### Sample plans for each core certification can be found within this guide

<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>YOUR SPECIALTY INDEX</th>
<th>CE HOURS REQUIRED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternal/Neonatal Factors Affecting Outcomes (Code 1)</td>
<td>9.71</td>
<td>5 hours</td>
</tr>
<tr>
<td>Postpartum Assessment and Management (Code 2)</td>
<td>7.65</td>
<td>Standard met 20 hours</td>
</tr>
<tr>
<td>Newborn Care (Code 3)</td>
<td>4.00</td>
<td>Standard met</td>
</tr>
<tr>
<td>Pharmacology (Code 4)</td>
<td>10</td>
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</table>

*Your education plan*

<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>CE HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternal/Neonatal Assessments (Code 1)</td>
<td>5 hours</td>
</tr>
<tr>
<td>Missed keywords: Antepartum, Interventions</td>
<td></td>
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<tr>
<td>Newborn Care (Code 2)</td>
<td>20 hours</td>
</tr>
<tr>
<td>Missed keywords: Postpartum, Management and Family Education, Trauma, Other</td>
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<tr>
<td>Newborn Care (Code 3)</td>
<td></td>
</tr>
<tr>
<td>Maternal/Neonatal Assessments (Code 4)</td>
<td>15 Continuing Education hours in any of your core areas</td>
</tr>
</tbody>
</table>

Credit for taking this assessment (may be applied to your total required hours)

- 15 hours
- 5 hours
- Total hours required 35 hours
Breakdown of the CCA results
The Specialty Index Report contains the ratings for each core competency area within a specialty. Each core content area relates to a code for required CE. The specialty index report is not based upon a grading system but uses mathematical calculations to provide a scaled 1-10 conversion based upon the type and amount of content within each core specialty’s competency content area.

Core competency areas with ratings of less than 7.5 (shown on the report in red type) indicate the need for continuing education in those competency categories to meet your maintenance needs. A specialty index rating of 7.5 or better achieved in any core competency area will satisfy the maintenance needs for the specific specialty area during that maintenance cycle.

The Education Plan will identify those specialty competency areas upon which continuing education should focus.

Core competency areas with ratings of less than 7.5 (shown on the report in red type) will generate a CE amount for that specific competency area (Code). Each certified nurse will need to earn CE to meet those specific content hours for the specified code in the education plan.

Core competency areas ratings of 7.5 or higher have been determined to “meet the standard” and no continuing education needs to be earned for those particular specialty competency categories.

In many cases, the Education Plan will have a baseline requirement for CE in any topics within the specialty. This baseline reflects weighting that adjusts based on the individual’s specialty index ratings within the content categories of their certification specialty. Baseline requirement for CE can be in any code that meets that specialties core competency. See the detailed Continuing Competency Initiative brochure for complete details.

The 5 hours of CE awarded by NCC for completion of the assessment tool is deducted from the CE hour total. You can count that 5 hours awarded by NCC toward any Education Plan CE need.

Missed Keywords are generated for core competency areas with ratings of 7.5 or less. They are intended to show what specific topics had a knowledge gap on the assessment tool.

Missed Keywords are an excellent way to provide some guidance for continuing education topics. They are broad in scope and you are not required to cover all keywords or topics for your NCC certification maintenance.

The Education Plan also provides links to NCC CE modules that meet the Education Plan’s requirements. There is no requirement to use NCC CE modules, the links are provided as a convenience.
Specialty Index: Inpatient Obstetric Nursing Competency Assessment

### INP Core Competency Area

**Fetal Assessment (Code 1)**
- *10 hours*
  - Antepartum assessment
  - Electronic fetal monitoring
  - Non-electronic fetal monitoring
  - Acid-base assessment

**Labor and Birth (Code 2)**
- *15 hours*
  - Physiology of labor
  - Labor management
  - Obstetrical procedures
  - Pain management

**Pregnancy and Obstetric Complications (Code 3)**
- *10 hours*
  - Maternal Factors Affecting the Newborn
    - Disease processes
    - Pregnancy risks

**Obstetric Complications**
- Labor and placental disorders
- Multiple gestation
- Preterm labor
- Prolonged pregnancy

**Postpartum (Code 4)**
- *5 hours*
  - Physiology of the postpartum woman
  - Family adaptation
  - Lactation
  - Complications of the postpartum period

**Newborn (Code 5)**
- *5 hours*
  - Adaptation to extrauterine life
  - Physical assessment
  - Complications (initial assessment/nursing interventions)
  - Infant nutrition
  - Resuscitation and Stabilization

