EXAMINATION CONTENT
FOR TESTS TAKEN BEFORE APRIL 1, 2020

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
FOR TESTS TAKEN BEFORE APRIL 1, 2020

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%)
   - Health History and Physical Examination
   - Diagnostic Studies/Laboratory Tests/Procedures

11.00 Primary Care (12%)
   - Recognition, Basic Management and/or Referral of Common Health Problems
   - Health Promotion and Patient Counseling

12.00 Gynecology (38%)
   - Gynecology - Normal
   - Gynecologic - Deviations
   - Fertility Control
   - Male Issues Affecting Women's Health

13.00 Obstetrics (28%)
   - Physiology of Pregnancy
   - Prenatal Care
   - Assessment of Fetal Well Being
   - Complications of Pregnancy
   - Postpartum

14.00 Pharmacology (9%)
   - Pharmacokinetics and Pharmacodynamics
   - Pharmacotherapeutics (Prescription And Otcs) Indications

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

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
PHYSICAL ASSESSMENT AND DIAGNOSTIC TESTING

I. Health History and 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 and differential
- Blood typing and antibody screening
- Hemoglobin electrophoresis
- Diabetic testing such as Hemoglobin A1C, Glucose Tolerance Test (GTT)
- Protein/Creatinine (PC) ratio
- Blood clotting studies
- Serologic screening (such as RPR, CMV, HSV, Toxo, HIV)
- Hormone studies
- Comprehensive metabolic panel
- Lipid profile
- Urinalysis/urine cultures
- Fecal occult blood testing
- Vaginal microscopy
- Cervical and vaginal cultures
- Testing and cultures for STI’s
- Throat, skin and wound cultures
- Cervical cytology and HPV testing
- Test for ruptured membranes
- Fetal fibronectin
- 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
- Hepatitis panel

Imaging Studies (Common indications for these studies)

- Ultrasonography
- Mammography
- Bone densitometry
I. Problem Recognition, Management and Referral (Evaluation, diagnosis, treatment or referral)

Skin
- Chronic and acute skin conditions
  - vitiligo,
  - psoriasis
  - eczema
  - contact dermatitis
  - tinea
- 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
- Upper & lower GI disorders
- IBS

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

Musculoskeletal
- Back pain
- Osteoarthritis
- Sprains and strains

Neurologic/Psychiatric
- Headaches
- Psychosocial
- Mental health

Endocrine
- Diabetes
- Thyroid

Hematologic
- Common anemias (e.g. iron deficiency, folate deficiency, thalassemia)
- Rheumatologic
- Common autoimmune disorders (fibromyalgia, chronic fatigue, arthritis, RA, lupus)

II. Health Screening, Education and 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
  - intimate partner violence
- Parenting
- Sexuality
- Gender identity
- Preconception counseling
- Immunization
I. Reproductive Anatomy and Physiology

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

II. Gynecologic – Disorders

*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
- 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 Awareness and Contraception

- Fertility Awareness
- Infertility (e.g. etiologic factors, initial workup)
- Barrier methods
- Emergency contraception
- Pharmacologic methods
  - oral
  - injection
  - implants
  - transdermal
  - vaginal rings
  - intrauterine contraception
- Permanent methods
  - tubal occlusion methods
  - vasectomy
- Unintended Pregnancy
  - induced abortion
  - options Counseling

IV. Male Sexual and Reproductive Health

- Sexuality
- Contraception
- Infertility
- Sexually transmitted infections
STUDY GUIDE
FOR TESTS TAKEN BEFORE APRIL 1, 2020

OBSTETRICS

I. Anatomy and 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
• Prenatal exam

III. Assessment of Fetal Well Being
• Amniotic fluid index
• Biophysical profile
• Genetic Screening and diagnostic tests
• Nonstress testing
• Ultrasound

IV. Medical and Obstetrical 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
• Perinatal mood disorders

• 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 pregnancy
  • Hyperemesis gravidarum
  • Hypertensive disorders of pregnancy
  • Malpresentations
  • Rh isoimmunization
  • Coping with pregnancy loss
  • Fetal growth aberrations (IUGR, macrosomia)
  • Thromboembolic disorders

V. Postpartum Care and Complications
Common physiological changes (involution, lactation)
Postpartum care
• Care of perineal area
• Care of breasts
• Fatigue and sleep disturbances
• Lochia
• Breastfeeding/Lactogenesis
• Contraception
• Nutrition
• Emotional changes

Postpartum complications
• Bladder distention & urinary retention
• Hematoma
• Hemorrhage
• Hemorrhoids
• Postpartum depression/psychosis
• Infection
• Thromboembolic disorders
• Endometritis
• Mastitis
I. Pharmacokinetics/dynamics

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

II. Pharmacotherapeutics Indications

*(Prescription and OTCs)*

- Side effects
- Drug interactions
- Contraindications
- Patient education
- Pregnancy and lactation safety
STUDY GUIDE
FOR TESTS TAKEN BEFORE APRIL 1, 2020

PROFESSIONAL PRACTICE ISSUES

Ethical Principles
• Autonomy
• Beneficence
• Non-maleficence
• Justice

Professional/Legal Issues
• Professional Regulation Practice
• Legal liability
  Consent
  Documentation/medical records
  Negligence/malpractice
  Patient confidentiality
• Public policy

Evidence based practice
• Terminology
  Reliability
  Validity
  Significance
  Levels of Evidence
• Quality Improvement
• Research utilization

Patient Safety
• Communication
• Interprofessional practice
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.

