



Australian Government

HLTAIN005 Pregnancy and postnatal health and wellbeing foundations

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Modification History

Release	Comments
1	This unit of competency was first released in HLT Health Release 11.0.

Unit outcomes

This unit describes the foundational knowledge and skills required to support the health and wellbeing of women, newborns, and families across pregnancy and the postnatal period (up to six weeks postpartum) within a clearly defined role and in a structured environment.

The learner will be able to demonstrate foundational knowledge of the stages of pregnancy, healthy lifestyle practices, and relevant referral pathways. They will have the skills to communicate with respect, including ensuring cultural safety, and to identify situations requiring escalation or referral.

The unit applies to individuals partaking in non-clinical support activities within community and health settings under established organisational policies and procedures.

For the purpose of this unit, the term *woman/women* are used in recognition of common clinical and health practice language. It may also include pregnant people who do not identify as women or mothers. Individual parents and families may use different terms than those used in the unit. This may include women, transgender men, intersex people, non-binary, and other gender-diverse individuals. Terminology should be applied in a culturally safe, inclusive, and person-centred manner in accordance with individual identity and community context.

Licensing/Regulatory Information

No licensing, legislative or certification requirements apply to this unit at the time of publication.

Knowledge

The learner will have foundational knowledge of:

Pregnancy

- stages of pregnancy, from conception through to birth
- key physical and developmental changes experienced by a woman and the growing baby across each trimester
- healthy lifestyle practices that promote safe and healthy pregnancy outcomes for both the woman and baby
- appropriate protocols to report and access support when concerns arise during pregnancy

Postnatal

- common postnatal changes, impacts and complications
- purpose and key principles of the 10 steps of the Baby Friendly Health Initiative (BFHI) and their role in protecting, promoting and supporting breastfeeding
- key factors that support healthy newborn wellness, including feeding, sleeping, bonding, and safe environments
- strategies to reduce the risk of sudden infant death syndrome (SIDS) and sudden unexpected death of the infant (SUDI)

Core concepts

- role of immunisation in public health with a focus on maternal and infant health
- basic infection prevention and control when caring for women and newborns
- purpose and key principles of Australian Institute of Health and Welfare culturally safety in health care for Indigenous Australians: monitoring framework
- principles of safe, respectful and culturally responsive care, and how these principles vary across individuals, cohorts and communities with diverse cultural values, beliefs and needs
- strategies for self-care when supporting women, newborns, and families

Skills

Learners will be able to:

- select relevant health education materials from trusted sources to inform and guide practical education and support for women
- recognise and explain the key changes occurring in the woman and baby throughout each trimester in pregnancy
- apply inclusive approaches to support women throughout pregnancy and the postnatal period (up to six weeks postpartum)
- identify and apply workplace procedures and pregnancy and postnatal terminology in ways that support culturally safe, respectful communication with women, colleagues and families
- communicate information about pregnancy, postnatal care, and newborn wellbeing using respectful and inclusive language, applying culturally safe care practices
- communicate information about the safe handling, preparation, storage and disposal of breast milk and infant formula to support infection prevention and food safety principles
- apply the principles of informed consent when supporting women and families
- reflect on own practice to identify opportunities for improvement and ongoing professional development, including consideration for cultural safety practices

Application of Knowledge & Skills

The learner applies knowledge and skills in a structured and defined context to support women and newborns through pregnancy and postpartum. They communicate effectively, including in a culturally safe manner, to promote pregnancy and postnatal health and wellbeing.

The individual operates within established organisational policies, procedures and referral pathways. They apply knowledge to routine, predictable situations and take responsibility for recognising the limits of their own practice, seeking guidance when required.

Pre-requisite unit(s)

No pre-requisite units

Competency field(s)

Assistant in Nursing

Unit sector(s)

Health

Foundation skills

The foundation skills essential to performance of this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

Skill	Description
Reading skills to:	<ul style="list-style-type: none"> interpret and apply information from trusted health education materials to inform support provided to women and families understand and apply protocols, procedures, and terminology related to pregnancy and postnatal care
Oral communication skills to:	<ul style="list-style-type: none"> communicate information about pregnancy, postnatal care, and newborn wellbeing using respectful, inclusive, and culturally safe language explain key changes occurring throughout pregnancy and the postnatal period apply inclusive approaches and principles of informed consent when supporting women and families
Learning skills to:	<ul style="list-style-type: none"> build understanding of pregnancy, postnatal changes, newborn wellbeing, and core health concepts through application of foundational knowledge

	<ul style="list-style-type: none">• reflect on own practice to identify opportunities for improvement and ongoing professional development, including cultural safety practices
Digital literacy skills to:	<ul style="list-style-type: none">• select and use relevant health education materials from trusted sources to inform and guide support• engage with information sources and resources to support safe and appropriate care practices

Digital literacy outcomes are included in the Foundation Skills Companion Volume.

Range of conditions

N/A

Assessment Requirements for HLTAIN005 Pregnancy and postnatal health and wellbeing foundations

Performance Evidence

To demonstrate competent application of the skills and knowledge in this unit, there must be evidence that the learner has:

- provided antenatal and postnatal support to ensure best health and wellbeing outcomes for both woman and newborn during pregnancy and postnatal
- applied the 10 steps of the Baby Friendly Health Initiative (BFHI)
- applied the Australian Institute of Health and Welfare culturally safety in health care for Indigenous Australians: monitoring framework
- applied written information from workplace procedures and health education material
- applied culturally safe behaviours when working with individuals, ensuring interactions are respectful
- worked collaboratively with others to review and discuss care examples, identifying safe and person-centred approaches to support maternal and newborn wellbeing

Knowledge Evidence

To demonstrate competent application of the skills and knowledge in this unit, the learner must demonstrate knowledge sufficient to meet the unit outcomes, including:

- the stages of pregnancy, postnatal changes, and newborn wellbeing principles
- common concerns and indicators requiring referral
- principles and importance of person-centred care and supported informed choice
- organisational procedures for providing pregnancy and postnatal support
- sources of trusted health information and support materials

Assessment Conditions

Assessment must be conducted in a safe, simulated or classroom environment.

The learner must demonstrate the ability to apply the knowledge and skills of the unit using at least 2 different case studies or simulated scenarios, including:

- 1 pregnancy-related scenario
- 1 postnatal-related scenario

Assessors must ensure:

- access to relevant workplace or organisational policies, procedures, and protocols

- access to case studies and simulated documentation
- that activities allow demonstration of communication, collaboration, and reflection in response to realistic scenarios

Assessor must hold:

- a current Nursing and Midwifery Board of Australia registration as a midwife or
- a current Aboriginal and Torres Strait Islander health practitioner registration

Mandatory Workplace Requirements

Assessment of performance evidence may be in a workplace setting or an environment that accurately represents a real workplace.

Unit Mapping Information

Previous Code and Title	Equivalence	Comments
	Newly created	This unit has been created to address a skill or task required by industry that is not covered by an existing unit of competency

Links

Companion volumes, including implementation guides, are found on the national training register - <https://training.gov.au/training/details/HLT>.