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 birth, fetal assessment and obstetric complications components with labor and birth having the most emphasis. Less emphasis is on maternal factors, postpartum and newborn. The professional issues category has the lowest number of questions assigned to this exam.

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.
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 nurse. It is provided only to help certification candidates evaluate their own nursing practice.

Percentages identified for the topic areas represent the number of test questions assigned to each content area. These percentages 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 (14%)
   - Disease Processes
   - Pregnancy Risks

11.00 Fetal Assessment (20%)
   - Antepartum Assessment
   - Electronic Fetal Monitoring
   - Non-electronic Fetal Monitoring
   - Acid-base Assessment

12.00 Labor and Delivery (29%)
   - Physiology of Labor
   - Labor Management
     a. General Assessment
     b. Stages of Labor
   - Obstetrical Procedures
   - Pain Management

13.00 Obstetric Complications (20%)
   - Labor and Placental Disorders
   - Preterm Labor
   - Multiple Gestation
   - Prolonged Pregnancy

14.00 Postpartum (10%)
   - Physiology of the Postpartum Woman
   - Family Adaptation
   - Lactation
   - Complications of Postpartum Period

15.00 Newborn (5%)
   - Adaptation to Extrauterine Life
   - Assessment
   - Resuscitation
   - Complications
   - Infant Nutrition

16.00 Professional Issues (2%) including: Evidence Based Practice, Legal/Ethical/Quality Improvement, Patient Safety
EXAMINATION CONTENT
FOR TESTS TAKEN BEFORE APRIL 1, 2020

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.

- Describe a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components.

- 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.
I. Disease Processes - Physiology and Pathophysiology of Diseases

- Hypertension
  - Gestational
  - Preeclampsia-eclampsia
  - Protein-creatinine levels
  - HELLP syndrome
  - Chronic
- Diabetes (Type I and Type II)
  - Preexisting
  - Gestational
- Maternal cardiac disease/anomalies
- Infectious diseases
  - Sexually transmitted diseases
    - HIV infection
    - Herpes
    - Gonorrhea
    - Chlamydia
    - Human papilloma virus
    - Syphilis
  - Non-sexually transmitted infection
    - Viral infections (e.g. influenza, zika)
    - Bacterial infections
- Antivirals
- Blood disorders
  - Anemia
  - Thrombocytopenia
  - Hemolytic disease
  - Disseminated intravascular coagulation (DIC)
  - Thrombophilia
- Acute fatty liver
- Obesity
  - Bariatric surgery
- Hyperthyroidism/hypothyroidism
- Systemic lupus erythematosus
- Cholelithiasis
- Rh incompatibility

II. Maternal Psychosocial and Environmental Factors

- Life-style
- Anxiety and treatment
- Substance use/abuse
  - Alcohol
  - Tobacco/Nicotine
  - Drugs
    - Cocaine
    - Subutex/Suboxone
    - Over the counter/prescription
    - Heroin
    - Methadone
    - Marijuana
    - Fentanyl
    - Other Drugs/Substances
- Domestic Violence
- Environmental
  - Toxic waste
  - Mercury
  - Lead
STUDY GUIDE
FOR TESTS TAKEN BEFORE APRIL 1, 2020

FETAL ASSESSMENT

I. Antenatal Testing
• Ultrasound
• Assessment of fetal growth
• Non-stress testing
• Biophysical Profile
• Amniocentesis
• Percutaneous Umbilical Cord Sampling (PUBS)/Cordocentesis
• Quad screen test (AFP+, multiple marker screening)
• Intrauterine Transfusion (IUT)
• Umbilical artery doppler flow studies

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

III. Non-Electronic Monitoring
• Auscultation
• Palpation

IV. Acid-Base Interpretation
• Cord blood gas evaluation
• Fetal stimulation
  -Vibroacoustic
  -Scalp
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FOR TESTS TAKEN BEFORE APRIL 1, 2020

