Pregnancy, Birth, and Infancy in Denmark, Spring 2017
Tuesdays and Fridays, 11:40-13:00 in N7-C25

Instructors:

Mette Sejer Sørensen
Bachelor Degree in Midwifery (Metropolitan University College, Faculty of Midwifery, 2009). Bachelor’s in Anthropology (University of Aarhus, 2001), currently pursuing Master’s degree in Anthropology and Psychology. Former midwife and project coordinator at Holbæk Hospital (Copenhagen University Hospital), Research midwife at Research Unit Women’s and Children’s Health, Rigshospitalet, National University Hospital. With DIS since 2010.

Karen Ingversen
Midwife since 1999. MSc in Midwifery from University of Amsterdam. Danish project coordinator on Nordic Homebirth since 2008. Have worked 3 years as homebirth midwife in The Netherlands. Have worked 3 years in an obstetric special unit (Copenhagen University Hospital, Hvidovre). 10 years as a homebirth midwife in Region Sjællands hjemmedødselsordning since 2006. Currently working with research on the Nordic Homebirth-project. With DIS since 2012.

Course Description
How and why do we handle pregnancy, birth, and infancy the way we do?

This course gives insight into how the Danish health care system takes care of the mother and child from conception, through pregnancy, and into early childhood. Emphasis will be put on three major areas: the medical aspects of a healthy pregnancy including birth and postnatal care, the services provided by the welfare system, and the cultural values inherent in this system. Regarding “why” we handle childbirth the way we do, we’ll with an analytical view approach the cultural and social biases of the natural sciences and childbirth practice. This is done by introducing for example theories on and analyses of knowledge systems, the influence of standards and guidelines, and the concepts of risk and normality in health care. We’ll during the course thus discuss for example the role of the midwife, different traditions in pain relief and place of birth, the influence of risk and technology, and the role of evidence based medicine.

Expected learning outcomes
After successful completion of this course, students will be able to:
1. Give a basic explanation of how the Danish health care system is organized.
2. Explain how the Danish health care system takes care of the mother and child.
3. Explain in some detail a healthy pregnancy and birth.
4. Actively take part in discussions concerning pregnancy and birth.

Evaluation and Grading
To be eligible for a passing grade in this class you must complete all of the assigned work. The factors influencing the final grade and the proportional importance of each factor is shown below:

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<th>Part</th>
<th>Proportional Importance</th>
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<tr>
<td>Participation</td>
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<td>Test 1</td>
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<td>Test 2</td>
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<tr>
<td>Synopsis &amp; Oral Presentation</td>
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<td>Final</td>
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Participation covers the following areas
Attendance, level of preparation, and ability to answer questions asked in class, involvement in class and group discussions, and the level of individual research and contribution to discussions. Arriving late to class disturbs the instructor and your fellow students, as well as affects your own achievement. Arriving late multiple times will affect the evaluation of your participation and thereby your final grade.

Tests and Final
There will be two tests throughout the semester. These tests will consist of a mix of short and long answer questions. Tests in the class will generally last approximately 30 minutes. The final for this course will be cumulative and will be written in the same manner as the tests, but will be based on all the course material: readings, material covered in class, at the movie night, and at the field studies. The final will be two hours in duration.

Synopsis and Oral Presentation
In groups of 4-5 you will present in class. Proceeded by a 1-2 pages synopsis which should be mailed before the presentation. Each group will have 10 minutes for the presentation and everyone will receive an individual grade. More details will be provided in due time.

Movie Night
Childbirth film
Wednesday, March 8 from 17:30-19:30 Location: Vestergade 10-D11, Food will be provided

Field studies (more details will be provided later):
- Field study 1, Wednesday, February 22 from 13:00-18:00 Visit to Midwifery Consultation, Labor and Maternity Wards at Roskilde Hospital (Copenhagen University Hospital).
- Field study 2, Wednesday, April 26 from 8:30-12:30 Visit to Rigshospitalet, The National University Hospital, Copenhagen: Talk by Anna Karina Aaris, M.D., Fertility Clinic

Required readings
Textbooks and compendium:
- Compendium to be picked up in the first week.

Policies
Attendance
You are expected to attend all DIS classes and activities when scheduled, and we will actively monitor attendance. Absences will affect your grade and your standing at DIS. Excused absences include serious illness and participation in religious holidays. You must always notify your instructors about an absence a reasonable time in advance. If you miss multiple classes the Director of Academic Support, and the Director of Student Affairs will be notified and they will follow-up with you. In the case of multiple absences you will need to provide a doctor’s note.

Laptop use and classroom etiquette
Use of laptop computers in class is allowed for the purpose of note taking only. Usage not related to note taking can prove distracting and is therefore unacceptable to the instructors, to other students, and to the objectives of the course. If you are using your laptop for reasons not related to class, it will affect your class participation grade significantly. Occasionally, depending on the topic being taught, or the assignment task or exercise to fulfill, you will be required to close your laptops; therefore, you should always bring paper and a pen to class.

