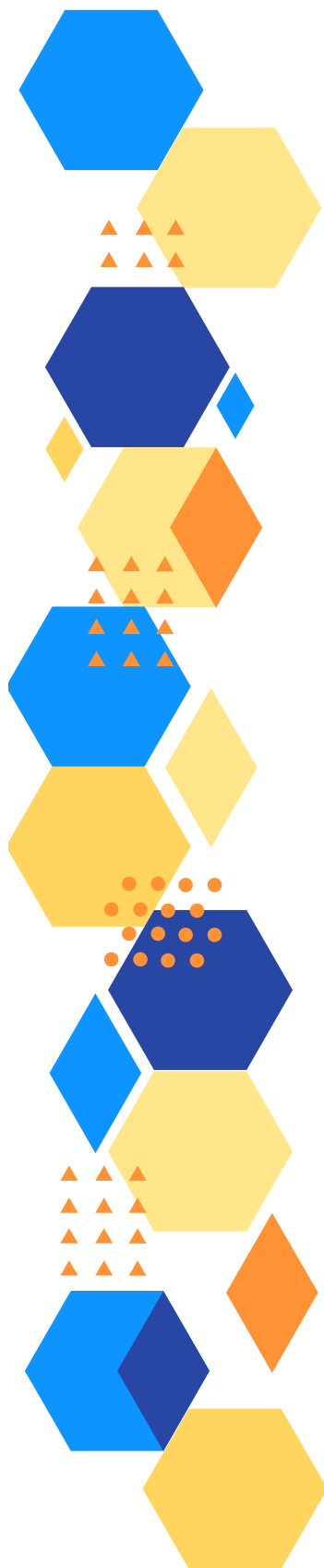


# Learning activity package (LAP)

## Example course



### The student

- is able, under supervision, to assess, plan, implement and evaluate evidence-based nursing care of women during their life span
- knows how to promote couples' health during the preconception period, pregnancy and postpartum period
- knows how to support natural fertility in both male and female
- recognizes the need and can bring up matters and challenges concerning sexuality and reproductive health with the couple during their life span
- recognizes the most common disorders in the preconception period, pregnancy, and postpartum recovery knows how to support families in the growth of parenthood and a healthy lifestyle
- recognizes the needs of family support networks in multidisciplinary collaboration knows the basic gynecological disorders knows the basics of medication and supplements in gynecology, preconception period, pregnancy and postpartum

### Pedagogics

- The course is designed to be implemented completely online with blended distant learning methods
- All lectures are in **Zoom**
- The lectures are following flipped learning pedagogics -students are required to read the theory before each lecture to gain best learning benefits!
- Learning café -pedagogics are also utilised
- Short introductory lectures (max 30 min.) can be given by teacher in Zoom, ask students to make notes



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# Learning activity package (LAP)

## Example course

### Small group work in Zoom

- Divide your student group into “Breakout Rooms”
- Give them 40-60 minutes to work on a case, theme or question (publish numbered themes or questions before you divide the group into Breakout Rooms)
- The teacher can visit each room to see if they need help or support
- Everyone can take a break when they need to
- You can broadcast a message to everyone, if needed
- “Gather” back into the Main Room, when time is up
- Each group can present their findings to everyone, they can share their screen so that everyone can follow their short presentation
- Teacher can add her/his expertise at the end of each groups’ presentation
- Group size should not exceed 4 persons
- Always leave room for questions!

### Course evaluation is based on 75 % attendance and the following tasks:

1. At the end of the course there is a digital exam, numeric evaluation
2. Each student writes an essay in pairs, numeric evaluation



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Faculty of Health Sciences



University of Applied Sciences  
RI Leuven Association

# Learning activity package (LAP)

## Example course

### Essay instructions

#### “Female and male fertility throughout the lifespan”

- You can focus on one age or all ages, and structure the essay creatively. Choose a fresh, new angle
- Write an essay in pairs, choose your own pair
- Required length 6-7 pages (excluding front page)
- Use a minimum of 5 scientific original research articles as resources, other resources are also welcome (such as <http://preco.tamk.fi/>)
- It is recommended to use an online document and genuinely write together
- Include a common self-assessment as an attachment to your essay (not counted as a page). Describe honestly your participation % in completing the writing and what was your input in detail
- Return the essay to Moodle chat area of your group, by XX.XX.XXXX
- Choose one essay with your pair and peer-evaluate it together, write a 1-page feedback as a reply to the authors whose essay you evaluate in the Moodle discussion area of your group
- Use the University Joint Assessment Framework (in self and peer-evaluation)
- Peer-evaluation must be completed by XX.XX.XXXX.
- Evaluation: Numeric, teacher will provide feedback



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# Learning activity package (LAP)

## Example course

### Course structure example

Date and time	Content, all lectures in ZOOM!	Prepare beforehand!
4x45min	<u>Orientation to the course</u> <ul style="list-style-type: none"> <li>• Women's health (anatomy, physiology hormones, menses)</li> <li>• Preconception health and care (Honeycomb model)</li> <li>• Lifestyle factors &amp; fertility</li> </ul>	Female anatomy and physiology
4x45min	<ul style="list-style-type: none"> <li>• Family planning</li> <li>• Gynecological examination</li> <li>• Screening in gynecology</li> </ul>	Test and give feedback on a minimum of 3 chosen tools: <a href="http://preco.tamk.fi/tools/">http://preco.tamk.fi/tools/</a>
4x45min	<ul style="list-style-type: none"> <li>• Most common gynecological disorders and infections</li> <li>• Gynecological perioperative nursing</li> <li>• Menopause</li> </ul>	
4x45min	<ul style="list-style-type: none"> <li>• Early pregnancy disorders</li> <li>• Infertility</li> </ul>	
4x45min	<ul style="list-style-type: none"> <li>• Normal pregnancy</li> <li>• Maternity care service system</li> <li>• Risks during pregnancy</li> </ul>	Read also up on <b>medication and supplements</b> (vitamins etc.) during preconception, pregnancy and breastfeeding.
4x45min	<ul style="list-style-type: none"> <li>• Normal childbirth</li> <li>• Postpartum care</li> <li>• Q and A</li> </ul>	Find a <b>question</b> or <b>myth</b> during Breakout Room discussions that can be discussed together (Q and A)!



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# Learning activity package (LAP)

## Example course

### Example themes for learning café small group work

#### Preconception health and care

1. What makes preconception health and care different from other health care?
2. What health challenges does women face in today's world?
3. How does hormones affect women's health?
4. What lifestyle factors can affect fertility (male and female)?
5. How can one improve one's fertility?
6. What chemicals can affect fertility and how?

#### Normal and risks during pregnancy

1. What are the pregnancy symptoms? How can uncomfortable pregnancy symptoms be relieved?
2. What is the purpose of the maternity clinic? Describe antenatal assessment.
3. What kind of fetal screening does your home municipality provide? How do you guide the expecting couple?
4. What can empower parenthood? What can un-empower parenthood?
5. What are the most common risks in pregnancy?
6. What can cause haemorrhage during pregnancy and how is it treated?

#### Example start of a lesson (Normal pregnancy), brainstorming

Everyone adds a fact about supplements and/or medication during preconception period, pregnancy or breastfeeding into the Zoom chat. Teacher can then wrap everything together and add missing information.



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