



**BOARD-CERTIFIED  
WHNP-BC**

**There are two  
sets of CE codes  
in this book.**

The first set corresponds to Continuing Competency Assessments (CCAs) taken **before April 1, 2020** and the 2nd set corresponds to CCAs taken **on or after April 1, 2020**.

Please look at the header on each page to determine if the listing corresponds to your CCA.

NCC believes the individual certified nurse practitioner is the best person to determine the specialty code for their CE, as they have the specific content of the CE program.

# Women's Health Care Nurse Practitioner

## NCC Maintenance Requirements

The standard process for the NCC Professional Development Certification Maintenance Program makes use of a Continuing Competency Assessment (CCA) and resulting individualized education plan:

- **Complete the Continuing Competency Assessment (CCA)** that reflects the current knowledge competencies aligned with your certification specialty **at the beginning of each new certification maintenance cycle.**
- **Earn CE as specified by the education plan developed from your CCA.** Your education plan outlines the CE needed to maintain your NCC certification. ***Only CE earned after you have taken your CCA can be used to maintain your certification. It must address the requirements of your educational plan.***



## CONTINUING COMPETENCY ASSESSMENT

### The CE requirements for your NCC maintenance will be outlined in your education plan!

Your educational plan is derived from your Continuing Competency Assessment (CCA) and outlines for you the CE needed in each of your core competency areas. Each core area has a code and that code is provided for you as well. *Take the CCA as soon as you can in the beginning of your maintenance cycle.*

The CCA may be taken early, up to 3 months prior to the start of your new maintenance cycle date. The start day for earning CE remains at the first day of the new maintenance cycle.

**YOU CAN ONLY USE CE EARNED AFTER YOU HAVE TAKEN YOUR CCA FOR MAINTENANCE.**

ANY CE EARNED BEFORE YOU TOOK THE CCA CANNOT BE USED **(EVEN IF IT MEETS YOUR EDUCATION PLAN).**

## YOUR CE AND NCC MAINTENANCE REQUIREMENTS

All CE must be earned during your current maintenance cycle and after you have taken the CCA.

All CE used for NCC maintenance is defined by the individuals Education Plan.

All CE must be submitted online at [NCCwebsite.org](http://NCCwebsite.org).

All CE must be coded to the applicable core content area. *See listing in this brochure.*

CE can be entered into the maintenance application any time after the assessment has been taken and on an ongoing basis. All activities will be saved until the application is submitted.

All CE must be accredited by an agency recognized by NCC.

## ACCREDITING AGENCIES

Academic credit is accepted as is CME credit. For continuing education credit to be accepted for the purpose of maintenance, the continuing education activity must be accredited by one of the agencies below.

- NCC
- State boards of nursing
- State nursing associations
- Nursing, medical or health care organizations (this would include, for example, such organizations as: AWHONN, NPWH, NANN, ACOG, AMA etc.)
- Colleges or universities
- For profit or not-for-profit continuing education organizations such as Contemporary Forums, Western Schools, Professional Education Consultants, Perifacts etc. provided that programs sponsored by such organizations have been accredited for continuing education.

Most of the for-profit organizations have achieved accreditation for their offering through a state board of nursing or health care organization. Review accreditation details in the registration brochure you received when registering for the particular continuing education activity.

## COMMON CODING QUESTIONS

<p>I went to a conference with topics that reflect many different codes, how do I code them?</p>	<p><b>You have two options:</b></p> <p>You can code to the content area that represents the majority of the content presented.</p> <p><b>OR</b></p> <p>You can breakout content per code (You may combine different sessions of the same content code.) and record total hours for each code, listing the same conference for every content code entry.</p>
<p>I could not list all my CE. I have many more hours but the maintenance application would not let me list them.</p>	<p>Once you meet or the CE requirements designated by your education plan the application will automatically take you to the payment page. There is no need to enter more CE than is required.</p>
<p>I was a preceptor for new students, can I use this for maintenance and how do I list it on the application. How do I code it?</p>	<p>10 hours of CE can be used for precepting students, in your same certification specialty area and role. (e.g. In order for a WHNP to use the credit they cannot preceptor nurse midwives or residents – only WHNP students.) Orienting new staff is NOT considered as preceptor hours. On the application select the more information link for the preceptorship code 24 and it will give you information on how to list the information. This is also applicable to any of the “other” codes. You can only use these hours for baseline hours and not hours designated in the education plan assigned to a specific competency area. Baseline hours are listed as hours that are assigned to any competency area and appear at the bottom of your plan.</p>
<p>I have multiple certifications. Can I use the same CE for both. How can I code it for two different certifications.</p>	<p>If the CE is applicable to both areas and was earned in the appropriate time frame for each certification, yes. But you still need to file a separate maintenance application and fee for each certification. Each CE activity will be coded to each application.</p>
<p>Do I have to submit a “Maintenance Pre-approval”?</p>	<p><b>Maintenance Pre-Approval is optional and not required.</b> If you are unsure your continuing education activities will meet your NCC maintenance requirements, you can ask NCC to pre-approve your CE activities. There is a nonrefundable fee for this service. Complete details are in the maintenance section of <a href="http://NCCwebsite.org">NCCwebsite.org</a>.</p>

## HOW TO READ THE EDUCATION PLAN

- Competency areas where 7.5 specialty index is achieved, **no CE is needed**.
- Competency areas where 7.5 specialty index is not achieved, the hours of CE needed will be listed.
- Every plan has a minimum of 15 CE hours - these are called baseline hours. **Even if a specialty index above 7.5 is achieved in every competency, there is still a CE commitment of 15 hours.** Education plans that need 45 hours, do not have any baseline hours because those hours are assigned to the specific core competencies.
- Every plan is composed of a maximum of 50 and a minimum of 15 CE hours.
- Missed keywords are intended to show what specific topics had knowledge gaps within that competency area. They are broad in scope and you are not required to cover all keywords or topics for your NCC certification maintenance
- Links to NCC CE modules are offered as a convenience. **Use of NCC CE modules is optional – not required.** NCC CE is provided as a way to provide affordable, easily accessible CE for those who may have limited CE options in their area or practice. Also CE earned for successful completion of any NCC CE modules will automatically be entered and coded into your online maintenance application
- 5 hours of credit is given for taking the assessment and may be applied to any CE need.
- The total number of hours needed will be listed in each specific core competency.

