

REPRODUCTIVE CARE

Module 8

I. Statement of Purpose

The purpose of this module is to provide learning experiences that will prepare the nurse assistant to safely carry out procedures which support the patient in meeting reproductive care needs that the patient cannot perform independently.

I. Terminology

- | | |
|---------------------------------------|---|
| 1. AIDS | 1. Mastitis |
| 1. Amenorrhea | 1. Menstrual/menses |
| 1. Amniocentesis | 1. Mucous membrane |
| 1. Benign prostatic hypertrophy (BHP) | 1. Multigravida |
| 1. Chlamydia | 1. Orchidectomy |
| 1. Circumcision | 1. Ovaries |
| 1. Colostrum | 1. Pap smear |
| 1. Dilatation and curettage (D&C) | 1. Pelvic |
| 1. Douche | 1. Pelvic inflammatory disease (PID) |
| 1. Endometrium | 1. Perineum |
| 1. Episiotomy | 1. Postpartum |
| 1. Fallopian tubes | 1. Primigravida |
| 1. Fundus | 1. Prostate |
| 1. Gonorrhea | 1. Sexually transmitted diseases (STD) |
| 1. Hemorrhoid | 1. Syphilis |
| 1. Herpes simplex | 1. Testicular/testes |
| 1. Hysterectomy | 1. Transurethral resection of the prostate (TURP) |
| 1. Inguinal hernia | 1. Uterus |
| 1. Lactation | 1. Vagina |
| 1. Leukorrhea | 1. Vaginitis |
| 1. Lochia | 1. Vasectomy |
| 1. Lumpectomy | 1. Venereal warts |
| 1. Mammogram | |
| 1. Mastectomy | |

I. Performance Standards (Objectives)

Upon completion of 3 hours of class plus assignments and 3 hours of clinical experience, the learner will be able to:

1. Define basic terminology.
1. Identify structure and function of the male reproductive system.
1. Identify structure and function of the female reproductive system.
1. Identify the common sexually transmitted diseases (STDs).
1. Identify care measures for the postpartum patient.
1. Report signs and symptoms of postpartum complications.

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I. References

1. Gerdin, J. (2004) *Health careers today* (3rd ed.) St. Louis: Mosby.
1. Gerdin, J. (2004) *Workbook to accompany health careers today*. (3rd ed.) St. Louis: Mosby.
1. Hegner, B., & Caldwell, E. (2003). *Nursing assistant: A nursing process approach* (9th ed.). Albany, NY: Delmar.
1. Chancellor's Office, California Community Colleges (2004). *Model curriculum for nurse assistants (CNA-MC)*. Sacramento, CA: Chancellor's Office, California Community Colleges.
1. Sorrentino, S. A. (2004). *Mosby's textbook for nursing assistants* (6th ed.). St. Louis: Mosby Lifeline.

MODULE 8 - REPRODUCTIVE CARE

Content Outline Theory Objectives	Suggested Learning Activities/Evaluation	Clinical Activities
Objective 1 Define basic terminology A. Terminology B. Clinical Application	A. Lecture/ Discuss B. Handout 8.1 - Reproductive Activity Sheet C. Appendix 8.1 - Reproductive Activity Sheet-key D. Written test	
Objective 2 Identify structure and function of the male reproductive system. A. Testes B. Epididymis C. Vas deferens D. Seminal vesicles E. Ejaculatory duct F. Prostate gland G. Cowper's gland H. Penis	A. Lecture/ Discuss B. Show diagrams/ Visuals C. Written test	
Objective 3 Identify the structure and function of the female reproductive system. A. Vulva B. Labia C. Clitoris D. Ovaries E. Fallopian tubes F. Uterus G. Vagina	A. Lecture/ Discuss B. Show diagrams/ Visuals C. Written test	Manual skill 8.3 Douche

Content Outline Theory Objectives	Suggested Learning Activities/Evaluation	Clinical Activities
Objective 4 Identify the common sexually transmitted diseases (STDs). - Syphilis - Gonorrhea - Herpes simplex - Venereal warts - AIDS - Chlamydia - Method of transmission: - Mucous membrane to mucous membrane - Mucous membrane to skin - Skin to mucous membrane - Stress nursing considerations: importance of treating all patients with respect and avoiding judgmental attitude regarding patient's lifestyle.	- Lecture/ Discuss - Clinical observation of standard precautions - Written test	Adheres to standard precautions while providing care. Treats all patients respectfully.
Objective 5 Identify care measures for the postpartum patient. - Observe vaginal discharge for color/odor - Lochia rubra: dark or bright red 3-4 days - Lochia serosa: pinkish brown 10 days - Lochia alba: whitish 2-6 weeks - Report number of pads used - Observe perineal area for signs of infection - Set up sitz bath - Assist mom with breastfeeding - Watch for signs of urine retention - Report bowel activity - Burning on urination - Leg pain, tenderness, swelling - Sadness or feelings of depression - Breast pain, tenderness, swelling	- Lecture/ Discuss - Clinical Observation - Written test	Demonstrates care of postpartum patient.

