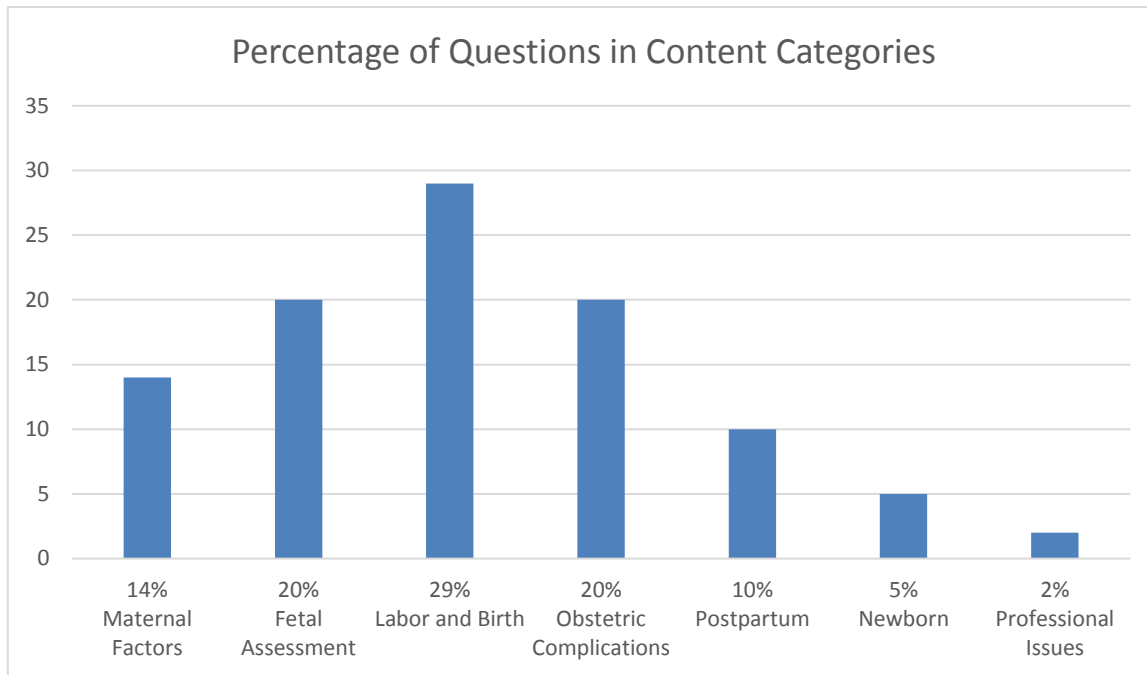


EXAMINATION CONTENT
CONDENSED EXAM OUTLINE



Inpatient Obstetric Nursing exam



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.

EXAMINATION CONTENT

CONDENSED EXAM OUTLINE

CONDENSED EXAM OUTLINE

Areas of knowledge to be tested on the Inpatient Obstetric Nursing examination are listed in the following outline. This list is not intended as an all-inclusive review of the scope of knowledge of the inpatient obstetric nursing. It is provided only to help certification candidates evaluate their own nursing practice. Percentages identified for the topic areas represent 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%)
10.01	Disease Processes
10.02	Pregnancy Risks
11.00	Fetal Assessment (20%)
11.01	Antepartum Assessment
11.02	Electronic Fetal Monitoring
11.03	Non-electronic Fetal Monitoring
11.04	Acid-base Assessment
12.00	Labor and Birth (29%)
12.01	Physiology of Labor
12.02	Labor Management
	a. General Assessment
	b. Stages of Labor
12.03	Obstetrical Procedures
12.04	Pain Management
13.00	Obstetric Complications (20%)
13.01	Labor and Placental Disorders
13.02	Preterm Labor
13.03	Multiple Gestation
13.04	Prolonged Pregnancy
14.00	Postpartum (10%)
14.01	Physiology of the Postpartum Woman
14.02	Family Adaptation
14.03	Lactation
14.04	Complications of Postpartum Period
15.00	Newborn (5%)
15.01	Adaptation to Extrauterine Life
15.02	Assessment
15.03	Resuscitation
15.04	Pathophysiology
15.05	Infant Nutrition
16.00	Professional Issues (2%) <i>including: Evidence Based Practice, Legal/Ethical/Communication Issues, Research, Patient Safety</i>

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

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.