**Professional Practice (Code 6)**
- *5 hours*
  - Ethical Issues
  - Legal Issues
  - Patient Safety
  - Research

<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>YOUR SPECIALTY INDEX</th>
<th>CE HOURS REQUIRED</th>
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</thead>
<tbody>
<tr>
<td>Fetal Assessment (Code 1)</td>
<td>7.62</td>
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<tr>
<td>Labor and Delivery (Code 2)</td>
<td>7.83</td>
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<td>6.84</td>
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<tr>
<td>Postpartum (Code 4)</td>
<td>7.27</td>
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<td>Newborn (Code 5)</td>
<td>2.86</td>
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<td>Professional Practice (Code 6)</td>
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**Your education plan**

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<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>CE HOURS</th>
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<tbody>
<tr>
<td>Pregnancy and Obstetric Complications (Code 3)</td>
<td>10 hours</td>
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<tr>
<td>Postpartum (Code 4)</td>
<td>5 hours</td>
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<td>Newborn (Code 5)</td>
<td>5 hours</td>
</tr>
<tr>
<td>Professional Practice (Code 6)</td>
<td>5 hours</td>
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</table>

**15 Baseline CE hours in any of your content specific specialty areas**

Credit for taking this assessment -5 hours (may be applied to any Plan CE need)

Total hours required 35 hours

*Number of CE hours required if you do not achieve a specialty index of 7.5 or more in the content area.*
### Specialty Index: Low Risk Neonatal Nursing Competency Assessment

**LRN Core Competency Area**

**Mother/Fetus (Code 1)**  
*5 hours*  
- Assessment and Evaluation of Intrauterine Environment  
- Maternal Factors and Complications Affecting the Fetus and Newborn

**Physical Assessment, Thermoregulation and Normal Management (Code 2)**  
*15 hours*  
- General Physiologic Assessment  
- Gestational Age Assessment  
- Clinical Laboratory and Diagnostic Data  
- Thermoregulation  
- Behavioral/Developmental Care

**General Management**  
- Resuscitation and Stabilization  
- Neonatal Nutrition and Feeding  
- Fluid and Electrolyte  
- Oxygenation and Acid-base Balance

**Family Integration**  
- Role Adaptation/Grieving Process  
- Discharge Planning and Home Care

**Neonatal Complications (Code 3)**  
*20 hours*  
- Physical Assessment and Management of Complications  
  - Cardiac  
  - Respiratory  
  - Gastrointestinal  
  - Integumentary  
  - Genitourinary  
  - Hematopoietic  
  - Neurological  
  - Immune System  
  - Endocrine/Metabolic  
  - Musculoskeletal  
  - Genetic Disorders  
  - Head, Ears, Eyes, Nose and Throat  
  - Hyperbilirubinemia  
  - Perinatal Substance Abuse

### Core Competency Area

<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>YOUR SPECIALTY INDEX</th>
<th>CE HOURS REQUIRED</th>
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<tbody>
<tr>
<td>Mother/Fetus (Code 1)</td>
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<td>8.23</td>
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<td>Pharmacology (Code 4)</td>
<td>6</td>
<td>5 hours</td>
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<tr>
<td>Professional Practice (Code 5)</td>
<td>6.67</td>
<td>5 hours</td>
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**Your education plan**

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<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>CE HOURS</th>
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<tr>
<td>Physical Assessment, Thermoregulation and Normal Management (Code 2)</td>
<td>15 hours</td>
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<tr>
<td><strong>Missed keywords:</strong> Behavioral assessment, Breastfeeding, Gestational age assessment, Laboratory test evaluation, Neonatal nutrition, Thermoregulation</td>
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<tr>
<td>Pharmacology (Code 4)</td>
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<tr>
<td><strong>Missed keywords:</strong> Breastfeeding and Medication, Drug Therapies, Hyperbilirubinemia, Perinatal Substance Abuse, Pharmacokinetics</td>
<td></td>
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<tr>
<td>Pharmacology (Code 4) Self Assessment modules »</td>
<td></td>
</tr>
<tr>
<td>Professional Practice (Code 5)</td>
<td>5 hours</td>
</tr>
<tr>
<td><strong>Missed keywords:</strong> Legal Issues, Legal/Ethical Issues, Patient Safety, Research</td>
<td></td>
</tr>
<tr>
<td>Professional Practice (Code 5) Self Assessment modules »</td>
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</tbody>
</table>
| 15 Continuing Education hours in any of your content specific specialty areas  
Credit for taking this assessment (may be applied to your total required hours)  
Total hours required | 15 hours -5 hours 35 hours |

