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

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.

10.00 Maternal Factors Affecting The Fetus and Newborn (10-15%)
  10.01 Disease Processes
  10.02 Pregnancy Risks

11.00 Fetal Assessment (15-25%)
  11.01 Antepartum Assessment
  11.02 Electronic Fetal Monitoring
  11.03 Non-electronic Fetal Monitoring
  11.04 Acid-base Assessment

12.00 Labor And Delivery (25-30%)
  12.01 Physiology of Labor
  12.02 Labor Management
    a. General Assessment
    b. Stages of Labor
  12.03 Obstetrical Procedures
  12.04 Pain Management

13.00 Obstetric Complications (15-25%)
  13.01 Labor and Placental Disorders
  13.02 Preterm Labor
  13.03 Multiple Gestation
  13.04 Prolonged Pregnancy

14.00 Postpartum (5-10%)
  14.01 Physiology of the Postpartum Woman
  14.02 Family Adaptation
  14.03 Lactation
  14.04 Complications of Postpartum Period
  14.05 Discharge Planning & Home Care

15.00 Newborn (5-10%)
  15.01 Adaptation to Extrauterine Life
  15.02 Assessment
  15.03 Resuscitation
  15.04 Pathophysiology
  15.05 Infant Nutrition

16.00 Professional Issues (Less than 2%)
  16.01 Ethical Principles
  16.02 Legal Issues
  16.03 Research/Patient Safety
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

FETAL ASSESSMENT

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.

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
Hypertonus
Tachysystole

Non-electronic Monitoring

Auscultation
Palpation

Acid-base Assessment

Fetal blood sampling
Cord blood sampling
Fetal stimulation

STUDY RESOURCES

- Freeman, et al., Fetal Heart Rate Monitoring, LWW, 2012.

THE EXAM REFLECTS THE NICHD TERMINOLOGY RELATIVE TO ELECTRONIC FETAL MONITORING ADOPTED IN 2008.
EXAMINATION CONTENT
COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES

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 and contraindications
Complications
Nursing interventions/support

Induction of labor/Cervical Ripening
Indications and contraindications
Cervical Readiness
Methods
  - Amniotomy
  - Oxytocin Infusion
  - Prostaglandins
  - Mechanical
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
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-pharmacologic
  - 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

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

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

- Tappero, Physical Assessment of the Newborn, 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