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

MATERNAL FACTORS AFFECTING THE FETUS AND NEWBORN

I. Disease Processes

- Hypertension
 - Gestational
 - Preeclampsia-eclampsia
 - Protein-creatinine levels
 - HELLP syndrome
 - Chronic
- Diabetes
 - Preexisting
 - Gestational
- Maternal cardiac disease/anomalies
- Infectious diseases
 - Sexually transmitted diseases
 - HIV infection
 - Herpes
 - Gonorrhea
 - Chlamydia
 - Human papilloma virus
 - Syphilis
- Antivirals
- Non-sexually transmitted diseases
 - Viral infections (e.g. influenza)
 - Bacterial infections
- Blood disorders
 - Anemia
 - Thrombocytopenia
 - Hemolytic disease
 - Disseminated intravascular coagulation (DIC)

- Acute fatty liver
- Obesity
 - Bariatric surgery
- Hyperthyroidism/hypothyroidism
- Systemic lupus erythematosus
- Cholelithiasis
- Rh incompatibility

II. Pregnancy Risks

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

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

FETAL ASSESSMENT

I. Antepartum Assessment/ Prenatal Diagnosis

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

II. Electronic Fetal Monitoring

- Fetal Heart Assessment
 - NICHD Terminology
 - Category I, II and III
 - Baseline Features
 - Rate
 - Variability
 - Dysrhythmias
 - Artifact

- Signal ambiguity
- Periodic or Episodic Changes
 - Accelerations
 - Decelerations
- Uterine Activity
 - Hypertonus
 - Tachysystole

III. Non-Electronic Monitoring

- Auscultation
- Palpation

IV. Acid-Base Assessment

- Cord blood gas evaluation
- Fetal stimulation
 - Vibroacoustic
 - Scalp

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

LABOR AND BIRTH

I. Physiology of Labor

- Characteristics of true labor
- Uteroplacental physiology
- Maternal physiology

II. Labor Management

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

III. Obstetrical Procedures

- Version
 - Indications and contraindications
 - Complications
 - Nursing responsibilities
- Episiotomy
 - Indications and contraindications
 - Complications
 - Nursing responsibilities
- Forceps/vacuum extraction
 - Indications and contraindications
 - Complications
 - Nursing responsibilities
- Cesarean birth
 - Indications and contraindications
 - Types
 - Complications
 - Post-anesthesia care
 - Nursing Interventions/support

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

IV. Pain Management (Analgesia/Anesthesia)

- Non-pharmacologic methods
 - Relaxation
 - Breathing
 - Positioning
 - Coaching
 - Prepared childbirth
- Pharmacological methods
 - Systemic
 - Narcotics
 - Sedatives
 - Regional
 - Epidural
 - Spinal
 - Combined spinal & epidural
 - Complications
 - General Anesthesia
 - Complications
 - Maternal
 - Fetal
- Nursing responsibilities

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

OBSTETRIC COMPLICATIONS

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

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

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

- Hemorrhage
 - Balloon catheters

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

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

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 Adaptation

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

III. Lactation

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

IV. Complications of the Postpartum Period

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

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

NEWBORN

I. Adaptation to Extrauterine Life (Transition)

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

II. Assessment

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

III. Resuscitation

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

IV. Complications (Initial Assessment/Nursing Interventions)

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

V. Infant Nutrition

- Feeding
- Problems/complications

EXAMINATION CONTENT

TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

PROFESSIONAL ISSUES

Ethical Principles

- Autonomy
- Beneficence
- Non-maleficence
- 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

Patient Safety

- Communication
- Interprofessional practice

EXAMINATION CONTENT

STUDY RESOURCES

STUDY RESOURCES

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