Content Outline Theory Objectives	Suggested Learning Activities/Evaluation	Clinical Activities
Objective 6 Reportable signs and symptoms of postpartum complications. A. Fever B. Abdominal or perineal pain C. Foul smelling vaginal discharge D. Bleeding from episiotomy or c-section incision E. Redness/swelling or drainage from c-section incision F. Saturating sanitary napkin within one hour of application G. Red lochia after changed to brown	A. Lecture/ Discuss B. Clinical observation C. Written test	Reports signs and symptoms of postpartum complications to registered nurse.

SAMPLE TEST QUESTIONS

Directions: Circle the best answer

1. Males produce the hormone(s)
 - a. Testosterone and Progesterone
 - b. Progesterone and Estrogen
 - c. Testosterone
 - d. Progesterone
2. In the male what structure, if enlarged, can prevent urine from passing through the urethra?
 - a. Epididymis
 - b. Vas Deferens
 - c. Prostate gland
 - d. Cowper's gland
3. Fertilization takes place in the
 - a. Ovaries
 - b. Vagina
 - c. Uterus
 - d. Fallopian tubes
4. An orchiectomy is the removal of the
 - a. Ovaries
 - b. Fallopian tubes
 - c. Prostate
 - d. Testes
5. Dilatation and curettage (D&C)
 - a. Is a test used to detect cancer of the cervix
 - b. Is a surgical procedure used to help diagnose conditions of the uterus.
 - c. Is a surgical procedure used to tighten the vaginal walls.
 - d. Is a surgical procedure used to remove cystoceles between the bladder and vagina.
6. Your patient has just returned from a suprapubic prostatectomy. You know that
 - a. There will be no incision.
 - b. There will be a Foley catheter drain.
 - c. The patient must be assisted to void every 2 hours.
 - d. The patient will be NPO for 2 to 3 days.
7. Care of the post-op mastectomy patient includes all of the following **except**
 - a. Carefully observing the patient for low back pain.
 - b. Checking pressure dressing frequently for signs of excess bleeding.
 - c. Checking bed linens frequently, blood may drain to the back of the dressing.
 - d. Avoid taking blood pressure on the upper operative arm; use the lower arm.
8. In caring for patients with STDs, it is important to remember:
 - a. Use of standard precautions
 - b. Total isolation (gowns, gloves, masks)
 - c. It is possible to transmit these diseases when feeding patient
 - d. You must warn all visitors of diagnosis and post sign over head of bed "STD Precautions."

SAMPLE TEST QUESTIONS – KEY

Directions: Circle the best answer

1. Males produce the hormone (s)
 - a. Testosterone and Progesterone
 - b. Progesterone and Estrogen
 - c. Testosterone**
 - d. Progesterone
2. In the male what structure, if enlarged, can prevent urine from passing through the urethra?
 - a. Epididymis
 - b. Vas Deferens
 - c. Prostate gland**
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REPRODUCTIVE ACTIVITY SHEET

Directions: Place the correct letter in the blank on the left to match the reproductive term with its definition.

- | | |
|---------------------------|--|
| _____ 1. Ovaries | a. Produces a secretion that maintains mobility of sperm |
| _____ 2. Fallopian tubes | b. Sex glands that produce hormones |
| _____ 3. Fimbriae | c. The neck of the uterus, known as the birth canal |
| _____ 4. Uterus | d. Produces spermatozoa and testosterone |
| _____ 5. Vagina | e. Hidden testes |
| _____ 6. Testes | f. Produces the ova and estrogen |
| _____ 7. Epididymis | g. Stores sperm until they mature |
| _____ 8. Vas Deferens | h. A non-bloody vaginal discharge |
| _____ 9. Seminal vesicles | i. Inflammation of the testes |
| _____ 10. Prostate gland | j. Passageway for the sperm and urine |
| _____ 11. Urethra | k. Fingerlike projections that sweeps the ova into the fallopian tube |
| _____ 12. Gonorrhea | l. Produces a thick yellow secretion that adds volume and nourishes the sperm |
| _____ 13. Cryptorchidism | m. A contagious disease characterized by a discharge of pus from urethra |
| _____ 14. Venereal herpes | n. Tumors in women that are usually benign |
| _____ 15. Leukorrhea | o. Passageway for the sperm |
| _____ 16. Phimosis | p. Passageway for the ova |
| _____ 17. Fibroid tumors | q. Houses and nourishes the fertilized ovum |
| _____ 18. Syphilis | r. A contagious disease characterized by recurrent lesions of the genital region and mouth |
| _____ 19. Orchitis | s. Tightness of the foreskin |
| _____ 20. Gonads | t. A contagious disease where lesions may not appear for months |

REPRODUCTIVE ACTIVITY SHEET - ANSWER KEY

Directions: Place the correct letter in the blank on the left to match the reproductive term with its definition.

