The above chart shows the percentage distribution of questions on the Maternal Newborn Nursing exam across the major content categories covered on the examination. The major focus of the examination is on Maternal and Newborn Assessment and Management sections with both these areas having the most emphasis. Lesser emphasis is on Factors that affect Maternal and Neonatal Outcomes and Professional Practice having the least number of questions assigned to this content category.
**EXAMINATION CONTENT**

**CONDENSED EXAM OUTLINE**

Focus of the examination will primarily be on the childbearing family from birth to six weeks and will encompass hospital and community settings.

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 100 percent. These ranges do not necessarily reflect the content of future exams.

<table>
<thead>
<tr>
<th>Topic Area</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>10.00 Factors Affecting Maternal/Neonatal Outcomes</td>
<td>5-10%</td>
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<tr>
<td>10.01 Antenatal Factors</td>
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<tr>
<td>10.02 Intrapartal Factors</td>
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<tr>
<td>11.00 Maternal Assessment and Management in the Postpartum Period</td>
<td>(40-45%)</td>
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<tr>
<td>11.01 Physiologic Changes &amp; Physical Assessment (to Include Laboratory Values)</td>
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<tr>
<td>11.02 Nursing Care and Education</td>
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<tr>
<td>11.03 Lactation and Newborn Feeding</td>
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<tr>
<td>11.04 Family Dynamics After Childbirth</td>
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<tr>
<td>11.05 Complications</td>
<td></td>
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<tr>
<td>12.00 Newborn Assessment and Management</td>
<td>(40-45%)</td>
</tr>
<tr>
<td>12.01 Transition to Extrauterine Life</td>
<td></td>
</tr>
<tr>
<td>12.02 Physiologic Changes and Physical Assessment (to Include Laboratory Values)</td>
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<tr>
<td>12.03 Nursing Care and Family Education</td>
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<tr>
<td>12.04 Complications (Recognition and Stabilization)</td>
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<tr>
<td>13.00 Aspects of Professional Practice (Less than 5%)</td>
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<tr>
<td>13.01 Research</td>
<td></td>
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<tr>
<td>13.02 Guidelines for Practice</td>
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<tr>
<td>13.03 Ethical/Legal Issues</td>
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<tr>
<td>13.04 Patient Safety</td>
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</tbody>
</table>
FACTORS AFFECTING MATERNAL/NEONATAL OUTCOMES

ASSOCIATED COMPETENCIES
- Demonstrate knowledge of physiological, psychological and sociocultural factors that affect the childbearing family with emphasis on the postpartal/neonatal period (birth to six weeks)
- Recognize antepartal and intrapartal factors affecting the family in the postpartal/neonatal period

ANTENATAL FACTORS
Maternal Health Status
Age
Nutrition
Obstetrical history
Psychosocial/Cultural Issues
Infertility
Physiologic Changes and Associated Lab Values

ANTEPARTUM RISK FACTORS AND COMPLICATIONS
Diabetes
Hypertension (Chronic, gestational)
Common Bacterial and Viral Infections
Hematologic (Anemias)
Cardiac Disease
Substance Abuse, e.g. Smoking, Drugs, Alcohol
Preterm Labor/Postterm Pregnancy
Multiple Gestation
Intrauterine Growth Restriction
Oligohydranmios
Polyhydramnios

FETAL ASSESSMENT
Biophysical Profile
Nonstress Test
Diagnostic Ultrasound
Lung Maturation Studies (L:S Ratio, Lung Profile, PG)
Amniocentesis
Alpha-Fetoprotein/Triple Screen

INTRAPARTAL FACTORS
Significance of Fetal Heart Rate Patterns and Blood Gases
Fetal Heart Rate Abnormalities (Tachycardia, Bradycardia, Altered Variability, Decelerations)
Cord Gases

MEDICATIONS USED IN LABOR
Tocolytics
Analgesics
Anesthesia
Oxytocics
Complications of Labor
Breech and Other Malpresentations

MECONIUM
Shoulder Dystocia
PROM and Chorioamnionitis
Prolonged Labor
Abruptio Placenta
Cord Prolapse
Precipitous Delivery

METHODS OF DELIVERY
Vaginal
Operative Delivery (Forceps, Vacuum, Cesarean)
VBAC

STUDY RESOURCES
MATERNAL ASSESSMENT AND MANAGEMENT IN THE POSTPARTUM PERIOD
(DELIVERY THROUGH SIX WEEKS)

ASSOCIATED COMPETENCIES

- Assess the physical status of the mother and neonate
- Assess the psychological and sociocultural status of the childbearing family
- Analyze data to identify nursing and educational needs of the childbearing family
- Develop and implement an individualized plan for the childbearing family
- Evaluate outcomes and modify the plan as necessary

Physiologic Changes & Laboratory Values
- Reproductive
- Cardiopulmonary
- Genitourinary
- Gastrointestinal
- Hematological
- Endocrine

Nursing Care and Education
- Comprehensive Postpartum Health Assessment
- Postoperative Care
- Common Medications (Indications, Administration, Drug Interactions, Patient Teaching)
  - Insulin
  - Analgesics
  - Antimicrobials
  - Antihypertensives
  - Diuretics
  - Oxytocics
  - GI Motility Drugs
  - Vaccines
  - Rh Immune Globulin (RhoGAM)

