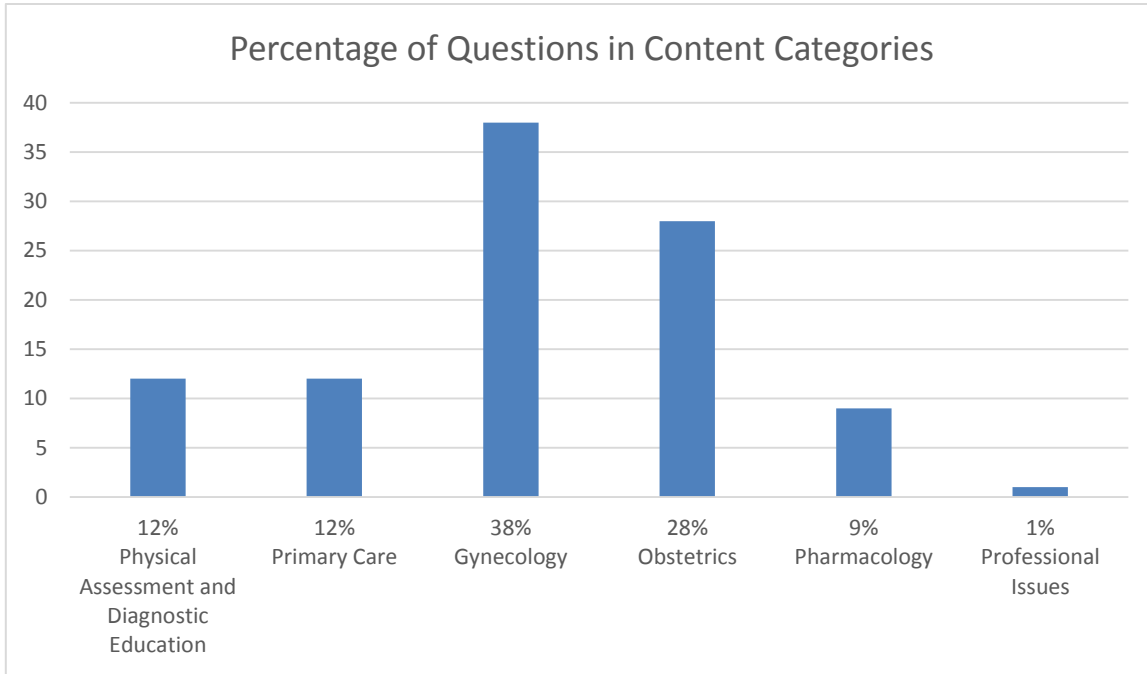


EXAMINATION CONTENT  
CONDENSED EXAM OUTLINE



**Women's Health Care Nurse Practitioner exam**



The above chart shows the percentage distribution of questions on the WHNP exam across the major content categories covered on the examination. The major focus of the examination is on gynecology & obstetric components with gynecology having the most emphasis. Lesser emphasis is on primary care and physical assessment & pharmacology with professional issues having the least number of questions assigned to this content category.

Expectations for WHNPs include a male component and questions on the exam can include male care in reference to physical examination, management of sexually transmitted diseases and infertility issues.

# EXAMINATION CONTENT

## CONDENSED EXAM OUTLINE

### CONDENSED EXAM OUTLINE

Areas of knowledge to be tested on the Woman's Health Care Nurse Practitioner examination are listed in the following outline. This list is not intended as an all-inclusive review of the scope of knowledge of the women's healthcare nurse practitioner. It is provided only to help certification candidates evaluate their own nursing practice.

Percentages identified for the topic areas represent a range of the number of test questions assigned to each content area and therefore might total more or less than 100 percent. These ranges do not necessarily reflect the content of future examinations.