## WHNP Core Competency Area

### Normal Physiology and Management (Code 1) \*10 hours

#### Primary Care

- Health promotion
- Risk assessment
- Disease prevention
- National screening guidelines
- Preconceptual counseling

#### Obstetrics

- Maternal adaptation to pregnancy
- Prenatal care
- Routine postpartum care
- Lactation and breastfeeding

#### Gynecology

- Puberty
- Menstrual cycle
- Conception
- Menopause
- Pregnancy prevention and fertility control
- Postmenopause changes

### Pathophysiology (Code 2) \*20 hours

*Feedback in the specific pathophysiologic areas of gynecology, obstetrics and primary care will be provided in your Education Plan.*

#### Gynecology

#### Gynecologic Disorders/Deviations

- Menstrual disorders
- STDs and vaginal infections (female)
- Urinary tract infections
- Pelvic pain and related disorders
- Infertility (female)
- Benign reproductive disorders
- Malignant reproductive disorders
- Breast disorders
- Pelvic organ relaxation and prolapse
- Polycystic ovarian syndrome
- Vulvar dystrophies and dermatoses

#### Male Factors Affecting Women's Health

- Sexuality and sexual dysfunction
- Contraception
- Infertility
- STDs

#### Obstetrics

#### Complications of Pregnancy

- Preexisting conditions
- Placental abnormalities
- Pregnancy specific conditions
- Postpartum complications

#### Primary Care

- Recognition, basic management and/or referral of common health problems
- Disorders by physiologic system

### Physical Assessment & Diagnostic Tools (Code 3) \*5 hours

#### Health History

- Risk assessment
- Medical history
- Social history
- Family history

# EDUCATION PLAN

FOR CCA  
TESTS  
TAKEN  
BEFORE  
APRIL 1,  
2020.

### Your Education Plan

CORE COMPETENCY AREA	HOURS REQUIRED*	HOURS ENTERED	REQUIREMENTS MET
Normal Physiology and Management (Code 1)	0.00	0.00	✓
Pathophysiology (Code 2)	0.00	0.00	✓
Physical Assessment & Diagnostic Tools (Code 3)	0.00	0.00	✓
Pharmacology (Code 4)	10.00	0.00	
Professional Practice (Code 5)	5.00	0.00	
<b>Baseline Hours</b>	15.00	0.00	
<b>Total Hours</b>	<b>30.00 hours</b>	<b>0.00 hours</b>	

### Assessment Summary & Resources

CORE COMPETENCY AREA	SPECIALTY INDEX	MISSED KEYWORDS	CE MODULES
Normal Physiology and Management (Code 1)	<b>7.88</b>	Health Promotion, Fertility Control	<a href="#">view available modules</a>
Pathophysiology (Code 2)	<b>8.22</b>	Gynecology/Obstetrics	<a href="#">view available modules</a>
Physical Assessment & Diagnostic Tools (Code 3)	<b>9.33</b>	Physical Examination, Health History	<a href="#">view available modules</a>
Pharmacology (Code 4)	<b>6.92</b>	Drug Therapy	<a href="#">view available modules</a>
Professional Practice (Code 5)	<b>4.00</b>	Patient Safety, Ethical/Legal Issues	<a href="#">view available modules</a>

### Physical Assessment and Examination

- General body system review
- Physiology and anatomy of reproductive organs
- Pelvic exam
- Obstetric exam

### Diagnostic Tests and Studies

- Hematologic studies
- Serologic studies
- Kidney function studies
- Renal and liver function studies
- Lipid profile
- Body fluids and excretion analyses
- Endoscopic procedures
- Imaging studies
- Biopsies
- Genetic screening and testing
- Fetal Assessment

### Pharmacology (Code 4) \*10 hours

#### Pharmacology

- Pharmacokinetics and pharmacodynamics
- Drug interactions
- Mechanisms of action

#### Pharmacotherapeutics (prescription and OTC)

- Drugs categories
- Drug indications/contraindications
- Side effects
- Patient education

### Professional Practice (Code 5) \*5 hours

#### Evidence Based Practice

- Quality improvement
- Application of research findings to clinical practice
- Statistical evaluation of research studies
- Ethical considerations in research

#### Legal/Ethical Issues

- Informed consent
- Patient confidentiality
- Risk management
- Scope of practice
- Ethical principles

#### Patient Safety

- Interprofessional communication
- Medication errors
- Preventive strategies to reduce medical errors
- Documentation