Cell phones and other electronic devices should be turned off and stored away. Texting etc. during class will have a negative impact on your participation grade as well. Students should also refrain from any other activity behavior that may be disturbing to other students who are making the effort to be attentive. Please respect yourself and other students by not chatting with one another during class.
Preparing for class: Please make sure to read all the material assigned. Lectures will not necessarily cover the entire content of the scheduled readings, but both lectures and class discussions will be based upon a thorough knowledge of these. Lectures will often refer to previous lectures and readings. You therefore have an obligation to your fellow classmates and yourself to come prepared to class. If you have questions or need clarification about a lecture or reading do not hesitate to speak up. This is very important.

Academic Honesty
DIS expects that students abide by the highest standards of intellectual honesty in all academic work. DIS assumes that all students do their own work and credit all work or thought taken from others. Academic dishonesty will result in a final course grade of “F” and can result in dismissal. The students’ home universities will be notified. DIS reserves the right to request that written student assignments be turned in in electronic form for submission to plagiarism detection software. See the Academic Handbook for more information, or ask your instructor if you have questions.

Disability resources
Any student who has a need for accommodation based on the impact of a disability should contact the Office of Academic Support to coordinate this. In order to receive accommodations, students should inform the instructor of approved DIS accommodations within the first two weeks of classes.

Office hours and contact
The instructors have no office hours, but please feel free to contact Karen Ingversen to set up an appointment or ask a question. You can also email Victoria Stepanova, the Program Assistant, if you have DIS-related questions.

DIS contact information
Lisbeth Borbye, Program Director
Stephanie Clemente, Project Manager
Victoria Stepanova, Science & Health Program Assistant
Science & Health Office: Vesteregade 10-B12

Canvas
Canvas is a web-based system that allows you to access course resources and communicate with your classmates and faculty. To access Canvas, you can go to the DIS homepage and click the ‘Canvas’ link on the bottom of the website, or go to: https://canvas.disabroad.org/login/canvas. You can also download the Canvas App (By: Instructure) on iPhone and Android mobile smartphones.
Course Schedule

Schedule is subject to change if necessary with as much notice as possible.

Class 1, Friday, January 20:
Instructors: Karen Ingversen & Mette Sejer Sørensen
Introduction & General Organization of the Health Care System in Denmark I
Expectations, introduction to topics, reading material and didactics of the course
Health care system, health care professionals
No readings

Class 2, Tuesday, January 24:
Instructor: Mette Sejer Sørensen
General Organization of the Health Care System in Denmark II
Health care providers, health care services
Readings:

Class 3, Friday, January 27:
Instructor: Mette Sejer Sørensen
Pregnancy, Birth, and Infancy: A Historical and Cultural Review.
Differences between countries
Readings:

Class 4, Tuesday, January 31:
Instructor: Karen Ingversen
The Normal Pregnancy I
Symptoms and signs of pregnancy, due date calculation, endocrinology (hormones), health education
Readings:
- The Danish National Board of Health & the Danish Committee for Health Education. 2010. Healthy habits before, during and after pregnancy (posted on canvas)

Class 5, Friday, February 3:
Instructor: Mette Sejer Sørensen
Female Anatomy and Physiology
The female pelvic and the reproductive organs
Readings:
Core Course Week: 6-10 February (no course electives)

Class 6, Tuesday, February 14:
Instructor: Mette Sejer Seeresen

Information on the Graded Oral Presentation on April 28, Synopsis due April 24:
What to do and what to expect

Science, knowledge, and childbirth practice I
Hierarchy of evidence, evidence based medicine, knowledge systems
Readings:
- Greenhalgh, Trisha and Howick, Jeremy. Evidence based medicine: a movement in crisis? BMJ 2014;348; Published 13 June 2014 (posted on canvas)

Class 7, Friday, February 17:
Guest lecture: Eileen Spellerberg

Acupuncture
Theory of acupuncture, demonstrations and hands on experience
Readings: Handouts

Class 8, Tuesday, February 21:
Instructor: Karen Ingversen

The Normal Pregnancy II
Abdominal examination, fetal weight estimation, assessment of fetal well-being
Readings:

Wednesday, February 22:
Field Study 1
Time: 13:00-17:00
Visit to Midwifery Consultation, Labor and Maternity Wards at Roskilde Hospital (Copenhagen University Hospital).
Readings:
- Handouts about the placenta

Class 9, Friday, February 24:
TEST 1 (The first 30 minutes of class)
Instructor: Karen Ingversen

The Normal Pregnancy III
Screening and diagnostic tests
Readings:
Long Tour/ Break 1: 25 February-5 March (no course electives)

