

Preterm Labor

WebQuest Description: Preterm Labor is an important concept for Labor & Delivery nurses to understand. Understanding what it is, as well as the causes/risk factors, signs & symptoms, and treatment can help increase the quality of care for women in preterm labor. This WebQuest is designed for nursing students who are currently attending their Women's Health/OB rotation in nursing school. Stay tuned and learn how YOU can help a mom carry her pregnancy to term!

Grade Level: College / Adult

Curriculum: Health / PE

Keywords: Preterm Labor, Risks, Symptoms, Treatment, Infant, Nurse, Care

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Introduction

You are in line at the grocery store when the pregnant woman behind you (for the purpose of this WebQuest, we will call her "Anne") doubles over in pain. You turn around and begin to comfort Anne, saying "It is going to be ok. I am a nurse. I'm going to do what I can to help you until the ambulance arrives." Anne is crying, scared, and tells you she is only 30 weeks pregnant but has been experiencing regular, painful contractions since this morning. Anne asks you "Is it too soon to have my baby? What might have caused me to start having contractions? Can they be stopped?" Can you confidently answer any of her questions? Every year, approximately 10% of babies are born prematurely (March of Dimes, 2016). These babies are at serious risk for health problems at birth and later on in life (March of Dimes, 2016). In order to reduce the number of premature infants and the health risks that accompany preterm births, we must understand all the aspects of preterm labor. This WebQuest focuses on exactly that. Students will be guided through this activity to gain knowledge on the definition, causes and risks factors, signs and symptoms, and treatment options for preterm labor. Continue on through this WebQuest to see how long you can help Anne carry her pregnancy! March of Dimes. (2016). Preterm Labor and Premature Birth. Retrieved from <http://www.marchofdimes.org/complications/preterm-labor-and-premature-birth.aspx>

Tasks

Your task for the Preterm Labor WebQuest is to define preterm labor, discuss the risk factors and causes, identify the signs and symptoms, and describe the treatment options. How well you are able to do these things will not only determine your grade for the WebQuest, but it will also determine how much longer Anne will carry her pregnancy! Remember, she is only at 30 weeks gestation! Continue on to the Process tab to find out how to help Anne. Be prepared to explore online resources for reliable information and participate in group discussions/exercises. By the end of this WebQuest, students should feel confident in caring for a mother experiencing preterm labor.

Process

Remember to copy and paste the links into a new tab Break into groups of 4. Each group member will take turns being the group speaker. Work collaboratively with your group on the following: Define Preterm Labor (10 minutes to research before "presentation" time) The group speaker for this round must be ready to share the group's definition with the rest of the class in their BEST British accent. Utilize the following resources: www.marchofdimes.org/complications/preterm-labor-and-premature-birth.aspx <http://www.mayoclinic.org/diseases-conditions/preterm-labor/basics/definition/con-20035359> Discuss the Causes and Risk Factors (20 minutes to research before "presentation" time) Write down as many causes and risk factors as you can find. The group speaker for this round must be ready to share the group's findings in their BEST Southern accent. Utilize the following resources: <http://americanpregnancy.org/labor-and-birth/premature-labor/> <http://www.mayoclinic.org/diseases-conditions/preterm-labor/basics/risk-factors/con-20035359> Identify the Signs and Symptoms (20 minutes to research before "presentation" time) The group speaker for this round must be ready to dramatically explain these S&S as if auditioning for Grey's Anatomy. Utilize the following resources: <http://www.marchofdimes.org/complications/signs-and-symptoms-of-preterm-labor-and-what-to-do.aspx> <http://www.mayoclinic.org/diseases-conditions/preterm-labor/basics/symptoms/con-20035359> Describe the Treatment Options (20 minutes to research before "presentation" time) The group speaker for this round must be ready to describe the treatment options while another team member (play rock/paper/scissors to find out who) SILENTLY acts them out. Utilize the following resources: <http://www.marchofdimes.org/complications/treatments-for-preterm-labor.aspx> <http://www.keepemcookin.com/educate-yourself/prevention-treatment/treating-preterm-labor/> You have now explored the definition of preterm labor, as well as the causes/risk factors, signs and symptoms, and treatment options. You have probably also demonstrated some amazing accents and acting skills...too bad you won't be graded on those! Lets see how well you did researching preterm labor. Continue on to the Evaluation tab to evaluate your learning and see how long you can keep Anne pregnant!

Evaluation

Below is a rubric that breaks down how you will be graded for this WebQuest. You can score anywhere from 4 to 52 days: 4- 11 days: D12-27 days: C28-40 days: B41-52 days: A If you score 49 days or higher, CONGRATULATIONS!! That is 7 weeks!! That is the amount of added gestation that Anne needed to carry her baby to term! If you were not successful in helping Anne carry to term, reflect on your score and see which areas you must improve on to do so.

Category and Score	Beginning	Developing	Good	Very Good	Score
Defining Preterm Labor	Unable to define preterm labor. Add 1 day to Anne's gestation period	Incomplete definition of preterm labor. Add 3 days to Anne's gestation period	Definition of preterm labor is clear but still lacking details. Add 7 days to Anne's gestation period	Definition of preterm labor is clear and complete. Add 13 days to Anne's gestation period	
Discuss the Causes/Risk Factors of Preterm Labor	Unable to discuss causes/risk factors of preterm labor. Add 1 day to Anne's gestation period	Discussion of causes/risk factors of preterm labor is short and vague. Add 3 days to Anne's gestation period	Discussion of causes/risk factors of preterm labor is clear but still missing important details Add 7 days to Anne's gestation period	Discussion of causes/risk factors of preterm labor is thorough and detailed. Add 13 days to Anne's gestation period	
Identify the Signs and Symptoms of Preterm Labor	Unable to identify any signs or symptoms of preterm labor. Add 1 day to Anne's gestation period	Able to identify minimal signs and symptoms of preterm labor. Add 3 days to Anne's gestation period	Able to identify signs and symptoms of preterm labor but still missing important details. Add 7 days to Anne's gestation period	Able to identify signs and symptoms of preterm labor in great detail. Add 13 days to Anne's gestation period	
Describe the Treatment Options for Preterm Labor	Unable to describe treatment options for preterm labor. Add 1 day to Anne's gestation period.	Able to describe minimal treatment options for preterm labor. Add 3 days to Anne's gestation period	Able to describe treatment options for preterm labor but still missing important details. Add 7 days to Anne's gestation period	Able to thoroughly describe treatment options for preterm labor in great detail. Add 13 days to Anne's gestation period	
				Total Score	

Conclusion

During the Preterm Labor WebQuest, you defined preterm labor, discussed the causes/risk factors, identified the signs and symptoms, and described the treatment options. You worked collaboratively in groups, exercising your creativity! You then reflected on your new knowledge and found out how much you helped Anne. Perhaps you found areas where your knowledge needs to develop. In order to properly care for women in preterm labor, we must first fully understand all the aspects of this concept. Thank you for participating in the Preterm Labor WebQuest. I encourage you to continue pursuing education regarding this concept.

Teacher Page

Standards

Credits

Other