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



## DETERMINING WHAT CONTENT MEETS EACH SPECIALTY CODE

Core Competency Area	Content Topic	Keywords
<b>Normal Physiology and Management (Code 1)</b>  <span style="font-size: 2em; color: #800040; font-weight: bold;">1</span>	<p><b>Primary Care</b></p> <ul style="list-style-type: none"> <li>• Health promotion</li> <li>• Risk assessment</li> <li>• Disease prevention</li> <li>• National screening guidelines</li> <li>• Preconceptual counseling</li> </ul> <p><b>Obstetrics</b></p> <ul style="list-style-type: none"> <li>• Maternal adaptation to pregnancy</li> <li>• Prenatal care</li> <li>• Routine postpartum care</li> <li>• Lactation and breastfeeding</li> <li>• Postpartum</li> </ul> <p><b>Gynecology</b></p> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Menstrual cycle</li> <li>• Conception</li> <li>• Menopause</li> <li>• Pregnancy prevention and fertility control</li> <li>• Postmenopause changes</li> </ul>	<p>ACLS</p> <p>Aging adjustment issues</p> <p>BCLS</p> <p>Breast self exam</p> <p>Breastfeeding</p> <p>Cancer screening guidelines (e.g. breast, cervical, colon, etc.)</p> <p>Cardiovascular screening</p> <p>Cervical cap</p> <p>Childbirth preparation</p> <p>Climacteric</p> <p>Coitus interruptus</p> <p>Common discomforts of pregnancy management</p> <p>Condoms</p> <p>Contraception methods</p> <p>Contraceptive implants</p> <p>Contraceptive ring</p> <p>Contraceptive sponge</p> <p>Dental care in pregnancy</p> <p>Diabetes screening</p> <p>Diet and nutrition counseling</p> <p>Emergency contraception</p> <p>Emotional and behavioral changes of pregnancy</p> <p>Female sex response</p> <p>Gynecology</p> <p>Health guidance during pregnancy</p> <p>Health promotion</p> <p>Hormone therapy</p> <p>Immunizations</p> <p>Intimate partner violence</p> <p>Intrauterine devices</p> <p>Lactation amenorrhea method</p> <p>Lactation physiology</p> <p>Maternal adaptation to pregnancy</p> <p>Menarche</p> <p>Menstrual cycle</p> <p>Menstruation</p> <p>Natural family planning</p> <p>Nicotine replacement therapy</p> <p>Nutrition counseling</p> <p>Nuva ring</p> <p>Oral contraceptives</p> <p>Ovulation</p> <p>Pap smear</p> <p>Parenting issues</p> <p>Perimenopause</p> <p>Postcoital contraception</p> <p>Postpartum cesarean care</p> <p>Postpartum physiology</p> <p>Preconceptional counseling</p> <p>Pregnancy physiology</p> <p>Pregnancy prevention counseling</p> <p>Prenatal care</p> <p>Preventative care</p> <p>Primary care</p> <p>Puberty</p> <p>Routine postpartum care</p> <p>Safe sex practices</p> <p>Serum hormone levels</p> <p>Serum hormonal levels in pregnancy</p> <p>Sexuality counseling (female/male)</p> <p>Smoking cessation</p> <p>Spermicides</p> <p>STI screening</p> <p>Sterilization</p> <p>Stress management counseling</p> <p>Transdermal contraceptive systems</p> <p>Vaginal barrier contraception</p> <p>Vaginal ring</p> <p>Vasectomy</p> <p>Well-women care</p>

## DETERMINING WHAT CONTENT MEETS EACH SPECIALTY CODE

Core Competency Area	Content Topic	Keywords
Pathophysiology Gynecology (Code 2A)  <span style="font-size: 48pt; color: #800040;">2A</span>	<p><b>Reproductive Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Menstrual Cycle</li> <li>• infections (female/male)</li> <li>• Urinary tract infections</li> <li>• Pelvic pain and related disorders</li> <li>• Infertility (female/male)</li> <li>• Benign reproductive disorders</li> <li>• Malignant reproductive disorders</li> <li>• Breast disorders</li> <li>• Pelvic organ relaxation and prolapse</li> <li>• Polycystic ovarian syndrome</li> <li>• Vulvar dystrophies and dermatoses</li> </ul> <p><b>Male Factors Affecting Women's Health</b></p> <ul style="list-style-type: none"> <li>• Sexuality and sexual dysfunction</li> <li>• Contraception</li> <li>• Infertility</li> <li>• STDs</li> </ul>	AIDS and HIV Infections Abnormal uterine bleeding (AUB) Adenomyosis Adnexal masses Amenorrhea Androgen excess Bacterial vaginosis Bartholin's gland duct cyst/Abscess Breast cancer Candida albicans Cervical cancer Cervical intraepithelial neoplasia Cervical polyps Cervical warts Cervicitis Chancroid Chlamydia Cystitis Dysfunctional uterine bleeding Dysmenorrhea Dyspareunia Ectopic pregnancy Endometriosis Fibroadenoma Fibrocystic breast changes Galactorrhea GnRH therapy Gonorrhea Gynecologic diseases/ complications Gynecology Herpes Hirsutism HIV infection Hot flashes Human papilloma virus Hyperlipidemia Hypermenorrhea Hyperprolactinemia Hypomenorrhea Hypothyroidism Hysterectomy Incontinence Infertility Intermenstrual bleeding Interstitial cystitis Leiomyomas Male infertility Mastectomy Menstrual irregularities Metorrhagia Mullerian anomalies Nipple discharge Obstetrics Oligomenorrhea Ovarian cancer Ovarian cysts Paget's disease Pelvic inflammatory disease Pelvic pain Pelvic relaxation disorders Polycystic ovarian syndrome Polymenorrhea Polyps (cervical and endometrial) Premenstrual and related disorders Pyelonephritis Sexual abuse/assault Sexual dysfunction Sexual transmitted infections Syphilis Trichomoniasis Turner's syndrome Unintended pregnancy Urinary incontinence Urinary tract infection Uterine cancer Uterine fibroids Vaginitis Vasomotor changes Vulvar cancer Vulvar dystrophies and dermatoses Vulvodynia Vulvovaginal candidiasis