10.00	Physical Assessment and Diagnostic Testing (12%)
10.01	Health History & Physical Examination
10.02	Diagnostic Studies/Laboratory Tests/Procedures
11.00	Primary Care (12%)
11.01	Recognition, Basic Management and/or Referral of Common Health Problems
11.02	Health Promotion and Patient Counseling
12.00	Gynecology (38%)
12.01	Gynecology -- Normal
12.02	Gynecologic - Deviations
12.03	Fertility Control
12.05	Male Issues Affecting Women's Health
13.00	Obstetrics (28%)
13.01	Physiology of Pregnancy
13.02	Prenatal Care
13.03	Assessment of Fetal Well Being
13.04	Complications of Pregnancy
13.05	Postpartum
14.00	Pharmacology (9%)
14.01	Pharmacokinetics/dynamics
14.02	Pharmacotherapeutics (Prescription And Otc's) Indications
15.00	Professional Issues (1%)

*including: Evidence Based Practice, Legal/Ethical/Communication Issues, Research, Patient Safety*

# EXAMINATION CONTENT

## TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

### ASSOCIATED COMPETENCIES

- Obtain a general health history, perform a general screening physical examination, obtain and/or interpret appropriate diagnostic procedures and laboratory tests.
- Initiate pharmacologic therapy as appropriate or per protocol to manage general health, gynecologic and obstetric health needs of women throughout their life cycle.
- Identify gynecologic deviations from normal, formulate a diagnosis and provide management and education or refer and collaborate as necessary.
- Provide physical assessment, management and education for women and men in need of reproductive health care.
- Obtain an obstetric history, perform a prenatal examination, and obtain and/or interpret appropriate diagnostic procedures and laboratory tests relevant to obstetrics.
- Provide comprehensive prenatal and postpartum management and education for women with low risk pregnancies.
- Differentiate common non-gynecologic medical problems and other deviations from normal and provide education, management or referral when appropriate.
- Understand the impact of primary care health problems in women's health
- Provide general health supervision, health maintenance, education and counseling to women during the life cycle, including pregnancy.
- Obtain a gynecologic history; perform a gynecologic examination and obtain and/or interpret diagnostics studies and laboratory tests relevant to gynecology
- Screen for high risk pregnancies, pregnancy complications and postpartum complications; identify deviations from normal, refer or collaborate as appropriate on prenatal and postpartum education and management.
- Manage pharmacologic therapy based on evidence or best practice in primary care, gynecologic and obstetric health needs of women throughout their life cycle. Understand the broad categories of drugs (types of drugs) based on their action.
- Understand basic research principles and apply research findings to evidence-based practice
- Apply ethical, legal and professional issues inherent in providing care as a Women's Health Care Nurse Practitioner

# EXAMINATION CONTENT

## TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

### PHYSICAL ASSESSMENT AND DIAGNOSTIC TESTING

#### **I. Health History & Physical Exam**

##### **Health History**

*Chief complaint/history of present illness (this is embedded in other questions)*

- Past medical history
- Medication Reconciliation
- Surgical history
- Obstetric/Gynecologic history
- Allergies
- Health risks
- Family history
- Social history
- Sexual history

##### **Physical Examination**

*Exam related to illness or complaint and the overall assessment with a focus on major deviations*

- Anthropometric (such as BMI, Weight, Height) measurements
- Vital signs
- HEENT
- Heart and lungs
- Breast
- Abdomen (Evaluation of the acute abdomen, hernia)
- Reproductive (Female and Male)
- Rectal
- Extremities
- Musculoskeletal
- Neurologic
- Endocrine
- Skin

#### **II. Diagnostic Studies**

- Hematologic studies
  - CBC with D&P
- Blood typing and antibody screening
- Hemoglobin electrophoresis
- Diabetic testing (such as Hemoglobin A1C, 1 and 3 hour glucose tolerance)
- Protein/Creatinine (PC) ratio
- Blood clotting studies
- Serologic screening (such as RPR, CMV, HSV, Toxo, HIV)
- Hormone studies
- Comprehensive metabolic panel
- Lipid profile
- Urinalysis
- Fecal occult blood testing
- Vaginal smears for microscopic study
- Cervical and vaginal cultures
- Testing and cultures for STI's
- Throat, skin and wound cultures
- Cervical cytology and HPV testing
- Test for ruptured membranes
- Biopsies (Endometrium, Cervix, Vulva, Breast)
- Genetic testing (Basic principles of genetic testing)
  - Screening tests for obstetrical patients
  - Ethnic specific genetic testing
  - Cancer genetic screening (BRCA 1 and 2)
  - Basic patterns of inheritance

