The above chart shows the percentage distribution of questions on the Inpatient Obstetric Nursing exam across the major content categories covered on the examination. The major focus of the examination is on labor and delivery, fetal assessment and obstetric complications components with labor and delivery having the most emphasis. Lesser emphasis is on newborn and professional issues with professional issues having the least number of questions assigned to this content category.

Expectations for inpatient obstetric nursing is that nurses practicing in this field will have knowledge of caring of pregnant women (after 20 weeks) in the antepartum, intrapartum, postpartum and normal newborn areas.
### Condensed Exam Outline

#### For Inpatient Obstetric Nursing Examination

Areas of knowledge to be tested on the Inpatient Obstetric Nursing examination are listed in the following outline. This list is not intended as an all-inclusive review of the scope of knowledge of the inpatient obstetric nursing. It is provided only to help certification candidates evaluate their own nursing practice.

Percentages identified for the topic areas represent a range of the number of test questions assigned to each content area and therefore might total more or less than percent. These ranges do not necessarily reflect the content of future examinations.

Focus of the examination will primarily be on the pregnant woman after 20 weeks of gestation through discharge.

<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00</td>
<td>Maternal Factors Affecting The Fetus and Newborn (10-15%)</td>
</tr>
<tr>
<td>10.01</td>
<td>Disease Processes</td>
</tr>
<tr>
<td>10.02</td>
<td>Pregnancy Risks</td>
</tr>
<tr>
<td>11.00</td>
<td>Fetal Assessment (5-25%)</td>
</tr>
<tr>
<td>11.01</td>
<td>Antepartum Assessment</td>
</tr>
<tr>
<td>11.02</td>
<td>Electronic Fetal Monitoring</td>
</tr>
<tr>
<td>11.03</td>
<td>Non-electronic Fetal Monitoring</td>
</tr>
<tr>
<td>11.04</td>
<td>Acid-base Assessment</td>
</tr>
<tr>
<td>12.00</td>
<td>Labor And Delivery (25-30%)</td>
</tr>
<tr>
<td>12.01</td>
<td>Physiology of Labor</td>
</tr>
<tr>
<td>12.02</td>
<td>Labor Management</td>
</tr>
<tr>
<td>a.</td>
<td>General Assessment</td>
</tr>
<tr>
<td>b.</td>
<td>Stages of Labor</td>
</tr>
<tr>
<td>12.03</td>
<td>Obstetrical Procedures</td>
</tr>
<tr>
<td>12.04</td>
<td>Pain Management</td>
</tr>
<tr>
<td>13.00</td>
<td>Obstetric Complications (5-25%)</td>
</tr>
<tr>
<td>13.01</td>
<td>Labor and Placental Disorders</td>
</tr>
<tr>
<td>13.02</td>
<td>Preterm Labor</td>
</tr>
<tr>
<td>13.03</td>
<td>Multiple Gestation</td>
</tr>
<tr>
<td>13.04</td>
<td>Prolonged Pregnancy</td>
</tr>
<tr>
<td></td>
<td>Maternal Newborn Care (5-15%)</td>
</tr>
<tr>
<td>14.00</td>
<td>Postpartum</td>
</tr>
<tr>
<td>14.01</td>
<td>Physiology of the Postpartum Woman</td>
</tr>
<tr>
<td>14.02</td>
<td>Family Adaptation</td>
</tr>
<tr>
<td>14.03</td>
<td>Lactation</td>
</tr>
<tr>
<td>14.04</td>
<td>Complications of Postpartum Period</td>
</tr>
<tr>
<td>14.05</td>
<td>Discharge Planning &amp; Home Care</td>
</tr>
<tr>
<td>15.00</td>
<td>Newborn</td>
</tr>
<tr>
<td>15.01</td>
<td>Adaptation to Extrauterine Life</td>
</tr>
<tr>
<td>15.02</td>
<td>Assessment</td>
</tr>
<tr>
<td>15.03</td>
<td>Resuscitation</td>
</tr>
<tr>
<td>15.04</td>
<td>Pathophysiology</td>
</tr>
<tr>
<td>15.05</td>
<td>Infant Nutrition</td>
</tr>
<tr>
<td>16.00</td>
<td>Professional Issues (Less than 2%)</td>
</tr>
<tr>
<td>16.01</td>
<td>Ethical Principles</td>
</tr>
<tr>
<td>16.02</td>
<td>Legal Issues</td>
</tr>
<tr>
<td>16.03</td>
<td>Research/Patient Safety</td>
</tr>
</tbody>
</table>
**EXAMINATION CONTENT**

**COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES**

---

**MATERNAL FACTORS AFFECTING THE FETUS AND NEWBORN**

### ASSOCIATED COMPETENCIES

- Demonstrate knowledge of biological, physiological, psychological, and sociocultural factors that influence the pregnant family, developing fetus, and newborn.

- Identify alterations in the biological, physiological, psychological and sociocultural status of the mother/fetus and newborn.