LABOR AND BIRTH

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

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

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 prep prior to Cesarean
  -Vaginal Birth after Cesarean Birth (TOLAC)
    -Indications and contraindications
    -Complications
    -Nursing interventions/support
• Vaginal Breech deliveries
• Induction of labor/Cervical Ripening
  -Indications and contraindications
  -Cervical Readiness (Bishop Score)
  -Methods
    -Amniotomy
    -Oxytocin Infusion
    -Prostaglandins
    -Mechanical (e.g. Balloon Catheter)
  -Nursing mgmt and interventions
  -Fetal and neonatal complications
• Tranexamic acid
• Uterine artery embolization
• Massive transfusion protocol

IV. Pain Management and Coping
• Non-pharmacologic methods
  -Relaxation
  -Breathing
  -Positioning
  -Coaching
  -Prepared childbirth
• Pharmacological methods
  -Systemic
    -Narcotics
    -Sedatives
• Regional
  -Epidural
  -Spinal
  -Combined spinal & epidural
  -Complications
• General Anesthesia
  -Complications
  -Maternal
  -Fetal
• Nursing responsibilities
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)

- Chorioamnionitis

- Obesity

- Placental problems
  - Abruptio Placenta
  - Placenta Previa
  - Abnormal implantation
  - Vasa Previa
  - Placental Insufficiency
  - Uterine Rupture

- Hemorrhage
  - Balloon catheters

- Maternal morbidity and mortality

II. Preterm Labor

- Definition/risks

- Diagnosis

- Management
  - Magnesium sulfate
  - Neuro protection

- 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 GUIDE
FOR TESTS TAKEN BEFORE APRIL 1, 2020

POSTPARTUM

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 Dynamics & Discharge Readiness

- Psycho/Social/Cultural
- Parent infant interactions
- Discharge preparation
- 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. Postpartum Complications

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

I. Adaptation to Extraterine Life (Transition)
• Respiratory changes
• Cardiovascular changes
• Thermoregulation
• Glucose homeostasis and fluid balance

II. Newborn 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. Newborn 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
• CHD screening
• Infant of drug using mother
  -Neonatal abstinence
  -Neonatal withdrawal

V. Infant Nutrition
• Feeding
• Problems/complications
Ethical Principles
• Autonomy
• Beneficence
• Nonmaleficence
• Justice

Professional/Legal Issues
• Professional regulation
• Practice
• Staffing issues
• Legal liability
  - Consent
  - Documentation/medical records
  - Negligence/malpractice

Evidence based practice
• Terminology
  - Reliability
  - Validity
  - Significance
  - Levels of Evidence
• Quality Improvement
• Research utilization
• Perinatal Core Measures
• Maternal Safety Bundles

Patient Safety
• Communication
• Interprofessional practice
EXAMINATION CONTENT
FOR TESTS TAKEN ON/AFTER APRIL 1, 2020

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 birth, complications of pregnancy and fetal assessment with labor and birth having the most emphasis. Less emphasis is on recovery, postpartum and newborn care with professional issues having the lowest number of questions assigned.

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.
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 nurse. It is provided only to help certification candidates evaluate their own nursing practice.

Percentages identified for the topic areas represent the number of test questions assigned to each content area. These percentages 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 Complications of Pregnancy (29%)
- Maternal Complications Affecting the Fetus and Newborn
- Maternal Psychological and Environmental Factors
- Preterm Labor
- Multiple Gestation
- Placental Disorders

11.00 Fetal Assessment (18%)
- Antenatal Testing
- Electronic Fetal Monitoring
- Non-electronic Fetal Monitoring
- Acid-base Interpretation

12.00 Labor and Birth (35%)
- Physiology of Labor
- Assessment and Management of Labor
- Obstetric and Perioperative Procedures
- Pain Management and Coping
- Labor and Obstetric Complications
- Induction and Augmentation

13.00 Recovery, Postpartum and Newborn Care (15%)
- Recovery and Postpartum Physiology and Complications
- Family Dynamics and Discharge Readiness
- Lactation and Infant Nutrition
- Newborn Physiology and Complications

14.00 Professional Issues (3%)
- e.g. Legal, Ethics, Safety and Quality Improvement
EXAMINATION CONTENT
FOR TESTS TAKEN ON/AFTER APRIL 1, 2020

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.

