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.
EXAMINATION CONTENT
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
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 Evidence Based Practice
16.02 Professional/Legal
16.03 Ethical Principles
16.04 Patient Safety
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.
- Develop a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components.

I. Disease Processes

- Hypertension
  - Gestational
  - Preeclampsia-eclampsia
  - HELLP syndrome
  - Chronic
- 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 (e.g. influenza)
  - 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

II. Pregnancy Risks

- Life-style
- Substance use/abuse
  - Alcohol
  - Tobacco/Nicotine
  - Drugs
    - Cocaine
    - Subutex/Suboxone
    - Over the counter/prescription
    - Heroin
    - Methadone
    - Marijuana
    - Other Drugs/Substances
- Domestic Violence
- Environmental
- Toxic waste
  - Mercury
  - Lead

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.

**I. Antepartum Assessment/ Prenatal Diagnosis**

- Ultrasound
- Assessment of fetal growth
- Non-stress testing
- Biophysical Profile
- Amniocentesis
- Cordocentesis
- Maternal Serum Screening

**II. Electronic Fetal Monitoring**

- Fetal Heart Assessment
  - NICHD Terminology
    - Category I, II and III
    - Baseline Features
    - Rate
    - Variability
    - Dysrhythmias
    - Artifact
- Periodic or Episodic Changes
  - Accelerations
  - Decelerations
- Uterine Activity
  - Hypertonus
  - Tachysystole

**III. Non-Electronic Monitoring**

- Auscultation
- Palpation

**IV. Acid-Base Assessment**

- Cord blood gas evaluation
- Fetal stimulation
- Vibroacoustic Scalp

**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.*

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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.

I. Physiology of Labor
- Characteristics of true labor
- Uteroplacental physiology
- Maternal physiology

II. Labor Management
- General Assessment
  - Physical assessment (initial/ongoing)
    - General
    - Abdominal
    - Vaginal
  - Psychosocial
- Stages of Labor (First, Second, Third)
  - Characteristics
  - Support interventions
  - Nursing responsibility

III. 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
  - Complications
  - Post-anesthesia care
  - Nursing Interventions/support
- Vaginal Birth after Cesarean Birth (TOLAC)
  - Indications and contraindications
  - Complications
  - Nursing interventions/support
- Induction of labor/Cervical Ripening
  - Indications and contraindications
  - Cervical Readiness (Bishop Score)
  - Methods
    - Amniotomy
    - Oxytocin Infusion
    - Prostaglandins
    - Mechanical (e.g. Foley Balloon)
  - Nursing mgmt and interventions
  - Fetal and neonatal complications

IV. Pain Management (Analgesia/Anesthesia)
- Non-pharmacologic methods
  - Relaxation
  - Breathing
  - Positioning
  - Coaching
  - Prepared childbirth
- Pharmacological methods
  - Systemic
    - Narcotics
    - Sedatives
  - Regional
    - Epidural/Caudal
    - Subarachnoid/Spinal
  - General Anesthesia
    - Complications
    - Maternal
    - Fetal
- Nursing responsibilities
EXAMINATION CONTENT
COMPETENCY STATEMENTS, TEST CONTENT OUTLINE & STUDY RESOURCES

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.

OBSTETRIC COMPLICATIONS

I. Labor and Placental Disorders
(Nursing management/ intervention)

- Dysfunctional labor (Dystocias)
  Prolonged Precipitous
  Maternal implications
  Fetal-neonatal implications
- Malposition or malpresentation
  Shoulder dystocia Nursing interventions
  Maternal/Fetal implications
- Problems associated with umbilical cord
  Velamentous cord insertion
  Prolapsed cord
- Problems associated with Amniotic Fluid
  Polyhydramnios
  Oligohydramnios
- Rupture of membranes
  Preterm Term
  Prolonged
- Amniotic fluid embolism
  (Anaphylactoid syndrome of pregnancy)

II. Preterm Labor

- Definition/risks
- Diagnosis
- Management
- Fetal and neonatal complications

III. Multiple Gestation

- Definition/risks
- Management
- Fetal and neonatal complications

IV. 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

I. Postpartum Physiology

- Physiological changes
  Reproductive system
  Other organ systems

- Nursing care of the postpartum woman
  Rh immune globulin
  Involution
  Pain Management
  Perineal assessment
  Wound care

II. Family Adaptation

- Psycho/Social/Cultural
- Parent infant interactions
- Discharge planning and home care
- Patient education
  Maternal self-care
  Warning signs
  Routine neonatal care

III. Lactation

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

IV. Complications of the Postpartum Period

- Infection
- Bleeding
  Lacerations
  Hemorrhage
  Retained placental fragments
  Hematoma
  Nursing Interventions
- Thromboembolic
- Cardiomyopathy
- Psychological
- Other medical/obstetrical conditions

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.

I. Adaptation to Extraterine Life (Transition)

- Respiratory changes
- Cardiovascular changes
- Thermoregulation
- Glucose homeostasis and fluid balance

II. Assessment

- Physical
  Abnormal findings
  Common congenital anomalies
  Common skin lesions or rashes
- Laboratory evaluation
  Thrombocytopenia
  WBC count
  Anemia
  Polycythemia
  ABO incompatibility
- Neurological
  Tone
  Reflexes
- Behavioral states
- Gestational age
- Late preterm infants

III. Resuscitation

- Initial evaluation
- Personnel and equipment
- Indications and techniques
- Indications for transport

IV. Complications (Initial Assessment/Nursing Interventions)

- Respiratory and cardiovascular emergencies
  Jaundice
- Surgical Emergencies
- Infectious diseases
  Group B Streptococcus
  E-coli
  Hepatitis
  Varicella
  Common sexually transmitted diseases
- Birth injuries/trauma
  Cephalohematoma
  Caput succedaneum
  Fractures
  Nerve injury
- Infant of drug using mother

V. Infant Nutrition

- Feeding
- Problems/complications

STUDY RESOURCES

- Tappero, Physical Assessment of the Newborn, NICU, Ink., 2015.
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

I. Ethical Principles

- Autonomy
- Beneficence
- Non-maleficence
- Justice

II. Professional/Legal Issues

- Professional Regulation Practice
- Legal liability
  - Consent
  - Documentation/medical records
  - Negligence/malpractice

III. Evidence based practice

- Terminology
- Reliability
- Validity
- Significance
- Levels of Evidence
- Quality Improvement
- Research utilization

IV. Patient Safety

- Communication
- Interprofessional practice

STUDY RESOURCES