- Identify patient’s actual or potential problems/needs utilizing information received from the patient, the family, appropriate records and other health team members.

### DISEASE PROCESSES

**Hypertension**
- Gestational (Pregnancy-induced hypertension)
- Preeclampsia-eclampsia
- HELLP syndrome
- Chronic (essential)

**Diabetes**
- Preexisting
- Gestational

**Maternal cardiac disease/anomalies**

**Infectious diseases**
- **Sexually transmitted diseases**
- HIV infection
- Herpes
- Gonorrhea
- Chlamydia
- Human papilloma virus
- Syphilis
- **Non-sexually transmitted diseases**
- Viral infections
- Bacterial infections
- Fungal infections
- Other infections

**Blood disorders**
- Anemia
- Thrombocytopenia
- Hemolytic disease
- Disseminated intravascular coagulation (DIC)

**Renal/GU disease**
- Hyperthyroidism/hypothyroidism
- Systemic lupus erythematosus
- Appendicitis
- Rh incompatibility

### PREGNANCY RISKS

**Life-style**
- Substance use/abuse
  - Alcohol
  - Caffeine
  - Nicotine
  - Cocaine
  - Heroin
  - Methadone
  - Marijuana
  - Other Drugs/Substances
- Domestic Violence

**Environmental**
- Toxic waste
- Heavy metals
- Pesticides
- Occupational exposure

---

### STUDY RESOURCES

EXAMINATION CONTENT
COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES

ASSOCIATED COMPETENCIES

— Demonstrate knowledge of biological, physiological, psychological, and sociocultural factors that influence the pregnant family, developing fetus, and newborn.

— Identify alterations in the biological, physiological, psychological and sociocultural status of the mother, fetus and newborn.

— Identify patient’s actual or potential problems/needs utilizing information received from the patient, the family, appropriate records and other health team members.

— Develop a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components.

— Evaluate interventions and modify the plan of care.

FETAL ASSESSMENT

Antepartum Assessment
Ultrasound
Non-stress testing
Contraction stress testing
Biophysical Profile
Fetal Movement Counting
Tests for fetal lung maturity
Prenatal diagnosis
Amniocentesis
Chorionic Villus Sampling (CVS)
Cordocentesis
Maternal Serum Screening (AFP)

Electronic Monitoring
Fetal Heart Assessment
Baseline Features
   Rate
   Variability
   Dysrhythmias
   Artifact
Periodic Changes
   Accelerations
   Decelerations
Nonperiodic changes
   Accelerations
   Prolonged decelerations
Uterine Activity
Hyperstimulation
Hypertonus

Non-electronic Monitoring
Auscultation
Palpation

Acid-base Assessment
Fetal blood sampling
Cord blood sampling
Fetal stimulation

STUDY RESOURCES


THE EXAM REFLECTS THE NICHD TERMINOLOGY RELATIVE TO ELECTRONIC FETAL MONITORING ADOPTED IN 2008.
LABOR AND DELIVERY

ASSOCIATED COMPETENCIES

— Demonstrate knowledge of biological, physiological, psychological, and sociocultural factors that influence the pregnant family, developing fetus, and newborn.

— Identify alterations in the biological, physiological, psychological and sociocultural status of the mother, fetus and newborn.

— Identify patient’s actual or potential problems/needs utilizing information received from the patient, the family, appropriate records and other health team members.

— Develop a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components.

— Evaluate interventions and modify the plan of care.

PHYSIOLOGY OF LABOR

Theories on initiation of labor
Characteristics of true labor
Uteroplacental physiology
Maternal physiology

LABOR MANAGEMENT

General Assessment
Physical assessment (initial & ongoing)
General
Abdominal
Vaginal
Psychosocial

Stages of Labor (First, Second, Third)
Characteristics
Support interventions
Nursing responsibility
Prepared childbirth

OBSTETRICAL PROCEDURES

Version
Indications and contraindications
Complications
Nursing responsibilities

Episiotomy
Indications and contraindications
Complications
Nursing responsibilities

Forceps/vacuum extraction
Indications and contraindications
Complications
Nursing responsibilities

Cesarean birth
Indications and contraindications
Types
Nursing Interventions/support
Complications
Post anesthesia care

Vaginal Birth after Cesarean Birth
Indications/ contraindications
Complications
Nursing interventions /support

Induction of labor/Cervical Ripening
Indications/contraindications
Cervical Readiness
Methods
Amniotomy
Oxytocin Infusion
Prostaglandins
Mechanica
Nursing management & interventions
Fetal and neonatal complications

PAIN MANAGEMENT

(ANALGESIA/ANESTHESIA)

Non-pharmacologic methods
Relaxation
Breathing
Positioning
Coaching

Pharmacological methods
Systemic
Narcotics
Agonists
Sedatives
Regional
Epidural/Caudal Anesthetics/
Narcotics
Subarachnoid/Spinal
Pudendal/Local Blocks
General Anesthesia

Complications
Maternal
Fetal
Nursing responsibilities

STUDY RESOURCES

OBSTETRIC COMPLICATIONS

ASSOCIATED COMPETENCIES

— Demonstrate knowledge of biological, physiological, psychological, and sociocultural factors that influence the pregnant family, developing fetus, and newborn.