Class 10, Tuesday, March 7:
Instructor: Mette Sejer Sørensen
Science, knowledge, and childbirth practice II
Evidence based medicine, standardization, guidelines
Readings:
- Berg, M. and Timmermans, S.: Order and their others (posted on canvas)
- Berg, M. and Timmermans, S.: The practice of medical technology (posted on canvas)
- Aron C. Sousa, and Alice Dreger: "MEDICINE AND SOCIETY The Difference between Science and Technology in Birth" American Medical Association Journal of Ethics September 2013, Volume 15, Number 9: 786-790. (posted on canvas)

Movie night – Childbirth film
**Note different time and place—DINNER WILL BE PROVIDED**
Wednesday, March 8:
Time: 17:30-19:30
Location: Vestergade 10-D11

Class 11, Friday, March 10:
Instructor: Karen Ingversen
Oxytocin
Birth hormones, how they work and why they matter so much, especially oxytocin. The 5 senses during birth.
Readings:

Class 12, Tuesday, March 14:
Instructor: Karen Ingversen
The Normal Birth I
The spontaneous onset of labor, physiology of labor
Readings:
- Moberg, Kerstin Uvnas. (2003). "The Oxytocin Factor", Pinter & Martin Ltd

Class 13, Friday, March 17:
Instructor: Karen Ingversen
Pain Relief and Comfort
Psychology of pain, cultural aspects of pain, pain gate theory/gate-control theory, woman-centered care, non-pharmacological and pharmacological pain relief.
Readings:

Long Tour/ Break 2: 18-26 March (no course electives)
Class 14, March 28:
TEST 2 (The first 30 minutes of the class)
Instructor: Karen Ingversen
**The normal birth II**
The stages of labor, the continuum of labor, assessment of progress, position and movement, rest, nutrition, monitoring
Readings:

Class 15, Friday, March 31:
Instructor: Mette Sejer Sørensen
**Formation of groups for the Synopsis and the Oral Presentation**
**The Concept of Risk in Heath Care**
The concept of risk, risk management, patient safety
Readings:
- Sørensen, Mette S. 2010: “‘It’s not something that you talk about’ An investigation into midwives’ views on risk and patient safety events” in Book of Abstracts. The 18th Congress of the Nordic Federation of Midwives, p. 101 (posted on canvas).
- Simonsen, Sara (2014): Abstract. In: Time of expecting in overtime. An anthropological investigation into the significance of categorization among women who have passed the due date, Master Thesis (posted on canvas)

Class 16, Tuesday, April 4:
Instructor: Karen Ingversen
**Home birth I**
Safety and research in homebirth
Readings:

Class 17, Friday, April 7:
Instructor: Karen Ingversen
**Home birth II**
Practical, social and biological aspects of home birth
No Readings

Class 18, Tuesday, April 11:
Instructor: Karen Ingversen
**Partners**
Father/partner in pregnancy, childbirth and family life: Relationship, Fathers/partners role in birth preparation, why some municipalities introduce PREP and try to prevent divorce in pregnancy/shortly after birth, the many women who chose solo pregnancy/parenting in Denmark.
Readings: TBA

**Travel Break: 12-17 April**
Class 19, Tuesday, April 18:
Instructor: Mette Sejer Sørensen

Normality
The concept of natural and normal

Readings:

**Tuesday, April 18 – Friday, April 21**: **Group guidance regarding the synopsis**
Each group makes an appointment with the instructor Mette Sejer Sørensen
At least 24 hours before the appointment the group has to mail the instructor a draft of their synopsis

Class 20, Friday, April 21:
Instructor: Karen Ingversen

The Puerperium
Physiology and care in the postnatal period, infant feeding

Readings:
- Department of Obstetrics, Rigshospitalet, the National University Hospital, Copenhagen. 2009. Home again with a newborn: (pdf posted on canvas)
- The Danish National Board of Health & Danish Committee for Health Education. 2009. Safety for Babies and Toddlers: http://sundhedsstyrelsen.dk/~media/5F365A1FFE9D4002A01FB6B5E2C0AC78.ashx

Due date for the Synopsis:
**“Monday, April 24, 24:00: Due date for mailing the 1-2 pages synopsis to mettesejer@teliamail.dk”**

Class 21, Tuesday, April 25:
Instructor: Karen Ingversen

Neonatology
The baby at birth, adaptation to extra-uterine life, assessment of the baby’s condition, examination of the baby

Readings:

Field Study 2, Wednesday, April 26 from 8:30-12:30:
Visit to Rigshospitalet, The National University Hospital, Copenhagen: Talk by Anna-Karina Aaris, M.D., Fertility Clinic

Information:
Fertility Department:
Class 22, Friday, April 28:
Instructor: Mette Sejer Sørensen
Graded Oral Presentations
Grades are a combination of the synopsis and the oral presentation

Class 23, Tuesday, May 2:
Instructors: Mette Sejer Sørensen & Karen Ingversen
Conclusion and preparation for final
No readings

Final Exam
Wednesday, May 10
Location: TBA
Time: 12.00 – 14.00