## DETERMINING WHAT CONTENT MEETS EACH SPECIALTY CODE

Core Competency Area	Content Topic	Keywords
Pathophysiology Obstetrics (Code 2B)  <span style="font-size: 48pt; color: #800040;">2B</span>	<b><i>Complications of Pregnancy</i></b> <ul style="list-style-type: none"> <li>• Preexisting conditions</li> <li>• Placental abnormalities</li> <li>• Pregnancy specific conditions</li> <li>• Postpartum complications</li> </ul>	Abortion Adolescent pregnancy Alcohol Exposed Pregnancy (FASD) Anemia in pregnancy (all types) Barriers to family integration Bladder distention in the postpartum period Bleeding during pregnancy Breast disorders Breast engorgement Cardiovascular pre-existing conditions Cervical insufficiency (incompetent cervix) Childhood disease exposure complications Deep vein thrombosis Eclampsia EFM Endometritis Environmental effects of pregnancy Gestational diabetes Gestational hypertension GI pre-existing conditions Headaches in pregnancy Hematologic pre-existing conditions Hyperemesis gravidarum Infections in pregnancy (STDs and other) Influenza in pregnancy Intrauterine fetal demise Intrauterine growth restriction Malpresentation Metabolic pre-existing conditions Multiple gestation Nipple soreness Obesity effects in pregnancy Perinatal loss Placental disorders (previa, abruptio, etc.) Plugged ducts Postmaturity Postpartum depression and other psychiatric disorders Postpartum hemorrhage Postpartum lacerations Pre-existing psychiatric disorders in pregnancy Prematurity Preterm labor Renal pre-existing conditions Respiratory pre-existing conditions Rh immunization Sickle cell disease in pregnancy Spontaneous abortion Substance abuse in pregnancy Termination of pregnancy Thromboembolism disorders Thrombophlebitis in the postpartum period Trauma in pregnancy Trophoblastic disease Urinary disorders in postpartum Urinary retention in the postpartum period
Pathophysiology Primary Care (Code 2C)  <span style="font-size: 48pt; color: #800040;">2C</span>	<b><i>Primary Care</i></b> <ul style="list-style-type: none"> <li>• Recognition, basic management and/or referral of common health problems</li> <li>• Disorders by physiologic system</li> </ul>	Abnormal heart sounds Abuse (sexual, elder etc.) Addictive disorders AIDS Allergies Anemias (all types) Anxiety disorders Appendicitis Asthma Autoimmune diseases Back pain Bronchitis Cardiac dysrhythmias Cholecystitis Colon cancer Constipation Depression Diabetes Diarrhea Eating disorders Family violence Fibromyalgia Gastrointestinal reflux Headaches Heart murmurs Hematuria Hemorrhoids HIV infection Hyperlipidemia Hypertension Irritable/Inflammatory bowel disease Mental health disorders Mitral valve prolapse Obesity adverse effects Obsessive compulsive disorders Osteoarthritis Osteoporosis Psychological disorders Pneumonia Renal stones Rheumatologic disease Sinusitis Skin cancer Skin disorders, e.g., dermatitis, psoriasis, vitiligo etc. Strains and sprains Strep throat Thromboembolic diseases Thyroid disorders Upper and lower respiratory infections Urinary tract infection



## DETERMINING WHAT CONTENT MEETS EACH SPECIALTY CODE

Core Competency Area	Content Topic	Keywords
<b>Physical Assessment &amp; Diagnostic Tools (Code 3)</b>  <span style="font-size: 48pt; color: #800040; font-weight: bold;">3</span>	<p><b>Health History</b></p> <ul style="list-style-type: none"> <li>• Risk assessment</li> <li>• Medical history</li> <li>• Social history</li> <li>• Family history</li> </ul> <p><b>Physical Assessment and Examination</b></p> <ul style="list-style-type: none"> <li>• General body system review</li> <li>• Physiology and anatomy of reproductive organs</li> <li>• Pelvic exam</li> <li>• Obstetric exam</li> </ul> <p><b>Diagnostic Tests and Studies</b></p> <ul style="list-style-type: none"> <li>• Hematologic studies</li> <li>• Serologic studies</li> <li>• Kidney function studies</li> <li>• Renal and liver function studies</li> <li>• Lipid profile</li> <li>• Body fluids and excretion analyses</li> <li>• Endoscopic procedures</li> <li>• Imaging studies</li> <li>• Biopsies</li> <li>• Genetic screening and testing</li> <li>• Fetal assessment</li> </ul>	<p>Amniocentesis Amniotic fluid index Anthropometric measurements Antibody testing Biophysical profile Blood glucose/hemoglobin A1C Blood type Bone density testing Breast biopsy BUN and creatinine Cervical and vaginal cultures Cervical biopsy Chorionic villus sampling Colonoscopy Colposcopy Complete blood counts Contraction stress test Diagnostic studies and lab tests Dilatation and curettage Endometrial biopsy Family history Fecal testing Fertility awareness methods Fetal assessment Fetal heart auscultation Fetal lung maturation studies Fundal height measurements GBS culture Gene identification Genetic markers Genetic risk assessment Gynecologic physiology and anatomy Gynecology Health history Hormone studies/testing Hysterosalpingogram Hysteroscopy</p> <p>Infectious disease testing Karyotyping Kidney function studies Laparoscopy Leopold maneuvers Lipid profiles Liver function studies Mammograms Maternal serum markers Nonstress testing Ovulation testing Pap smear technique and interpretation Physical assessment - all systems Physical examination Preexisting condition complicating pregnancy Pregnancy testing Preterm birth risks Renal function studies Reproductive technologies Rh type and antibody screening Semen analysis Sickle cell testing Sigmoidoscopy Sperm count STI diagnosis/testing Testing for ruptured membranes Testosterone testing Thyroid studies Ultrasound Urinalysis Vulvar biopsy Wet mount X-rays</p>

