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.
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%) including: Evidence Based Practice, Legal/Ethical/Communication Issues, Research, Patient Safety
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.
MATERNAL FACTORS AFFECTING THE FETUS AND NEWBORN

I. Disease Processes

- Hypertension
  - Gestational
  - Preeclampsia-eclampsia
    - Protein-creatine 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)

II. Pregnancy Risks

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

- 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
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
      Amniotomony
      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/truma
    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

- Freeman, et al., Fetal Heart Rate Monitoring, LWW, 2012.
- Tappero, Physical Assessment of the Newborn, NICU, Ink., 2015.

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