##### **Imaging Studies (Common indications for these studies)**

- Ultrasonography
- Mammography
- Bone densitometry

# EXAMINATION CONTENT

## TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

### PRIMARY CARE

#### **I. Recognition, Basic Management and/or Referral of Common Health Problems** (Evaluation, diagnosis, treatment or referral)

##### **Skin**

- Chronic and acute skin conditions
  - vitiligo,
  - psoriasis
  - eczema
  - contact dermatitis
  - trinea
  - cancer

##### **HEENT**

- Conjunctivitis
- Rhinitis
- Pharyngitis
- Sinusitis
- otitis

##### **Respiratory**

- Asthma
- Bronchitis
- Upper respiratory Infection

##### **Cardiovascular**

- Hypertension
- Thromboembolic disease (e.g. pulmonary embolism)
- Hyperlipidemia

##### **Gastrointestinal**

- Gastroesophageal reflux
- Constipation
- Hemorrhoids

##### **Genitourinary**

- Urinary tract infection (e.g. cystitis, urethritis, pyelonephritis)
- Renal Stones
- Incontinence

##### **Musculoskeletal**

- Back pain
- Osteoarthritis
- Sprains and strains

##### **Neurologic/Psychiatric**

- Headaches
- Psychosocial

##### **Endocrine**

- Diabetes
- Thyroid

##### **Hematologic**

- Common anemias (e.g. iron deficiency, folate deficiency, thalassemia)
- Rheumatologic
- Common autoimmune disorders (fibromyalgia, common fatigue, arthritis)

#### **II. Health Promotion and Patient Counseling**

##### **Risk Assessment, Disease Prevention, Counseling and National Screening Guidelines**

- Cancer screening (age appropriate)
- Diabetes
- Cardiovascular disease
- Hyperlipidemia
- Obesity/weight management
- Osteoporosis
- Healthy lifestyles
  - diet
  - nutrition
  - exercise
  - stress management
- Addictive Disorders
  - Tobacco
  - Alcohol
  - Drugs
- Reproductive life planning
- Abuse and violence
  - Family
  - Sexual
  - Elder
- Parenting
- Sexuality
- Preconception counseling

# EXAMINATION CONTENT

## TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

### GYNECOLOGY

#### **I. Gynecology- Normal and Age Specific**

- Anatomy and physiology of reproduction throughout the life cycle
- Menopause/Menarchy

#### **II. Gynecologic Deviations**

*Evaluation, diagnosis, treatment, referral, counseling and/or education as appropriate*

- Bartholin gland abscess/cyst
- Menstrual disorders (e.g. primary and secondary amenorrhea, dysmenorrhea)
- Vaginitis/vaginosis
- Sexually transmitted infections
- Pelvic pain
- Endometriosis
- Infertility (e.g. etiologic factors, initial workup)
- Abnormal cervical cytology and HPV testing
- Adenomyosis
- Adnexal masses
- Abnormal Uterine Bleeding
- Cervical and Endometrial Polyps
- Leiomyomata uteri
- Malignant disorders
  - endometrium
  - cervix
  - ovarian
  - vagina/vulva
- Breast Disorders
  - cancer
  - fibroadenoma
  - fibrocystic breast changes
  - other benign disorders
- Breast augmentation/reduction
- Pelvic organ relaxation & prolapse
- Polycystic ovarian syndrome
- Vulvar dystrophies and dermatoses
- Müllerian defects

#### **III. Fertility Control**

- Fertility Awareness
- Barrier methods
- Emergency contraception
- Pharmacologic methods
  - Oral
  - Injection/Implants
  - Transdermal
  - Vaginal
  - Intrauterine contraception
  - Tubal occlusion methods
- Unintended Pregnancy
  - Induced abortion
  - Options Counseling