- Describe a comprehensive plan for individualized nursing care, including diagnostic, therapeutic and patient educational components.

- 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.
I. Maternal Complications Affecting the Fetus and Newborn
- Hypertension
  - Gestational
- Preeclampsia-eclampsia
- Protein-creatinine levels
- HELLP syndrome
- Chronic
- Diabetes (Type I and Type II)
  - Preexisting
  - Gestational
- Maternal cardiac disease/anomalies
- Maternal pH
- Acid-Base Status
- Infectious diseases
  - Sexually transmitted infections
    - HIV infection
    - Herpes
    - Gonorrhea
    - Chlamydia
    - Human papilloma virus
    - Syphilis
  - Non-sexually transmitted infections
    - Viral infections (e.g. influenza, zika)
    - Bacterial infections
- Antivirals
- Blood disorders
  - Anemia
  - Thrombocytopenia
  - Hemolytic disease
  - Disseminated intravascular coagulation (DIC)
  - Thrombophilia
- Acute fatty liver
- Obesity
  - Bariatric surgery
- Hyperthyroidism/hypothyroidism
- Systemic lupus erythematosus
- Cholelithiasis
- Cholestasis
- Rh incompatibility

II. Maternal Psychosocial and Environmental Factors
- Life-style
- Anxiety and treatment
- Substance use/abuse
  - Alcohol
  - Tobacco/Nicotine
  - Drugs
    - Cocaine
    - Subutex/Suboxone
    - Over the counter/prescription
    - Heroin
    - Methadone
    - Methamphetamine
    - Marijuana
    - Fentanyl
  - Other Drugs/Substances
- Domestic Violence
- Environmental
  - Toxic waste
  - Mercury
  - Lead

III. Preterm Labor
- Definition/risks
- Diagnosis
- Management
  - Magnesium sulfate
  - Neuro protection
- Fetal and neonatal complications

IV. Multiple Gestation
- Definition/risks
- Management
- Fetal and neonatal complications

V. Placental Disorders
- Abruptio Placenta
- Placenta Previa
- Abnormal implantation
- Vasa Previa
- Placental Insufficiency
- Uterine Rupture
Fetal Assessment

I. Antenatal Testing
• Ultrasound
• Assessment of fetal growth
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• Intrauterine Transfusion (IUT)
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II. Electronic Fetal Monitoring
• Fetal Heart Assessment
- NICHD Terminology
  - Category I, II and III Baseline Features
  - Rate
  - Variability
  - Dysrhythmias
  - Artifact
• Signal ambiguity
• Accelerations
• Decelerations
• Uterine Activity
  - Normal
  - Hypertonus
  - Tachysystole
• Intrauterine Resuscitation

III. Non-Electronic Monitoring
• Auscultation
• Palpation

IV. Acid-Base Interpretation
• Cord blood gas evaluation
• Fetal stimulation
  - Vibroacoustic
  - Scalp
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LABOR AND BIRTH

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

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

III. Obstetrical and Perioperative 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 prep prior to Cesarean
  - Vaginal Birth after Cesarean Birth (TOLAC)
    - Indications and contraindications
    - Complications
    - Nursing interventions/support
• Vaginal Breech deliveries
• Tranexamic acid
• Uterine artery embolization
• Massive transfusion protocol
• Amniofusion

IV. Pain Management and Coping
• Non-pharmacologic methods
  - Relaxation
  - Breathing
  - Positioning
  - Coaching
  - Prepared childbirth
  - Hydrotherapy
    - Peanut Ball
    - Birthing Ball
• Pharmacological methods
  - Systemic
    - Nitrous Oxide
    - Narcotics
    - Sedatives
• Regional
  - Epidural
  - Spinal
  - Combined spinal & epidural
  - Complications
• General Anesthesia
  - Complications
  - Maternal
  - Fetal
• Nursing responsibilities