## DETERMINING WHAT CONTENT MEETS EACH SPECIALTY CODE

Core Competency Area	Content Topic	Keywords
<p>Pharmacology (Code 4)</p> <p><b>4</b></p>	<p><b>Pharmacology</b></p> <ul style="list-style-type: none"> <li>Pharmacokinetics and pharmacodynamics</li> <li>Drug interactions</li> <li>Mechanisms of action</li> </ul> <p><b>Pharmacotherapeutics (prescription and OTC)</b></p> <ul style="list-style-type: none"> <li>Drugs categories</li> <li>Drug indications/contraindications</li> <li>Side effects</li> <li>Patient education</li> </ul>	<p>Complementary medicine for Ob/Gyn</p> <p>Drug therapy</p> <p>Drugs during lactation</p> <p>Herbal medicines in ob/gyn</p> <p>Mechanisms of drug action</p> <p>Over the counter (OTC) drugs</p> <p>Pharmacodynamics</p> <p>Pharmacokinetics</p> <p>Pharmacology - contraception</p> <p>Pharmacology - gynecologic disorders</p> <p>Pharmacology during pregnancy</p> <p>Pharmacotherapeutics</p>
<p>Professional Practice (Code 5)</p> <p><b>5</b></p>	<p><b>Evidence Based Practice</b></p> <ul style="list-style-type: none"> <li>Research design</li> <li>Application of research findings to clinical practice</li> <li>Statistical evaluation of research studies</li> <li>Ethical considerations in research</li> </ul> <p><b>Legal/Ethical Issues</b></p> <ul style="list-style-type: none"> <li>Informed consent</li> <li>Patient confidentiality</li> <li>Risk management</li> <li>Scope of practice</li> <li>Ethical principles</li> </ul> <p><b>Patient Safety</b></p> <ul style="list-style-type: none"> <li>Interprofessional communication</li> <li>Medication errors</li> <li>Preventive strategies to reduce medical errors</li> <li>Documentation</li> </ul>	<p>Billing and coding</p> <p>CE poster sessions (6 posters equal 1 hour)</p> <p>Review Communication</p> <p>Ethical principles and theories</p> <p>Interprofessional</p> <p>Legal issues affecting Women's Health</p> <p>Licensing and credentialing</p> <p>Medication errors</p> <p>Patient safety</p> <p>Professional practice standards</p> <p>Quality improvement</p> <p>Research</p> <p>Scope of practice</p>

# EDUCATION PLAN

FOR CCA  
TESTS  
TAKEN  
ON/AFTER  
APRIL 1,  
2020.

## WHNP Core Competency Area

### Normal Physiology and Wellness Management (Code 1)

\*10 hours

- Health Promotion and Patient Counseling, Health Screening and Education
- Gynecologic - Normal
- Fertility Control
- Anatomy and Physiology of Pregnancy
- Prenatal Care
- Assessment of Fetal Wellbeing
- Postpartum
- Menopause

### Gynecology Disorders, Obstetric Complications and Primary Care Management (Code 2)

\*20 hours

*Feedback in the specific pathophysiologic areas of gynecology, reproductive health care and obstetrics will be provided in your Education Plan.*

### Gynecologic Disorders/Deviations

- Menstrual Disorders
- STDs and Vaginal Infections (female/male)
- Urinary Tract Infections
- Pelvic Pain and Related Disorders
- Infertility (female/male)
- Benign Reproductive Disorders
- Malignant Reproductive Disorders
- Breast Disorders
- Pelvic Organ Relaxation and Prolapse
- Polycystic Ovarian Syndrome
- Vulvar Dysmorphies and Dermatoses
- Male Sexual Reproductive Health

### Complications of Pregnancy

- Medical and Placental Complications of Pregnancy
- Placental Abnormalities
- Pregnancy Specific Conditions

### Pathophysiology Primary Care

- Recognition, Basic Management and/or Referral of Common Health Problems
- Disorders by Physiologic System of Common Health Problems

### Your Education Plan

CORE COMPETENCY AREA	HOURS REQUIRED*	HOURS ENTERED	REQUIREMENTS MET
Normal Physiology and Wellness Management (Code 1)	0.00	0.00	✓
Gynecology, Reproductive Health and Obstetrics (Code 2)	0.00	0.00	✓
Assessment, Diagnostic Testing and Interpretation (Code 3)	0.00	0.00	✓
Pharmacology (Code 4)	10.00	0.00	
Professional Practice (Code 5)	5.00	0.00	
<b>Baseline Hours</b>	<b>15.00</b>	<b>0.00</b>	
<b>Total Hours</b>	<b>30.00 hours</b>	<b>0.00 hours</b>	