*Number of CE hours required if you do not achieve a specialty index of 7.5 or more in the content area.*

**Pharmacology (Code 4)**  
*5 hours*  
- Pharmacokinetics  
- Breastfeeding and Medications  
- Drug Therapies

**Professional Practice (Code 5)**  
*5 hours*  
- Ethical Issues  
- Legal Issues  
- Patient Safety  
- Research
Specialty Index: Maternal Newborn Nursing Competency Assessment

MNN Core Competency Area

Maternal/Neonatal Factors Affecting Outcomes (Code 1)
*5 hours
• Antepartal Factors
• Intrapartal Factors

Postpartum Assessment and Management (Code 2)
*20 hours
• Physiological Changes and Physical Assessment (including lab values)
• Nursing Care and Education
• Lactation and Newborn Feeding
• Family Dynamics after Childbirth
• Postpartum Complications

Newborn Assessment and Management (Code 3)
*20 hours
• Transition to Extrauterine Life
• Physiologic Changes and Physical Assessment (including lab values)
• Nursing Care and Family Education
• Newborn Complications

Professional Practice (Code 4)
*5 hours
• Ethical Issues
• Legal Issues
• Patient Safety
• Research

<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>YOUR SPECIALTY INDEX</th>
<th>CE HOURS REQUIRED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternal/Neonatal Factors Affecting Outcomes (Code 1)</td>
<td>5.71</td>
<td>5 hours</td>
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<tr>
<td>Postpartum Assessment and Management (Code 2)</td>
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<tr>
<td>Newborn Assessment and Management (Code 3)</td>
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<td>20 hours</td>
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<tr>
<td>Pharmacology (Code 4)</td>
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Your education plan

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<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>CE HOURS</th>
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<tr>
<td>Maternal/Neonatal Factors Affecting Outcomes (Code 1)</td>
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<td>Missed keywords: Antepartal Factors, Intrapartal Factors</td>
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<tr>
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<tr>
<td>Newborn Assessment and Management (Code 3)</td>
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<tr>
<td>Missed keywords: Newborn Complications, Newborn Management and Family Education, Transition to Extrauterine Life</td>
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<tr>
<td>Newborn Assessment and Management (Code 3) Self Assessment modules »</td>
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<tr>
<td>15 Continuing Education hours in any of your content specific specialty areas</td>
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</tr>
<tr>
<td>Credit for taking this assessment (may be applied to your total required hours)</td>
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<tr>
<td>Total hours required</td>
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<tr>
<td>15 hours -5 hours</td>
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<tr>
<td>35 hours</td>
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*Number of CE hours required if you do not achieve a specialty index of 7.5 or more in the content area.
Specialty Index:
Neontal Intensive Care Nursing Competency Assessment

NIC Core Competency Area

General Assessment (Code 1)
*15 hours

General Assessment and Management
- Maternal History and Risk Factors
- Gestational Age
- Physical Assessment
- Resuscitation and Stabilization
- Fluids and Electrolytes
- Nutrition and Feeding
- Oxygenation and Acid Base Homeostasis
- Thermoregulation
- Developmental Care

Physiology and Pathophysiology (Code 2)
*20 hours

Assess and Manage Pathophysiologic States
- Cardiac
- Respiratory
- Gastrointestinal
- Genitourinary
- Hematopoietic
- Neurologic/Neuromuscular
- Infectious Diseases
- Metabolic/Endocrine
- Genetic Disorders
- Head, Ears, Eyes, Nose and Throat

Assess and Manage Psychosocial Behavioral States
- Discharge Planning and Follow up
- Grieving Process
- Family Integration

Pharmacology (Code 3)
*10 hours
- Drug Therapies
- Pharmacokinetic Principles

Professional Practice (Code 4)
*5 hours
- Ethical Issues
- Legal Issues
- Patient Safety
- Research

<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>YOUR SPECIALTY INDEX</th>
<th>CE HOURS REQUIRED</th>
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</thead>
<tbody>
<tr>
<td>General Assessment (Code 1)</td>
<td>6.34</td>
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<tr>
<td>Physiology and Pathophysiology (Code 2)</td>
<td>7.74</td>
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<td>Pharmacology (Code 3)</td>
<td>6.67</td>
<td>10 hours</td>
</tr>
<tr>
<td>Professional Practice (Code 4)</td>
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<td>Standard met</td>
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Your education plan

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<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>CE HOURS</th>
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<tbody>
<tr>
<td>General Assessment (Code 1)</td>
<td>15 hours</td>
</tr>
<tr>
<td>Pharmacology (Code 3)</td>
<td>10 hours</td>
</tr>
</tbody>
</table>

