

**Learning Activity:**

| <b>LEARNING OBJECTIVES</b>   | <b>EXPANDED CONTENT OUTLINE</b>   |
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| After the poster presentation the learner will be able to understand the long term effects of ante partum bed rest.  | Psychologically, AP patients hospitalized on bed rest report higher feelings of anxiety and depression (Dunn, Handley, & Shelton, 2007). Physiological side effects include muscle atrophy, bone loss, and maternal weight loss (Maloni, 2011). |
| After the poster presentation the learner will be able to identify the gap in the literature which includes the experience of the mother who has had the experience of ante partum bed rest and surpassed the six week post partum period. | The current articulation of the science of ante partum bed rest (APBR) provides inadequate articulation of its long term effects.   |