The above chart shows the percentage distribution of questions on the WHNP exam across the major content categories covered on the examination. The major focus of the examination is on gynecology, obstetric and pharmacology components with gynecology having the most emphasis. Lesser emphasis is on professional issues, primary care and physical assessment with professional issues having the least number of questions assigned to this content category.

Expectations for WHNPs include a male component and questions on the exam can include male care in reference to physical examination, management of sexually transmitted diseases and infertility issues.
**CONDENSED EXAM OUTLINE**

Areas of knowledge to be tested on the Women’s Health Care Nurse Practitioner examination are listed in the following outline. This list is not intended as an all-inclusive review of the scope of knowledge of the women's healthcare nurse practitioner. 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 100 percent. These ranges do not necessarily reflect the content of future examinations.

<table>
<thead>
<tr>
<th>Section</th>
<th>Topic</th>
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<tbody>
<tr>
<td>10.00</td>
<td>Physical Assessment and Diagnostic Evaluation (10-15%)</td>
</tr>
<tr>
<td>10.01</td>
<td>Health History &amp; Physical Examination</td>
</tr>
<tr>
<td>10.02</td>
<td>Diagnostic Studies/Laboratory Tests/Procedures</td>
</tr>
<tr>
<td>11.00</td>
<td>Primary Care (5-7%)</td>
</tr>
<tr>
<td>11.01</td>
<td>Recognition, Basic Management and/or Referral of Common Health Problems</td>
</tr>
<tr>
<td>11.02</td>
<td>Health Promotion and Patient Counseling</td>
</tr>
<tr>
<td>12.00</td>
<td>Gynecology (35-40%)</td>
</tr>
<tr>
<td>12.01</td>
<td>Gynecology -- Normal</td>
</tr>
<tr>
<td>12.02</td>
<td>Gynecologic Disorder</td>
</tr>
<tr>
<td>12.03</td>
<td>Pregnancy Prevention</td>
</tr>
<tr>
<td>12.04</td>
<td>Unintended Pregnancy</td>
</tr>
<tr>
<td>12.05</td>
<td>Male Issues Affecting Women's Health</td>
</tr>
<tr>
<td>13.00</td>
<td>Obstetrics (30-35%)</td>
</tr>
<tr>
<td>13.01</td>
<td>Physiology of Pregnancy</td>
</tr>
<tr>
<td>13.02</td>
<td>Prenatal Care</td>
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<tr>
<td>13.03</td>
<td>Fetal Assessment</td>
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<tr>
<td>13.04</td>
<td>Complications of Pregnancy</td>
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<tr>
<td>13.05</td>
<td>Postpartum</td>
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<tr>
<td>14.00</td>
<td>Pharmacology (15-20%)</td>
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<tr>
<td>14.01</td>
<td>Pharmacokinetics/dynamics</td>
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<tr>
<td>14.02</td>
<td>Pharmacotherapeutics (Prescriptions and OTCs)</td>
</tr>
<tr>
<td>15.00</td>
<td>Professional Issues (&lt;2%)</td>
</tr>
<tr>
<td>15.01</td>
<td>Evidence-Based Practice</td>
</tr>
<tr>
<td>15.02</td>
<td>Legal Issues</td>
</tr>
</tbody>
</table>
**Physical Assessment and Diagnostic Evaluation**

**Associated Competencies**

- Obtain a general health history, perform a general screening physical examination, obtain and/or interpret appropriate diagnostic procedures and laboratory tests.

- Initiate pharmacologic therapy as appropriate or per protocol to manage general health, gynecologic and obstetric health needs of women throughout their life cycle.

- Identify gynecologic deviations from normal, formulate a diagnosis by collaboration as necessary and provide management and education or refer as necessary.

- Provide physical assessment, management and education for women and men in need of reproductive health care.

- Obtain an obstetric history, perform a prenatal examination, and obtain and/or interpret appropriate diagnostic procedures and laboratory tests relevant to obstetrics.

- Provide comprehensive prenatal and postpartum management and education for women with low risk pregnancies.

**Health History & Physical Exam**

**Health History**
- Chief complaint/history of present illness
- Systems review
- Personal history Re: Past medical history
- Surgical history
- Obstetric history
- Allergies
- Health risks
- Family history
- Social history

**Physical Examination**
- Anthropometric measurements
- Vital signs
- HEENT
- Heart and lungs
- Breast
- Abdomen
- Reproductive
- Rectal
- Extremities
- Musculoskeletal
- Neurologic
- Endocrine
- Skin

**Diagnostic Studies**

**Hematologic studies**
- Blood typing and antibody screening
- Hemoglobin levels
- Hemoglobin A1C
- White blood cell components
- Blood clotting

**Serologic studies**
- Hormone studies
- Liver function tests
- Antibody detection
  - Infectious agents, HIV, Hepatitis, Rubella
  - Autoantibodies