- | | |
|----------------------------------|--|
| <u> f </u> 1. Ovaries | a. Produces a secretion that maintains mobility of sperm |
| <u> p </u> 2. Fallopian tubes | b. Sex glands that produce hormones |
| <u> k </u> 3. Fimbriae | c. The neck of the uterus, known as the birth canal |
| <u> q </u> 4. Uterus | d. Produces spermatozoa and testosterone |
| <u> c </u> 5. Vagina | e. Hidden testes |
| <u> d </u> 6. Testes | f. Produces the ova and estrogen |
| <u> g </u> 7. Epididymis | g. Stores sperm until they mature |
| <u> o </u> 8. Vas Deferens | h. A non-bloody vaginal discharge |
| <u> l </u> 9. Seminal vesicles | i. Inflammation of the testes |
| <u> a </u> 10. Prostate gland | j. Passageway for the sperm and urine |
| <u> j </u> 11. Urethra | k. Fingerlike projections that sweeps the ova into the fallopian tube |
| <u> m </u> 12. Gonorrhea | l. Produces a thick yellow secretion that adds volume and nourishes the sperm |
| <u> e </u> 13. Cryptorchidism | m. A contagious disease characterized by a discharge of pus from urethra |
| <u> r </u> 14. Venereal herpes | n. Tumors in women that are usually benign |
| <u> h </u> 15. Leukorrhea | o. Passageway for the sperm |
| <u> s </u> 16. Phimosis | p. Passageway for the ova |
| <u> n </u> 17. Fibroid tumors | q. Houses and nourishes the fertilized ovum |
| <u> t </u> 18. Syphilis | r. A contagious disease characterized by recurrent lesions of the genital region and mouth |
| <u> i </u> 19. Orchitis | s. Tightness of the foreskin |
| <u> b </u> 20. Gonads | t. A contagious disease where lesions may not appear for months |

DOUCHE

EQUIPMENT:

1. Douche kit (bag, tubing, douche tip)
2. Irrigating solution, approximately 1000 cc's (100.5° to 105° F as ordered by doctor—check with licensed nurse)
3. IV stand (to hold the solution in the bag at 12 to 18 inches above the perineal area)
4. Waterproof pad
5. Bath blanket
6. Bedpan
7. Tissues
8. Gloves

CRITERIA:

Assist the patient with a douche (if allowed by your facility)

1. Verify the type of solution needed and the amount, temperature and length of procedure.
2. Gather equipment.
3. Fill fluid container with correct irrigating solution at the proper temperature.
4. Follow introductory procedure (knock, introduce self, wash hands, identify patient, explain procedure, provide privacy).
5. Have patient void before procedure, either in bathroom or on bedpan. If assisting with bedpan, put on gloves to assist with voiding and perineal care. Remove gloves and wash hands. Put on clean pair of gloves to perform vaginal douche.
6. Position patient for douche.
 - a. Pull curtain for privacy.
 - b. Raise bed to high position and lower side rail nearest you.
 - c. Fanfold top linen to foot of bed as you place bath blanket over patient for privacy.
 - d. Place waterproof pad under patient.
 - e. Place patient on bedpan.
 - f. Position patient on back with feet flat on bed with knees bent and legs apart.
 - g. Patient must lie on back to prevent solution from running out too fast, but the head of bed may be raised slightly for patient's comfort.
 - h. Drape the patient with bath blanket, exposing only the perineum.
7. Hang the irrigation solution container on the IV pole 12 to 18 inches above the perineum.
8. Release the clamp to run the fluid through the tubing to clear any air.
9. Allow some irrigation solution to run over the labia of the patient to test the temperature.
10. Spread labia and insert douche tip 3 to 4 inches into vagina.
11. Rotate douche tip gently while irrigation solution flows into vagina, so the fluid reaches all the vaginal tissue.
12. Use all the required solution.
13. Remove the douche tip and assist the patient to sit on bed pan to allow the solution to flow out of vagina.
14. Remove bedpan and check amount of returned solution.

15. Assist the patient to cleanse and dry outer perineal area with tissue or towel.
16. Remove waterproof pad, assist patient to comfortable position and place signal cord within reach.
17. Empty contents of bedpan in the toilet; place soiled linen in hamper; and clean and store equipment per facility policy.
18. Remove gloves and wash hands.
19. Replace top bedding and remove bath blanket.
20. Raise bed rails and place bed in low position.
21. Un-screen patient.
22. Document procedure per facility policy.
23. Report any unusual observations to the licensed nurse.