Missed keywords:
- Developmental care, Fluid and electrolyte management, Gestational age assessment, Nutrition, Oxygenation and Homeostasis, Physical Examination, Resuscitation, Risk Assessment, Thermoregulation
- Drug Therapies, Pharmacologic Principles

15 Continuing Education hours in any of your content specific specialty areas (may be applied to your total required hours)
Credit for taking this assessment -5 hours
Total hours required 35 hours

*Number of CE hours required if you do not achieve a specialty index of 7.5 or more in the content area.
Specialty Index: Neontal Nurse Practitioner Competency Assessment

**NNP Core Competency Area**

**Physical Assessment (Code 1)**
- *5 hours*
  - Maternal Factors Affecting the Newborn (Antepartum/Intrapartum)
  - Physical Examination & Gestational Age/Behavioral Assessment
  - Clinical Laboratory Tests
  - Diagnostic Procedures, Techniques and Equipment

**Physiology and Pathophysiology (Code 2)**
- *20 hours*
  - The Disease Process
    - Cardiac
    - Respiratory
    - Gastrointestinal
    - Renal/Genitourinary
    - Metabolic/Endocrine
    - Hematopoietic
    - Infectious Diseases
    - Musculoskeletal
    - Integumentary
    - Genetics
    - Neurological
    - Ears, Eyes, Nose and Throat
    - Intrauterine Drug Exposure

**General Management (Code 3)**
- *10 hours*
  - General Assessment
    - Family Integration (Communication and Grieving)
    - Discharge Planning and Follow Up
  - General Management
    - Thermoregulation
    - Resuscitation and Stabilization
    - Nutrition
    - Fluid and Electrolytes

**Pharmacology (Code 4)**
- *10 hours*
  - Drug Therapies
  - Pharmacokinetic Principles

**Professional Practice (Code 5)**
- *5 hours*
  - Ethical Issues
  - Legal Issues
  - Patient Safety
  - Research

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<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>YOUR SPECIALTY INDEX</th>
<th>CE HOURS REQUIRED</th>
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<tbody>
<tr>
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<td>General Management (Code 3)</td>
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<td>Pharmacology (Code 4)</td>
<td>7.92</td>
<td>Standard met</td>
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<tr>
<td>Professional Practice (Code 5)</td>
<td>6.67</td>
<td>5 hours</td>
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**Your education plan**

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<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>CE HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiology and Pathophysiology (Code 2)</td>
<td>20 hours</td>
</tr>
<tr>
<td><strong>Missed keywords:</strong> Cardiac, EENT, Endocrine, Genetics, GI, Hematopoietic, Infectious Diseases, Intrauterine drug exposure, Musculoskeletal, Neurological, Renal, Respiratory, Skin, Thermoregulation <a href="#">Physiology and Pathophysiology (Code 2) Self Assessment modules »</a></td>
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<tr>
<td>Professional Practice (Code 5)</td>
<td>5 hours</td>
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<tr>
<td><strong>Missed keywords:</strong> Ethical Principles and Theories, Patient Safety, Research <a href="#">Professional Practice (Code 5) Self Assessment modules »</a></td>
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</tbody>
</table>

- 15 Continuing Education hours in any of your content specific specialty areas
- **Credit for taking this assessment**
  - (may be applied to your total required hours)
- **Total hours required**
  - 35 hours

*Number of CE hours required if you do not achieve a specialty index of 7.5 or more in the content area.*
Specialty Index: Women’s Health Nurse Practitioner Continuing Competency Assessment

WHC Core Competency Area

Normal Physiology and Management (Code 1) *10 hours
- Health Promotion and Patient Counseling
- Gynecologic - Normal
- Fertility Control
- Physiology of Pregnancy
- Prenatal Care
- Assessment of Fetal Well Being
- Postpartum

Pathophysiology (Code 2) *20 hours Feedback in the specific pathophysiologic areas of gynecology, obstetrics and primary care will be provided in your Education Plan.

Primary Care
- Recognition, Basic Management and/or Referral of Common Health Problems

Gynecology
- Gynecologic – Deviations
- Male Issues Affecting Women’s Health

Obstetrics
- Complications of Pregnancy

Physical Assessment & Diagnostic Tools (Code 3) *5 hours
- Health History and Physical Exam
- Diagnostic Studies/Laboratory Tests

Pharmacology (Code 4)
*10 hours
- Pharmacokinetics/dynamics
- Indications, Side Effect, Drug Interactions and Contraindications and Patient Education

Professional Practice (Code 5)
*5 hours
- Ethical Issues
- Legal Issues
- Patient Safety
- Research

<table>
<thead>
<tr>
<th>CORE COMPETENCY AREA</th>
<th>YOUR SPECIALTY INDEX</th>
<th>CE HOURS REQUIRED</th>
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<tbody>
<tr>
<td>Normal Physiology and Management (Code 1)</td>
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<tr>
<td>Pathophysiology (Code 2)</td>
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<td>Pharmacology (Code 4)</td>
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Total hours required 35 hours

*Number of CE hours required if you do not achieve a specialty index of 7.5 or more in the content area.
NCC Maintenance Application
How do I complete it?