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V. Labor and Obstetric Complications
   (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)
• Chorioamnionitis
• Obesity
• Hemorrhage
  - Balloon catheters
• Maternal morbidity and mortality
• Prolonged Pregnancy
  - Definition/risks
  - Management
  - Fetal and neonatal complications

VI. Induction and Augmentation
• Induction of labor/Cervical Ripening
  - Indications and contraindications
  - Cervical Readiness (Bishop Score)
  - Methods
    Amniotomy
    Oxytocin Infusion
    Prostaglandins
    Mechanical (e.g. Balloon Catheter)
  - Nursing mgmt and interventions
  - Fetal and neonatal complications
STUDY GUIDE
FOR TESTS TAKEN ON/AFTER APRIL 1, 2020

RECOVERY, POSTPARTUM AND NEWBORN CARE

I. Recovery and Postpartum Physiology and Complications
- Physiological changes
  - Reproductive system
  - Other organ systems

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

- Postpartum Complications
  - Infection
  - Bleeding
    - Lacerations
    - Hemorrhage
    - Retained placental fragments
    - Hematoma
    - Nursing Interventions
    - Thromboembolic
      - DVT
    - Cardiomyopathy
    - Psychological
    - Post birth warning signs
    - Other medical/obstetrical conditions

II. Family Dynamics and Discharge Readiness
- Psycho/Social Cultural
- Parent Infant interactions
- Discharge planning and home care
- Patient education
  - Maternal self care
  - Warning signs
  - Routine neonatal care
- Perinatal loss
  - Bereavement/Grief

III. Lactation and Infant Nutrition
- Lactation
  - Physiology of lactation
  - Nutritional needs of lactating woman
  - Breast feeding techniques
  - Complications
  - Contraindications to breastfeeding
  - Care of the non-breastfeeding mother
- Infant Nutrition
  - Feeding
  - Problems/complications
IV. Newborn Physiology and Complications

• Adaptation to Extrauterine Life (Transition)
  - Respiratory changes
  - Cardiovascular changes
  - Skin to skin

• Thermoregulation
  - Glucose homeostasis and fluid balance

• Newborn 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

• Newborn Resuscitation
  - Initial evaluation
  - Personnel and equipment
  - Indications and techniques
  - Indications for transport

• Complications (Initial Assessment/Nursing Interventions)
  - Respiratory and cardiovascular emergencies
  - Jaundice
  - Surgical Emergencies
  - Infectious diseases
    - Group B Streptococcus
    - E-coli
    - Hepatitis
    - Varicella
    - Common sexually transmitted infections
  - Birth injuries/trauma
    - Cephalohematoma
    - Caput succedaneum
    - Fractures
    - Nerve injury
  - CHD screening
  - Infant of drug using mother
    - Neonatal abstinence
    - Neonatal withdrawal
Legal Issues
- Professional
  - Regulation
  - Practice
- Staffing issues
- Legal liability
  - Consent
  - Documentation/medical records
  - Negligence/malpractice

Ethical Principles
- Autonomy
- Beneficence
- Nonmaleficence
- Justice

Patient Safety
- Communication
- Interprofessional practice

Quality Improvement/Evidence based practice
- Research Terminology
  - Reliability
  - Validity
  - Significance
  - Levels of Evidence
- Research utilization
- Perinatal Core Measures
- Maternal Safety Bundles

Professional Practice Issues
STUDY RESOURCES

- Snell, et al., Care of the Well Newborn, Jones & Bartlett, 2017.

THE EXAM REFLECTS THE NICHD TERMINOLOGY RELATIVE TO ELECTRONIC FETAL MONITORING ADOPTED IN 2008 (Reaffirmed 2015)