### Assessment Summary & Resources

CORE COMPETENCY AREA	SPECIALTY INDEX	MISSED KEYWORDS	CE MODULES
Normal Physiology and Wellness Management (Code 1)	<b>7.88</b>	Health Promotion, Disease Prevention	<a href="#">view available modules</a>
Gynecology, Reproductive Health and Obstetrics (Code 2)	<b>8.22</b>	Gynecologic Disorders, Postpartum Care	<a href="#">view available modules</a>
Assessment, Diagnostic Testing and Interpretation (Code 3)	<b>9.33</b>	Physical Examination, Health History	<a href="#">view available modules</a> <a href="#">view available modules</a>
Pharmacology (Code 4)	<b>6.92</b>	Drug Therapy	<a href="#">view available modules</a>
Professional Practice (Code 5)	<b>4.00</b>	Patient Safety, Ethical/Legal Issues	<a href="#">view available modules</a>

### Assessment, Diagnostic Testing and Interpretation (Code 3)

\*5 hours

#### Health History

- Risk Assessment
- Medical History
- Social History
- Family History

#### Physical Assessment and Examination

- General Body System Review
- Physiology and Anatomy of Reproductive Organs
- Pelvic Exam
- Breast Exam
- Obstetric Exam

#### Diagnostic Tests and Studies

- Hematologic Studies
- Serologic Studies
- Kidney Function Studies
- Lipid Profile
- Body Fluids and Excretion Analyses
- Endoscopic Procedures
- Imaging Studies
- Biopsies
- Genetic Screening and Testing
- Fetal Assessment

### Pharmacology (Code 4)

\*10 hours

- Pharmacokinetics and Pharmacodynamics
- Pharmacotherapeutics

### Professional Practice (Code 5)

\*5 hours

#### Quality Improvement

#### Legal/Ethical Issues

- Informed Consent
- Patient Confidentiality
- Risk Management
- Scope of Practice
- Ethical Principles

#### Patient Safety

- Interprofessional Communication
- Medication Errors
- Preventive Strategies to Reduce Medical Errors
- Documentation

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



## DETERMINING WHAT CONTENT MEETS EACH SPECIALTY CODE

Core Competency Area	Content Topic	Keywords
<b>Normal Physiology and Wellness Management (Code 1)</b>  <span style="font-size: 48pt; color: #800040;">1</span>	<b><i>Normal Physiology and Wellness Management</i></b> <ul style="list-style-type: none"> <li>• Health Promotion and Patient Counseling, Health Screening and Education</li> <li>• Gynecologic - Normal</li> <li>• Fertility Control</li> <li>• Anatomy and Physiology of Pregnancy</li> <li>• Prenatal Care</li> <li>• Assessment of Fetal Wellbeing</li> <li>• Postpartum</li> <li>• Menopause</li> </ul>	ACLS Aging adjustment issues BCLS Breast self exam Breastfeeding Cancer screening guidelines (e.g. breast, cervical, colon, etc.) Cardiovascular screening Cervical cap Childbirth preparation Climacteric Coitus interruptus Common discomforts of pregnancy management Condoms Contraception methods Contraceptive implants Contraceptive ring Contraceptive sponge Dental care in pregnancy Diabetes screening Diet and nutrition counseling Disease prevention Emergency contraception Emotional and behavioral changes of pregnancy Female sex response Gynecology Health guidance during pregnancy Health promotion Hormone therapy Immunizations Intimate partner violence Intrauterine devices Lactation amenorrhea method Lactation physiology Maternal adaptation to pregnancy Menarche Menopause Menstrual cycle Menstruation National screening guidelines Natural family planning Nicotine replacement therapy Nutrition counseling Nuva ring Oral contraceptives Ovulation Pap smear Parenting issues Perimenopause Postcoital contraception Postmenopause changes Postpartum cesarean care Postpartum physiology Preconceptional counseling Pregnancy physiology Pregnancy prevention counseling Prenatal care Preventative care Primary care Puberty Routine postpartum care Safe sex practices Serum hormone levels Serum hormonal levels in pregnancy Sexuality counseling (female/male) Smoking cessation Spermicides STI screening Sterilization Stress management counseling Transdermal contraceptive systems Vaginal barrier contraception Vaginal ring Vasectomy Well-women care

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<b>Gynecologic Disorders/ Deviations (Code 2)</b>  <span style="font-size: 48pt; color: #800040; font-weight: bold;">2</span>	<b><i>Gynecologic Disorders/ Deviations</i></b> <ul style="list-style-type: none"> <li>• Menstrual Disorders</li> <li>• STDs and Vaginal Infections (female/male)</li> <li>• Urinary Tract Infections</li> <li>• Pelvic Pain and Related Disorders</li> <li>• Infertility (female/male)</li> <li>• Benign Reproductive Disorders</li> <li>• Malignant Reproductive Disorders</li> <li>• Breast Disorders</li> <li>• Pelvic Organ Relaxation and Prolapse</li> <li>• Polycystic Ovarian Syndrome</li> <li>• Vulvar Dystrophies and Dermatoses</li> <li>• Male Sexual and Reproductive Health</li> </ul>	AIDS and HIV Infections Abnormal uterine bleeding (AUB) Adenomyosis Adnexal masses Amenorrhea Androgen excess Bacterial vaginosis Bartholin's gland duct cyst/Abscess Benign reproductive disorders Breast cancer Breast disorders Candida albicans Cervical cancer Cervical intraepithelial neoplasia Cervical polyps Cervical warts Cervicitis Chancroid Chlamydia Cystitis Dysfunctional uterine bleeding Dysmenorrhea Dyspareunia Ectopic pregnancy Endometriosis Fibroadenoma Fibrocystic breast changes Galactorrhea GnRH therapy Gonorrhea Gynecologic diseases/ complications Gynecology Herpes Hirsutism HIV infection Hot flashes Human papilloma virus Hyperlipidemia Hypermenorrhea Hyperprolactinemia Hypomenorrhea Hypothyroidism Hysterectomy Incontinence Infertility Intermenstrual bleeding Interstitial cystitis Leiomyomas Male infertility Malignant reproductive disorders Mastectomy Menstrual irregularities Metorrhagia Mullerian anomalies Nipple discharge Obstetrics Oligomenorrhea Ovarian cancer Ovarian cysts Paget's disease Pelvic inflammatory disease Pelvic organ prolapse Pelvic pain Pelvic relaxation disorders Polycystic ovarian syndrome Polymenorrhea Polyps (cervical and endometrial) Premenstrual and related disorders Pyelonephritis Sexual abuse/assault Sexual dysfunction Sexual transmitted infections Syphilis Trichomoniasis Turner's syndrome Unintended pregnancy Urinary incontinence Urinary tract infection Uterine cancer Uterine fibroids Vaginitis Vasomotor changes Vulvar cancer Vulvar dystrophies and dermatoses Vulvodynia Vulvovaginal candidiasis