**Kidney function**
- BUN
- Creatinine
- Creatinine clearance

**Lipid profile**
- Urinalysis
- Fecal testing
- Vaginal smears for microscopic study
- Cervical and vaginal culture
- Cervical cytology
- GBS cultures
- Test for ruptured membranes

**Endoscopic procedures**
- Colposcopy
- Diagnostic laparoscopy
- Hysteroscopy
- Colonoscopy/sigmoidoscopy
EXAMINATION CONTENT
CONDENSED EXAM OUTLINE

Imaging Studies
X-ray
Ultrasonography
Mammography
Bone densitometry

Biopsies
Endometrium
Cervix
Vulva
Breast

Genetic
Genetic markers
Karyotype
Gene identification

STUDY RESOURCES
- Physical Examination & Health Assessment, Jarvis, Saunders Elsevier, 2011.
ASSOCIATED COMPETENCIES

- Differentiate common non-gynecologic medical problems and other deviations from normal and provide education, management or referral when appropriate.

- Provide general health supervision, health maintenance, education and counseling to women during the life cycle.

RECOGNITION, BASIC MANAGEMENT AND/OR REFFERRAL OF COMMON HEALTH PROBLEMS (Evaluation, diagnosis, treatment or referral)

Skin
Chronic and acute skin conditions, i.e. vitiligo, psoriasis, eczema, contact dermatitis
Cancer

Respiratory
Upper
Rhinitis
Pharyngitis
Sinusitis
Lower
Asthma
Pneumonia
Bronchitis

Cardiovascular
Hypertension
Thromboembolic disease
Pulmonary embolism
Hyperlipidemia
Mitral Valve Prolaps
Abnormal Heart Sounds

Gastrointestinal
Gastroesophageal reflux
Irritable Bowel Syndrome
Constipation
Hemorrhoids
Colon Cancer
Obesity
Anorexia/bulimia
Cholecystitis
Appendicitis

Genitourinary
Urinary tract infection
Cystitis
Urethritis
Pyelonephritis
Hematuria
Renal Stones

Musculoskeletal
Back pain
Strains/sprains
Arthritis

Neurologic/Psychiatric
Headaches
Depression
Anxiety
Panic Disorder
Obsessive-Compulsive Disorder

Endocrine
Diabetes
Thyroid

Hematologic
Sickle cell
Anemias
Thromobogenic disorders

Immunologic
Allergies
Lupus
HIV/AIDS

HEALTH PROMOTION AND PATIENT COUNSELING

Risk Assessment, Disease Prevention and National Screening Guidelines
Cancer
Breast
Colon
Gynecologic
Cervical
Endometrial
Ovarian
Vaginal/Vulvar
Lung
Skin
Diabetes
Cardiovascular disease
Osteoporosis
EXAMINATION CONTENT
COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES

Health Promotion Advice
Diet/nutrition
Exercise
Immunizations
Smoking cessation
Aging
Parenting
Sexuality
Stress Management

Dysfunctional Social Patterns
Addictive disorders
Family violence
Sexual abuse/assault

Preconception counseling
Genetics
Environment
Lifestyle
Medications
Nutrition

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

GYNECOLOGY

ASSOCIATED COMPETENCIES
- Obtain a gynecologic history; perform a gynecologic examination and obtain and/or interpret diagnostics studies and laboratory tests relevant to gynecology
- Identify gynecologic deviations from normal, formulate a diagnosis by collaboration as necessary and provide management and education or refer as necessary
- Obtain a general health history, perform a general screening physical examination, obtain and/or interpret appropriate diagnostic procedures and laboratory tests
- Provide physical assessment, management and education for women and men in need of reproductive health care

GYNECOLOGY- NORMAL
- Anatomy and physiology of reproductive organs
- Puberty
- Reproductive Age
- Conception
- Climetic
- Postmenopause

GYNECOLOGIC DISORDERS
Evaluation, diagnosis, treat, refer, counseling/education
- Abnormalities of puberty
- Menstrual disorders
- Vaginitis/vaginosis
- Sexually transmitted infections
- Urinary tract infections
- Pelvic pain
- Endometriosis
- Infertility
  - Etiologic factors
  - Initial workup

Cervical cytology, HPV testing

Benign uterine/cervical conditions
- Adenomyosis
- Adnexal masses
- Cervical and Endometrial Polyps
- Leiomyomata uteri

Malignant disorders
- Endometrium
- Cervix
- Ovary
- Vagina/Vulva

Breast Disorders
- Breast cancer
- Fibroadenoma
- Fibrocystic breast changes
- Other benign disorders

Climacteric /Postmenopause

Pelvic organ relaxation & prolapse

Polycystic ovarian syndrome

Vulvar dystrophies and dermatoses

PREGNANCY PREVENTION
- Cycle timing
- Barrier methods
- Pharmacologic methods
- Oral
- Injection/Implants
- Transdermal
- Vaginal
- Intrauterine contraception
- Tubal occlusion methods

