

Revision List – RO18

Learning Outcome 1: understand reproduction and the roles and responsibilities of parenthood

1. The wide range of factors what affect the decision to have children. **Relationship between partners; finance; parental age; peer pressure/social expectations; genetic counselling for hereditary diseases.**
2. Pre-conception health. **Diet; exercise; healthy weight; dangers of smoking/alcohol/recreational drugs; up-to-date immunisations.**
3. Roles and responsibilities of parenthood. **Meeting primary needs.**
4. To recognise and evaluate methods of contraception, their efficiency and reliability. **Barrier methods; contraceptive pills; intrauterine device; contraceptive injection; contraceptive patch; contraceptive implant; natural family planning; emergency contraceptive pill.**
5. The structure and function of male and female reproductive systems. **Female reproductive system; male reproductive system; how reproduction takes place; the signs and symptoms of pregnancy.**

Learning Outcome 2: understand antenatal care and preparation for birth

1. The roles of the different health professionals supporting the pregnant mother. **Midwife; obstetrician; GP; gynaecologist; paediatrician.**
2. The importance of antenatal and parenting classes. **Preparing for a safe pregnancy and delivery; preparation of both parents for labour and parenthood; role of the father/partner throughout pregnancy and birth; for birth to be an emotionally satisfying experience; promotion of healthy lifestyle and breastfeeding**
3. Routine checks carried out at an antenatal clinic, including scans. **Scans; weight check; blood tests; blood pressure; urine test; STIs; examination of the uterus; baby's heartbeat; ultrasound dating scan.**
4. Specialised diagnostic tests. **Ultrasound anomaly scan/mid pregnancy scan; NT test; AFP test; CVS test; Amniocentesis; NIPT test.**
5. The choices available for delivery. **Hospital birth; home birth; domino scheme; private hospital/independent midwife.**
6. The stages of labour and the methods of delivery, including paid relief. **Stage one – neck of the uterus opens; stage two – birth of the baby; stage three – delivery of the placenta and membranes; methods of delivery; types of pain relief.**

Learning Outcome 3: understand postnatal checks, postnatal provision and conditions for development

1. The postnatal checks of the newborn baby. **Apgar score; skins, physical checks; reflexes.**
2. The specific needs of the pre-term (premature baby). **Birth before 37 weeks; specific needs.**
3. The postnatal provision available for the mother and the postnatal needs of the family. **The role of the father/partner; support from other family and friends; information/advice/support from GP, midwife and health visitor; postnatal check 6 weeks after birth; 6-8 week review by a health visitor or doctor.**
4. Conditions for development. **The importance of the environment to a child; the need for acceptable patterns of behaviour and approaches to discipline.**

Learning Outcome 4: understand how to recognise, manage and prevent childhood illnesses

1. How immunity to disease and infection can be acquired. **Babies' natural immunity; childhood immunisations and vaccination programmes; reasons for immunisation.**
2. How to recognise and treat common childhood ailments and diseases. **General signs of illness; common childhood ailments and diseases; caring for an ill child.**
3. When to seek treatment by a doctor; key signs and symptoms. **Key signs and symptoms – when to seek emergency medical help.**
4. Diet related illnesses. **Childhood obesity; deficiency diseases; food intolerances and allergies; diabetes.**
5. The needs of an ill child. **Physical needs; social and emotional needs; intellectual needs.**
6. How to prepare for a child to stay in hospital. **Hospital/ward visit; acting out fears and hospital games; books and DVDs; explanation and honesty; involvement in a child's care.**

Learning Outcome 5: know about child safety

1. How to create a safe, child-friendly environment. **Within the home; garden/play areas; road safety; safety equipment.**
2. Safety labelling. **BSI safety mark/kite mark; Lion mark; age advice symbol; CE symbol; children's nightwear labelling.**
3. Be aware of the most common childhood accidents. **Choking and suffocation; falls; electric shocks; drowning; poisoning.**
4. Social safety. **Personal safety awareness; internet safety.**