



### Debora Bone, R.N.C., Ph.D.

- Cabrillo nursing instructor since 1997
- Perinatal nurse since 1979
- Certified Childbirth Educator
- Doctorate in medical sociology from U.C.S.F. School of Nursing, with emphasis on Women, Health and Healing

#### For more information

Please contact

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email: [dbone@cruzio.com](mailto:dbone@cruzio.com)

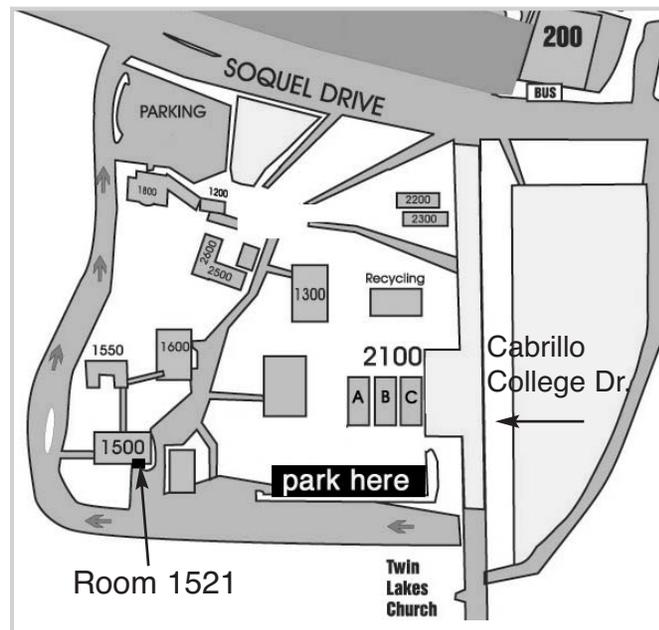
or check the college website:

[www.cabrillo.cc.ca.us](http://www.cabrillo.cc.ca.us)



#### Directions to Cabrillo College

Take Highway 1 south from Santa Cruz or north from Watsonville to Aptos. Take Park Ave. exit to Cabrillo College Drive, then follow map below to Room 1521 in the Nursing Building.



# Cabrillo College



## Perinatal Nursing Program

Career growth  
through training in  
Maternal/Newborn  
nursing care

Fall Semester 2002

Thursdays, 8:30 AM-3:00 PM  
September 5-December 19, 2002

## Come learn the skills and knowledge of maternal/newborn nursing care at Cabrillo College

Spend one day a week learning in-depth theory and evidence-based practice techniques for labor support and perinatal care.

This course is designed for recent RN graduate nurses and experienced nurses interested in furthering their career in the specialty area of maternity nursing.

### The program includes two classes

- A six unit theory class that covers all aspects of nursing management and care for the birthing woman, her fetus/newborn, and family/support team.
- A focused internship that can be arranged in an acute care labor and delivery unit, allowing students to apply theoretical learning in a practice setting.
- Students employed in labor & delivery may enroll in Cooperative Work Experience to receive additional guidance and supervision for clinical learning.

### Class meets on Thursdays

8:30am-3:00pm, Room 1521.

Sept. 5-Dec. 19, 2002

### Students will enroll in the following classes:

#### *N175 Perinatal Nursing*

Lecture, class discussion, simulation, case studies, audio-visual, internet, skills lab, oral presentation and written work are used to learn:

- prenatal care & antepartum complications
- labor support for low and high risk patients
- triage, critical thinking and prioritization
- pharmacology and intrapartum management
- relaxation techniques
- newborn and postpartum care
- breastfeeding counseling.

A family-centered approach to low and high-risk childbirth is emphasized.

#### *N199C Cooperative Work Experience*

Clinical internship may be arranged to take place concurrently. Placement in hospital sites is available\* for students not already employed.

\*TO BE ARRANGED BY AUGUST 15 with instructor. Phone Debora Bone: 831-479-6120.

### How to Register

If you did not attend Cabrillo in Spring 2002, you must file an **Application for Admission** with Admissions and Records, 831-479-6201, Aptos, Building 100 or at the Watsonville Center.

**Applications** are available in the college Schedule of Classes or online at [www.cabrillo.cc.ca.us](http://www.cabrillo.cc.ca.us). Transcripts are not needed for this course. (Please bring a copy of your RN license or interim permit to the first class.)

Once your application has been processed, you will receive an appointment by mail. After that date, you may register by phone through **Hawktalk**, 831-477-5678 (see the Cabrillo Schedule of Classes) or in person in the Admissions and Records office. **Last day for early registration is August 28.**

**Cost:** \$95-128 depending on number of internship units taken.

**Parking:** \$40 a semester or \$1.00/day.