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<p>Complications of Pregnancy (Code 2)</p> <p><b>2</b></p>	<p><i>Complications of Pregnancy</i></p> <ul style="list-style-type: none"> <li>• Medical and Placental Complications of Pregnancy</li> <li>• Placental Abnormalities</li> <li>• Pregnancy Specific Conditions</li> </ul>	<p>Abortion                      Adolescent pregnancy                      Alcohol Exposed Pregnancy (FASD)                      Anemia in pregnancy (all types)                      Barriers to family integration                      Bladder distention in the postpartum period                      Bleeding during pregnancy                      Breast disorders                      Breast engorgement                      Cardiovascular pre-existing conditions                      Cervical insufficiency (incompetent cervix)                      Childhood disease exposure complications                      Deep vein thrombosis                      Eclampsia                      EFM                      Endometritis                      Environmental effects of pregnancy                      Gestational diabetes                      Gestational hypertension                      GI pre-existing conditions                      Headaches in pregnancy                      Hematologic pre-existing conditions                      Hyperemesis gravidarum                      Infections in pregnancy (STDs and other)                      Influenza in pregnancy                      Intrauterine fetal demise</p> <p>Intrauterine growth restriction                      Malpresentation                      Metabolic pre-existing conditions                      Multiple gestation                      Nipple soreness                      Obesity effects in pregnancy                      Perinatal loss                      Placental disorders (previa, abruptio, etc.)                      Plugged ducts                      Postmaturity                      Postpartum complications                      Postpartum depression and other psychiatric disorders                      Postpartum hemorrhage                      Postpartum lacerations                      Pregnancy specific conditions                      Pre-existing conditions                      Pre-existing psychiatric disorders in pregnancy                      Prematurity                      Preterm labor                      Renal pre-existing conditions                      Respiratory pre-existing conditions                      Rh immunization                      Sickle cell disease in pregnancy                      Spontaneous abortion                      Substance abuse in pregnancy                      Termination of pregnancy                      Thromboembolism disorders                      Thrombophlebitis in the postpartum period                      Trauma in pregnancy                      Trophoblastic disease                      Urinary disorders in postpartum                      Urinary retention in the postpartum period</p>
<p>Pathophysiology Primary Care (Code 2)</p> <p><b>2</b></p>	<p><i>Pathophysiology Primary Care</i></p> <ul style="list-style-type: none"> <li>• Recognition, Basic Management and/or Referral of Common Health Problems</li> <li>• Disorders by Physiologic System of Common Health Problems</li> </ul>	<p>Abnormal heart sounds                      Abuse (sexual, elder etc.)                      Addictive disorders                      AIDS                      Allergies                      Anemias (all types)                      Anxiety disorders                      Appendicitis                      Asthma                      Autoimmune diseases                      Back pain                      Bronchitis                      Cardiac dysrhythmias                      Cholecystitis                      Colon cancer                      Constipation                      Depression                      Diabetes                      Diarrhea                      Eating disorders                      Family violence                      Fibromyalgia                      Gastrointestinal reflux                      Headaches                      Heart murmurs</p> <p>Hematuria                      Hemorrhoids                      HIV infection                      Hyperlipidemia                      Hypertension                      Irritable/Inflammatory bowel disease                      Mental health disorders                      Mitral valve prolapse                      Obesity adverse effects                      Obsessive compulsive disorders                      Osteoarthritis                      Osteoporosis                      Psychological disorders                      Pneumonia                      Renal stones                      Rheumatologic disease                      Sinusitis                      Skin cancer                      Skin disorders, e.g., dermatitis, psoriasis, vitiligo etc.                      Strains and sprains                      Strep throat                      Thromboembolic diseases                      Thyroid disorders                      Upper and lower respiratory infections</p>