#### **IV. Male Issues Affecting Women's Health**

- Sexuality
- Contraception
- Infertility
- Sexually transmitted infections

# EXAMINATION CONTENT

## TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

### OBSTETRICS

#### **I. Physiology of Pregnancy**

- Normal fetal-placental development
- Alterations in maternal anatomy/physiology

#### **II. Prenatal Care**

- Gestational dating
- Risk assessment
- Nutrition
- Immunizations
- Medication reconciliation
- Health guidance
- Screening tests
- Common discomforts of pregnancy
- Pregnancy Specific Exam

#### **III. Assessment of Fetal Well Being**

- Amniotic fluid index
- Biophysical profile
- Genetic Screening and diagnostic tests
- Nonstress testing
- Ultrasound

#### **IV. Complications of Pregnancy**

*Evaluation, diagnosis, treatment, referral, counseling and/or education as appropriate*

##### **Maternal medical disorders**

- Diabetes
- STI/HIV
- Hypertension
- Epilepsy
- Substance Abuse
- Thrombocytopenia
- Anemia
- Infection (hepatitis, viral illnesses)
- Thyroid
- Obesity
- GERD

#### **Pregnancy Specific Conditions**

- Trophoblastic disease
- Placenta previa
- Abruptio placenta
- Placenta accreta
- Bleeding in pregnancy
- Cervical insufficiency
- Intrauterine fetal death
- Multiple gestation
- Gestational Diabetes
- Postdates
- Ectopic pregnancy
- Preterm labor
- Hyperemesis gravidarum
- Hypertensive disorders of pregnancy  
Malpresentations
- Rh isoimmunization
- Coping with pregnancy loss
- Fetal growth aberrations (IUGR, macrosomia)
- Thromboembolic disorders

#### **V Postpartum**

*Common physiological changes (involution, lactation)*

##### **Postpartum care**

- Care of perineal area
- Care of breasts
- Fatigue and sleep disturbances
- Lochia
- Breastfeeding
- Contraception
- Nutrition
- Emotional changes

##### **Postpartum complications**

- Bladder distention & urinary retention
- Hematoma
- Hemorrhage
- Hemorrhoids
- Postpartum depression/psychosis
- Infection
- Thromboembolic disorders
- Endometritis
- Mastitis

# EXAMINATION CONTENT

## TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

### PHARMACOLOGY

#### I. Pharmacokinetics/dynamics

- Pharmacokinetics and (distribution, absorption, excretion and metabolism)
- Pharmacodynamics (mechanism of action, concentration and half life)

#### II. PHARMACOTHERAPEUTICS (PRESCRIPTION AND OTCS) INDICATIONS

- Side effects
- Drug interactions
- Contraindications
- Patient education



# EXAMINATION CONTENT

## TEST CONTENT OUTLINE & ASSOCIATED COMPETENCIES

### PROFESSIONAL ISSUES

#### Ethical Principles

- Autonomy
- Beneficence
- Non-maleficence
- Justice

#### Professional/Legal Issues

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

#### 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

- Beckmann, et al., *Obstetrics and Gynecology*, Beckman, LWW, 2014.
- Berek, et al., *Berek & Novak's Gynecology*, LWW, 2012.
- Cunningham, et al., *Williams Obstetrics*, McGraw Hill, NY 2014.
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- Decherney, et al., *Current Diagnosis & Treatment: Obstetrics & Gynecology*, McGraw Hill, 2013.
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- Edmunds, et al., *Pharmacology for the Primary Care Provider*, Mosby Elsevier, 2013.
- Guido, et al., *Legal and Ethical Issues in Nursing*, Pearson, 2013.
- Hacker, et al., *Essentials of Obstetrics & Gynecology*, Saunders Elsevier, 2016.
- Hatcher, et al., *Contraceptive Technology*, Ardent Media, NY 2011.
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- King, et al., *Pharmacology for Women's Health*, Jones and Bartlett, 2015.
- Lawrence, et al., *Breastfeeding A Guide for the Medical Profession*, Elsevier-Mosby, 2016.
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- Speroff, et al., *A Clinical Guide for Contraception*, LWW, 2011.
- Troiano, et al., *High-Risk & Critical Care Obstetrics*, LWW, 2013.