— Identify alterations in the biological, physiological, psychological and sociocultural status of the mother, fetus and newborn.

— Identify patient’s actual or potential problems/needs utilizing information received from the patient, the family, appropriate records and other health team members.

— Develop a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components.

— Evaluate interventions and modify the plan of care.

LABOR AND PLACENTAL DISORDERS (Nursing management/intervention)

Dysfunctional labor
Prolonged
Precipitous

Dystocias
Maternal implications
Fetal-neonatal implications
Malposition or malpresentation
Macrosomia
Shoulder dystocia
Nursing interventions

Problems associated with umbilical cord
Vasa previa
Velamentous cord insertion
Prolapsed cord

Problems associated with amniotic fluid
Amniotic fluid embolism
Hydramnios
Oligohydramnios
Rupture of membranes
Preterm
Term

Placental problems
Abruptio Placenta
Placenta Previa
Abnormal implantation

PRETERM LABOR

Definition/risks
Diagnosis
Management
Non-pharmacological
Pharmacologic
Fetal and neonatal complications

Multiple Gestation
Definition/risks
Management
Fetal and neonatal complications

Prolonged pregnancy
Definition/risks
Management
Fetal and neonatal complications

STUDY RESOURCES

**EXAMINATION CONTENT**

**COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES**

**POSTPARTUM**

**ASSOCIATED COMPETENCIES**

— Demonstrate knowledge of biological, physiological, psychological, and sociocultural factors that influence the pregnant family, developing fetus, and newborn.

— Identify alterations in the biological, physiological, psychological and sociocultural status of the mother, fetus and newborn.

— Identify patient’s actual or potential problems/needs utilizing information received from the patient, the family, appropriate records and other health team members.

— Develop a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components

— Evaluate interventions and modify the plan of care

**Postpartum Physiology**

Physiological changes
- Reproductive system
- Other organ systems

Nursing care of the postpartum woman

**Family adaptation**

Psycho/Social/Cultural
Parent infant interactions

**Lactation**

Physiology of lactation
Nutritional needs of lactating woman
Breast feeding techniques
Complications
Contraindications to breastfeeding
Care of the non-breastfeeding mother

**Complications of postpartum period**

Infection
Hemorrhage
Thromboembolic
Psychological
Other medical/obstetrical conditions

**Discharge Planning and Home Care**

Patient education
- Maternal self care
- Warning signs
- Routine neonatal care
- Safety care issues

**STUDY RESOURCES**

NEWBORN

ASSOCIATED COMPETENCIES
— Demonstrate knowledge of biological, physiological, psychological, and sociocultural factors that influence the pregnant family, developing fetus, and newborn.
— Identify alterations in the biological, physiological, psychological and sociocultural status of the mother, fetus and newborn.
— Identify patient’s actual or potential problems/needs utilizing information received from the patient, the family, appropriate records and other health team members.
— Develop a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components.
— Evaluate interventions and modify the plan of care.

ADAPTATION TO EXTRAUTERINE LIFE
— Respiratory changes
— Cardiovascular changes
— Temperature regulation
— Metabolic

ASSESSMENT
— Physical
  — Normal transition
  — Abnormal findings
  — Common congenital anomalies
— Laboratory evaluation
— Neurological/behavioral
— Gestational age

RESUSCITATION
— Initial evaluation
— Personnel and equipment
— Indications and techniques
— Indications for transport

PATHOPHYSIOLOGY: INITIAL ASSESSMENT / NURSING INTERVENTIONS
— Respiratory disorders
— Temperature disturbances
— Cardiovascular disorders
— Glucose regulation
— Jaundice
— Hematological disorders
— Anemia
— Polycythemia
— Gastrointestinal disorders
— Infectious diseases
  — HIV
  — Group B Streptococcus
  — Sepsis
  — Hepatitis
  — Common sexually transmitted diseases
— Birth injuries/trauma
  — Cephalohematoma
  — Caput succedaneum
  — Fractures
  — Nerve injury
— Infant of drug using mother
— Infant nutrition
  — Feeding
  — Problems/complications

STUDY RESOURCES
— Physical Assessment of the Newborn, Tappero, NICU, Ink., 2009.
ASSOCIATED COMPETENCIES

- Apply current standards of practice, research findings and ethical/legal principles in providing nursing care to the normal and high risk antepartal, intrapartal and postpartal family.

PROFESSIONAL ISSUES

Ethical Principles
- Autonomy
- Beneficence
- Non-malfeasance
- Justice

Legal Issues
- Consent
- Documentation/medical records
- Impaired nurse
- Communication
- Negligence/malpractice
- Standards

Research
- Terminology
- Application of research findings

Patient Safety

STUDY RESOURCES