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<b>Assessment, Diagnostic Testing and Interpretation (Code 3)</b>  <span style="font-size: 48pt; color: #800040; font-weight: bold;">3</span>	<p><b>Health History</b></p> <ul style="list-style-type: none"> <li>• Risk Assessment</li> <li>• Medical History</li> <li>• Social History</li> <li>• Family History</li> </ul> <p><b>Physical Assessment and Examination</b></p> <ul style="list-style-type: none"> <li>• General Body System Review</li> <li>• Physiology and Anatomy of Reproductive Organs</li> <li>• Pelvic Exam</li> <li>• Breast Exam</li> <li>• Obstetric Exam</li> </ul> <p><b>Diagnostic Tests and Studies</b></p> <ul style="list-style-type: none"> <li>• Hematologic Studies</li> <li>• Serologic Studies</li> <li>• Kidney Function Studies</li> <li>• Lipid Profile</li> <li>• Body Fluids and Excretion Analyses</li> <li>• Endoscopic Procedures</li> <li>• Imaging Studies</li> <li>• Biopsies</li> <li>• Genetic Screening and Testing</li> <li>• Fetal Assessment</li> </ul>	<p>Amniocentesis Amniotic fluid index Anthropometric measurements Antibody testing Biophysical profile Blood glucose/hemoglobin A1C Blood type Bone density testing Breast biopsy BUN and creatinine Cervical and vaginal cultures Cervical biopsy Chorionic villus sampling Colonoscopy Colposcopy Complete blood counts Contraction stress test Diagnostic studies and lab tests Dilatation and curettage Endometrial biopsy Family history Fecal testing Fertility awareness methods Fetal assessment Fetal heart auscultation Fetal lung maturation studies Fundal height measurements GBS culture Gene identification Genetic markers Genetic risk assessment Gynecologic physiology and anatomy Gynecology Health history Hormone studies/testing Hysterosalpingogram Hysteroscopy</p> <p>Infectious disease testing Karyotyping Kidney function studies Laparoscopy Leopold maneuvers Lipid profiles Liver function studies Mammograms Maternal serum markers Nonstress testing Ovulation testing Pap smear and HPV testing and interpretation Physical assessment - all systems Physical examination Preexisting condition complicating pregnancy Pregnancy testing Preterm birth risks Renal function studies Reproductive technologies Rh type and antibody screening Semen analysis Sickle cell testing Sigmoidoscopy Sperm count STI diagnosis/testing Testing for ruptured membranes Testosterone testing Thyroid studies Ultrasound Urinalysis Vulvar biopsy Wet mount X-rays</p>



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<p>Pharmacology (Code 4)</p> <p><b>4</b></p>	<p><b>Pharmacology</b></p> <ul style="list-style-type: none"> <li>• Pharmacokinetics and pharmacodynamics</li> <li>• Pharmacotherapeutics</li> </ul>	<p>Complementary medicine for Ob/Gyn</p> <p>Drug categories</p> <p>Drug indications/contraindications</p> <p>Drug interactions</p> <p>Drug therapy</p> <p>Drugs during lactation</p> <p>Herbal medicines in ob/gyn</p> <p>Mechanisms of drug action</p> <p>Over the counter (OTC) drugs</p> <p>Patient education</p> <p>Pharmacodynamics</p> <p>Pharmacokinetics</p> <p>Pharmacology - contraception</p> <p>Pharmacology - gynecologic disorders</p> <p>Pharmacology during pregnancy</p> <p>Pharmacotherapeutics</p> <p>Side effects</p>
<p>Professional Practice (Code 5)</p> <p><b>5</b></p>	<p><b>Quality Improvement</b></p> <p><b>Legal/Ethical Issues</b></p> <ul style="list-style-type: none"> <li>• Informed Consent</li> <li>• Patient Confidentiality</li> <li>• Risk Management</li> <li>• Scope of Practice</li> <li>• Ethical Principles</li> </ul> <p><b>Patient Safety</b></p> <ul style="list-style-type: none"> <li>• Interprofessional Communication</li> <li>• Medication Errors</li> <li>• Preventive Strategies to Reduce Medical Errors</li> <li>• Documentation</li> </ul>	<p>Billing and coding</p> <p>CE poster sessions (6 posters equal 1 hour)</p> <p>Communication</p> <p>Ethical principles and theories</p> <p>Interprofessional</p> <p>Legal issues affecting Women's Health</p> <p>Licensing and credentialing</p> <p>Medication errors</p> <p>Patient safety</p> <p>Professional practice standards</p> <p>Quality improvement</p> <p>Research</p> <p>Scope of practice</p>

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### NCC "OTHER" CODES

You can only use these hours for baseline hours and not hours designated in the education plan assigned to a specific competency area. Baseline hours are listed as hours that are assigned to any competency area and appear at the bottom of your plan.

NCC Pretest Participant	21	If you participated in the NCC sponsored pretest program
NCC Item Writer	22	If you are credentialed by NCC and have participated in the item writing program
NCC CE Reviewer or Author	23	If you reviewed or authored an NCC continuing education module
Presenter of a CE Course or Preceptor	24	<p>Presenter of educational program can use the same amount of CE earned by the participants. Such CE presentation CANNOT be part of the individual's job responsibilities. If the activities was presented more than once you can only use the CE hours once.</p> <p>The maximum number of hours that can be earned for preceptorship activity is 10 hours per maintenance cycle. This is limited to preceptoring students in your same certification specialty area. Staff orientation is NOT considered a preceptor activity and cannot be used.</p>
Author of a Book Chapter or Journal Article	25	<p><b>Rules for Using Publications for Maintenance</b></p> <ul style="list-style-type: none"> <li>• The publication date of the article/book/module will determine its applicability for your current certification maintenance.</li> <li>• You are limited to using one article, book authorship or service as an NCC continuing education reviewer or monograph author per certification maintenance cycle.</li> <li>• Articles/books must be related to the certification specialty area.</li> <li>• 5 contact hours will be awarded to those who have written a journal article or a chapter of a book.</li> <li>• 15 contact hours will be awarded to those who are a primary or secondary author of a book.</li> </ul>