UNINTENDED PREGNANCY
- Induced abortion
- Adoption
- Options Counseling

MALE ISSUES AFFECTING WOMEN’S HEALTH
- Sexuality/sexual dysfunction
- Contraception
- Infertility
- Sexually transmitted infections

STUDY RESOURCES

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**EXAMINATION CONTENT**

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

### OBSTERICS

#### ASSOCIATED COMPETENCIES

- Obtain an obstetric history, perform a prenatal examination, and obtain and/or interpret appropriate diagnostic procedures and laboratory tests relevant to obstetrics

- Provide general health supervision, health maintenance, education and counseling to women during the life cycle.

- Provide comprehensive prenatal and postpartum management and education for women with low risk pregnancies.

- Screen for high risk pregnancies, pregnancy complications and postpartum complications; identify deviations from normal, refer or collaborate as appropriate on prenatal and postpartum education and management

#### PHYSIOLOGY OF PREGNANCY

Normal fetal-placental development
Alterations in maternal anatomy/physiology
Emotional and behavioral changes

#### PRENATAL CARE

Gestational dating
Risk assessment
Nutrition
Immunologic status
Medication assessment
Health guidance
Screening tests
Common discomforts of pregnancy
Pregnancy Specific Exam

#### FETAL ASSESSMENT

Amniocentesis
Amniotic fluid index
Biophysical profile
Chorionic villus sampling
Contraction stress testing
Fetal Movement Counting
Genetic Screening
Maternal Serum Markers
Nonstress testing
Tests for fetal lung maturity
Ultrasound

#### COMPLICATIONS OF PREGNANCY

Evaluation, diagnosis, treat/refer, counseling/education

**Maternal medical disorders**

Metabolic
Infectious
Cardiovascular
Renal
Gastrointestinal
Respiratory
Hematologic
Substance abuse

**Placental abnormalities**

Trophoblastic disease
Placenta previa
Abruptio placenta
Amniotic fluid volume

**Pregnancy Specific Conditions**

Spontaneous abortion
Incompetent cervix
Intrauterine fetal death
Multiple gestation:
Prematurity
Postmaturity
Ectopic pregnancy
Preterm labor
Hyperemesis gravidarum
Gestational hypertension
Malpresentations
Rh isoimmunization
Coping with pregnancy loss

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POSTPARTUM

Physiologic changes
Cardiovascular
Endocrine
Gastrointestinal
Hematological
Respiratory
Renal/urinary
Uterine/pelvic changes/involution

General care issues
Afterpains
Care of perineal area
Care of breasts
Fatigue and sleep disturbances
Issues related to non-breastfeeding mother
Postpartum exercises
Contraception

Breastfeeding
Contraindications to breastfeeding
Complications
Engorgement
Infections
Nipple soreness
Plugged ducts

Nutritional needs
Physiology of lactation
Positioning and infant feeding

Family integration
Barriers to parent infant interactions
Environmental factors affecting family integration
Parent-infant interactions-normal characteristics
Principles of grieving
Sibling responses and interventions

Complications of the postpartum period
Bladder distention & urinary retention
Hematoma
Hemorrhage
Hemorrhoids
Postpartum depression/psychosis
Reproductive and urinary tract infection
Thrombophlebitis

STUDY RESOURCES

EXAMINATION CONTENT
COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES

PHARMACOLOGY

ASSOCIATED COMPETENCIES
- Initiate pharmacologic therapy as appropriate or per protocol to manage general health gynecologic and obstetric health needs of women throughout their life cycle.

PHARMACOKINETICS/
PHARMACODYNAMICS
Pharmacokinetic properties of drugs (absorption, distribution, metabolism, excretion)
Pharmodynamics properties (mechanism of action, drug receptor binding)
Drug Interactions
Contraindications

PHARMACOTHERAPEUTICS
(PRESCRIPTION AND OTCs)
Indications
Side effects
Drug interactions
Contraindications
Patient education

STUDY RESOURCES
- King, et al., Pharmacology for Women’s Health, Jones and Bartlett, 2011.
## Professional Issues

### Associated Competencies
- Understand basic research principles and apply research findings to evidence-based practice
- Apply, ethical, legal and professional issues inherent in providing care as a Women’s Health Care Nurse Practitioner

### Evidence-Based Practice
- Type of research designs
- Application of research findings to evidence-based practice
- Statistical reliability
- Generalizability of research findings
- Replication of outcomes
- Ethical considerations

### Legal/Ethical Issues
- Informed consent
- Protection of information
- Risk management
- Scope of practice
- Ethical principles (autonomy, justice, etc)

### Study Resources
- Polit, Essentials of Nursing Research, LWW, 2010.