written evidence of further reading on a relevant negotiated subject of interest to the individual student, in the form of a 750 word overview, submitted online.

Examples include an exploration of a particular condition in pregnancy eg blood pressure changes and the development of pre-eclampsia; care and management of a mother with nausea and vomiting or other pregnancy discomfort; an exploration of conventional methods of pain relief in labour; conventional infertility treatments; or discussion of a contemporary maternity-related issue such as the optimum place for delivery or the changing role of the midwife. The work must be referenced from sources of a suitable academic calibre.

2. Presentation of 5 case studies, approximately 750 words each, of treatment and care provided by the therapist for women during pregnancy, labour or after delivery. These must be submitted online no later than 6 months from the date of registration.

Fees for distance learning course – £250 includes course materials and assessment process; Educational materials are available separately £100 (RRP £119 + p&p)

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