Common Problems
- Bladder Distention & Urinary Retention
- Hemorrhoids
- Afterpains
- Perineal Edema and Pain
- Breast Engorgement
- Constipation
- Fatigue and Sleep Disturbances
- Postpartum Blues/Depression

Patient Education for the New Mother
- Postpartum Self Care
- Contraception
- Nutrition

Lactation & Newborn Feeding
- (Management and Patient Teaching)
- Lactation
- Anatomy and Physiology of Lactation
- Composition of Breast Milk
- Maternal Nutritional Needs
- Normal Breastfeeding Process
- Positioning
- Latch On
- Suck/Swallow/Sequence
- Timing (Frequency and Duration)
- Feeding Cues
- Contraindications to Breast Feeding
- Maternal Complications
- Latch on Problems
- Nipple Problems
- Breast Engorgement
- Insufficient Milk Supply
- Therapeutic Medications
- Infection/Mastitis
- Maternal Illness
- Perinatal Substance Abuse
- Maternal/Newborn Separation

Complications
- Hemorrhage
- Thrombophlebitis
- Infections
- Hematoma
- Diabetes
- Postpartum Depression/Psychosis
- Chronic Hypertension, gestational/Eclampsia
- DIC/HELLP
- Diabetes
**Examination Content**

**Competency Statements, Test Content Outline & Study Resources**

**Newborn Complications**
- Hyperbilirubinemia
- Hypoglycemia
- Multiple Birth
- Patient Education
- Breast/Nipple Care
- Use of Supplementary/Complementary Feedings
- Use of Breastfeeding Devices
- Expressing and Storing Breast Milk

**Bottle Feeding**
- Nutritional Needs
- Formulas
- Techniques and Equipment

**Family Dynamics after Childbirth**
- Normal Characteristics of Parent/Infant Interactions
- Maternal Role Transition

**Sibling Responses and Interventions**
- Barriers and Alterations to Parent/Infant Interactions
- Cultural/Life-Style Factors Affecting Family Integration
- Adoption
- Perinatal Grief

**Study Resources**

EXAMINATION CONTENT
COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES

NEWBORN ASSESSMENT AND MANAGEMENT

ASSOCIATED COMPETENCIES

- Assess the physical status of the mother and neonate

- Assess the psychological and sociocultural status of the childbearing family

- Analyze data to identify nursing and educational needs of the childbearing family

- Develop and implement an individualized plan for the childbearing family

Transition to Extrauterine Life (Birth to 4 Hours)
Initial Physiologic Adaptations
Neonatal Resuscitation and Stabilization
Thermoregulation
Associated Laboratory Findings
Physiologic Changes and Physical Assessment (to Include Laboratory Values)
Gestational Age Assessment
Neurobehavioral and Sensory Assessment
Systems Review (Including Common Variations)
Cardiac
Respiratory
Gastrointestinal
Integumentary
Musculoskeletal
Head, Ears, Eyes, Nose and Throat
Endocrine
Genitourinary

Nursing Care and Family Education
Newborn Care
Cord Care
Elimination
Feeding
Circumcision
Comfort Measures
Skin Care
Safety

Commonly Used Medications
Vitamin K
Vaccines/Immunoglobulins
Eye Prophylaxis
Analgesics
Anti-infectives
Complications (Recognition and Stabilization)
Cardiac
Cyanotic Heart Disease
Acyanotic Heart Disease
Respiratory
Apnea
Transient Tachypnea of the Newborn
Pneumothorax
Meconium Aspiration
Gastrointestinal
Obstructions
Anomalies
Musculoskeletal
Congenital Hip Dislocation
Skeletal Anomalies
Birth Injuries
Head, Ears, Eyes, Nose and Throat
Hematopoietic
Anemia
Vitamin K Deficiency
Rh Disease and ABO Incompatibility
Incompatibility
Polycythemia/Hyperviscosity
Thrombocytopenia
Jaundice
EXAMINATION CONTENT
COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES

Neurological
Seizures
Jitteriness
Intracranial Hemorrhage
Neural Tube Defects

Genitourinary
Structural Defects/Anomalies
Infectious Diseases
Neonatal Sepsis
Viral Infections
Bacterial Infections
Sexually Transmitted Infections

Endocrine/Metabolic/Genetic
Hypoglycemia
Electrolyte Imbalances
Inborn Errors of Metabolism
Patterns of Inheritance
Infant of a Diabetic Mother
Substance Abused Neonate

STUDY RESOURCES
• Tappero, et al., Physical Assessment of the Newborn, NICU, Ink, 2009.
ASPECTS OF PROFESSIONAL PRACTICE

ASSOCIATED COMPETENCIES

- Evaluate outcomes and modify the plan as necessary

- Incorporate knowledge of current standards of practice, research and professional issues into the nursing management of the childbearing family

Research
- Terminology
- Incorporation into Practice

Guidelines for Practice
- (Governmental & Professional)

Quality Outcome Measurements
- Ethical/Legal Issues
- Ethical Concepts
- Autonomy
- Beneficence
- Justice
- Nonmaleficence
- Informed Consent
- Confidentiality
- Documentation/Medical Records
- Impaired Nurse
- Legal Liability

STUDY RESOURCES