- All certification maintenance applications must be filed online.
- Your education plan is recapped in your online maintenance application.
- You may access your online maintenance application any time after you take your assessment and keep track of your earned CE credits by saving them to the application.
- As you add CE in the required certification core competency areas, the plan, within the maintenance application, will be populated with the entered hours (e.g. if you take a course in Continuing Competency for 2 hours, when you enter that activity, the 0 hours in Professional Practice will be updated to 2 hours.)
- You may use your maintenance application to see the required CE in your education plan and the CE entered either by taking a NCC module or putting in CE earned from other sources. The maintenance application can be found under the “Maintenance” tab when you click on “Add, track or submit your CE”. You can enter your maintenance application any time during your maintenance cycle.
- The 5 CE hours earned for completing the CCA is automatically entered into the application once all except the last 5 hours of required CE is earned.
- Completed NCC continuing education modules will be coded and entered into the application automatically.
- Once your Education Plan is completely populated within your maintenance application, you will see a note at the bottom of the CE page to continue to the payment section.

PLEASE NOTE: For those who maintain their maintenance early, the CCA is available three months prior to the start of your cycle. So if you are planning to take education and in the first weeks of your cycle, you can take the assessment “early” to determine if any the planned education is applicable.

REMEMBER: CE can only be earned during your current cycle, so even if take the assessment early – CE can only be earned once your new cycle starts.
### Maintenance application

**Your education plan**

<table>
<thead>
<tr>
<th>Core Competency Area</th>
<th>Hours required</th>
<th>Hours entered</th>
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<tbody>
<tr>
<td>Fetal Assessment (Code 1)</td>
<td>10 hours</td>
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<tr>
<td>Labor and Delivery (Code 2)</td>
<td>15 hours</td>
<td>10 hours</td>
</tr>
<tr>
<td>Pregnancy and Obstetric Complications (Code 3)</td>
<td>10 hours</td>
<td>4 hours</td>
</tr>
<tr>
<td>Postpartum (Code 4)</td>
<td>5 hours</td>
<td>0 hours</td>
</tr>
<tr>
<td>Newborn (Code 5)</td>
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<tr>
<td>Professional Practice (Code 6)</td>
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<tr>
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<td>-5 hours</td>
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**Total hours**: 45 hours

**CE hours**

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<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1/15/2011</td>
<td>Labor Support and The Family in Childbirth 10 hour(s)</td>
<td>Labor and Delivery (Code 2)</td>
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<tr>
<td>4/3/2011</td>
<td>PP1101 The Late Preterm Infant 5 hour(s)</td>
<td>Newborn (Code 5)</td>
</tr>
<tr>
<td>9/17/2011</td>
<td>Course 207 Pregnancy and Diabetes 4 hour(s)</td>
<td>Pregnancy and Obstetric Complications (Code 3)</td>
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<td>10/22/2011</td>
<td>WB1320 Continuing Competency Initiative (CCI) 2 hour(s)</td>
<td>Professional Practice (Code 6)</td>
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</table>

**Total hours**: 21

**Additional activity**

- Program/Activity name (please be specific)
- Date you received your CE hours (mm/dd/yyyy)
- Number of hours awarded
- Sponsor or accrediting agency/organization

**Core Competency Area**: Which one do I pick?
- Fetal Assessment (Code 1) more info
- Labor and Delivery (Code 2) more info
- Pregnancy & Obstetric Complications (Code 3) more info
- Postpartum (Code 4) more info
- Newborn (Code 5) more info
- Professional Practice (Code 6) more info
- Universal Hours (Code 9) more info
- NCC Pretest Participant (Code 21) more info
- NCC Item Writer (Code 22) more info
- NCC Self Assessment Reviewer or Author (Code 23) more info

Any CE hours you have earned from NCC CE modules are included in the list below. If you have earned other CE hours, you will need to add them to the list below by completing the requested information.

List the date, name, CE hours, and sponsoring/accrediting organization for CE activities you are using to maintain your certification according to your education plan. You do not need to submit copies of your CE certificates.