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**EXAM OUTLINE**

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<thead>
<tr>
<th>Section</th>
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<tr>
<td>10.00</td>
<td>Assessment, Diagnostic Testing and Interpretation (12%)</td>
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<td>11.00</td>
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<tr>
<td>12.00</td>
<td>Gynecologic and Reproductive Health (35%)</td>
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EXAMINATION CONTENT
FOR TESTS TAKEN ON/AFTER APRIL 1, 2020

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
Study Guide
For Tests Taken On/After April 1, 2020

Assessment, Diagnostic Testing, and Interpretation

I. Health History and 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)
- Colorectal
- Extremities
- Musculoskeletal
- Neurologic
- Endocrine
- Skin

II. Diagnostic Studies/Laboratory Tests

- Hematologic studies
  - CBC and differential
- Blood typing and antibody screening
- Hemoglobin electrophoresis
- Diabetic testing such as Hemoglobin A1C, Glucose Tolerance Test (GTT)
- Protein/Creatinine (PC) ratio
- Blood clotting studies
- Serologic screening (such as RPR, CMV, HSV, Toxo, HIV)
- Hormone studies
- Comprehensive metabolic panel
- Lipid profile
- Urinalysis/urine cultures
- Fecal occult blood testing
- Vaginal microscopy
- Cervical and vaginal cultures
- Testing and cultures for STI’s
- Throat and skin cultures
- Cervical cytology and HPV testing
- Test for ruptured membranes
- Fetal fibronectin
- 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
- Hepatitis panel

Imaging Studies (Common indications for these studies)
- Ultrasonography
- Mammography
- Bone densitometry
I. Problem Recognition, Management and Referral
(Evaluation, diagnosis, treatment or referral)

Skin
• Chronic and acute skin conditions
  - vitiligo
  - psoriasis
  - eczema
  - contact dermatitis
  - tinea
• Lesions (benign and malignant)

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
• Upper & lower GI disorders
• IBS

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

Musculoskeletal
• Back pain
• Osteoarthritis
• Sprains and strains

Neurologic/Psychiatric
• Headaches
• Psychosocial
• Mental health

Endocrine
• Diabetes
• Thyroid

Hematologic
• Common anemias (e.g. iron deficiency, folate deficiency, thalassemia)
• Rheumatologic
• Common autoimmune disorders (fibromyalgia, chronic fatigue, arthritis, RA, lupus)

II. Health Screening, Education and 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
  - intimate partner violence
• Parenting
• Sexuality
• Gender identity
• Preconception counseling
• Immunization
STUDY GUIDE
FOR TESTS TAKEN ON/AFTERT APRIL 1, 2020

GYNECOLOGIC AND REPRODUCTIVE HEALTH

I. Reproductive Anatomy and Physiology

• Anatomy and physiology of reproduction throughout the life cycle
• Menopause/Menarche

II. Gynecologic – Disorders

* 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
* Abnormal cervical cytology and HPV
* 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 Awareness and Contraception

• Fertility Awareness
• Infertility (e.g. etiologic factors, initial tests)
• Barrier methods
• Emergency contraception
• Pharmacologic methods
  -oral
  -injection
  -implants
  -transdermal
  -vaginal rings
  -intrauterine contraception
• Permanent methods
  -tubal occlusion -vasectomy
• Unintended Pregnancy
  -options counseling
  -pregnancy termination

IV. Male Sexual and Reproductive Health

• Sexuality
• Contraception
• Infertility
• Sexually transmitted infections
I. Anatomy and 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
• Prenatal exam

III. Assessment of Fetal Well Being
• Amniotic fluid index
• Biophysical profile
• Genetic Screening and diagnostic tests
• Nonstress testing
• Ultrasound

IV. Medical and Obstetrical Complications of Pregnancy (Evaluation, diagnosis, treatment, referral, counseling and/or education as appropriate)
Maternal medical disorders
• Diabetes
• STI/HIV
• Hypertension
• Epilepsy
• Substance Abuse
• Alcohol Exposed Pregnancy (FASD)
• Thrombocytopenia
• Anemia
• Infection (hepatitis, viral illnesses)
• Thyroid
• Obesity
• GERD
• Perinatal mood disorders

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 Care and Complications
Common physiological changes (involution, lactation)
Postpartum care
• Care of perineal area
• Care of breasts
• Fatigue and sleep disturbances
• Lochia
• Breastfeeding/Lactogenesis
• Contraception
• Nutrition
• Emotional changes

Postpartum complications
• Bladder distention & urinary retention
• Hematoma
• Hemorrhage
• Hemorrhoids
• Postpartum depression/psychosis
• Infection
• Thromboembolic disorders
• Endometritis
• Mastitis
STUDY GUIDE
FOR TESTS TAKEN ON/AFTER APRIL 1, 2020

PHARMACOLOGY

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

II. Pharmacotherapeutics
- Side effects
- Drug interactions
- Contraindications
- Patient education
- Pregnancy and lactation safety
Legal Issues
• Professional Regulation Practice
• Legal liability Consent
  Documentation/medical records Negligence/malpractice
  Patient confidentiality
• Public policy

Ethical Principles
• Autonomy
• Beneficence
• Non-maleficence
• Justice

Patient Safety
• Communication
• Interprofessional practice

Quality Improvement
• Evidence based practice
• Research Terminology
  -Reliability
  -Validity
  -Significance
• Research Utilization

Patient Safety
• Communication
• Interprofessional practice
• Davidson, et al., Maternal Newborn Nursing & Women’s Health Across the Life Span, Pearson, 2016.
• King, et al., Pharmacology for Women’s Health, Jones and Bartlett, 2015.