Inpatient Obstetric Nursing Exam Review

Presented by
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Jeffrey Fouche-Camargo is an advanced practice registered nurse and a perinatal practice specialist at Gwinnett Women’s Pavilion in Lawrenceville, GA, as well as the president of Perinatal Nurse Consulting of Georgia. Jeffrey graduated cum laude from the Medical College of Georgia with a BSN in 1994. He obtained his MSN from Georgia State University in 2003, with a dual-specialization in perinatal nursing and women’s health nurse practitioner and earned his Doctor of Nursing Practice (DNP) degree at Georgia Regents University in 2014. He has been employed with Gwinnet Women’s Pavilion since 1999 and speaks nationally on topics such as fetal heart monitoring, obstetric emergency and critical care and the Inpatient Obstetric Nursing Exam Review. He is board-certified as a women’s health nurse practitioner, certified in inpatient obstetric nursing and holds a certificate of added qualification in electronic fetal monitoring from the National Certification Corporation.

Jeffrey was selected as the Advanced Practice Nurse of the Year by the March of Dimes in 2010. He is very active in AWHONN, including being selected as an Emerging Leader for 2011 and Georgia Section Chair for 2015-2017. He has also served on three annual program committees for AWHONN, including as the national co-chair for 2015. He is a member of Sigma Theta Tau International, having previously served as the president of the Epsilon Alpha chapter.

10 Contact Hours | Course Length: 596 minutes

Program Description
This course will review test content outline and the associated competencies to prepare for the National Certification Corporation (NCC) certification examination in Inpatient Obstetric Nursing. Elements of the examination will be discussed, followed by a review of the content. The major components include disease processes during pregnancy, fetal evaluation, labor physiology, obstetric procedures, complications of labor and delivery, and postpartum and neonatal assessments.

Program Learning Outcomes
This program prepares the learner to:
1. Describe the Inpatient Obstetric Nursing Exam, test plan and the practice requirements to sit for the exam.
2. Develop a study plan for the exam based on understanding the blueprint.
3. Discuss current treatment modalities being utilized in the care of the traumatically injured patient.
4. Differentiate care strategies for unique populations of traumatically injured patients.
Topics Covered

1 About the Test, Test-Taking Skills and Disease Processes  180 minutes

Module Description
This session will introduce participants to the National Certification Corporation (NCC) certification exam in Inpatient Obstetrics. General test-taking skills will also be reviewed. This session will also provide participants with an overview of common disease processes encountered during pregnancy, with a focus on hypertension, diabetes and cardiac diseases.

Module Learning Outcomes
This module prepares the learner to:
1. Describe the format and qualifications for the NCC subspecialty exam in Inpatient Obstetrics.
2. List general test-taking strategies.
3. Describe the impact of hypertension on the pregnant woman and her growing fetus.
4. Describe the various categories and managements of hypertension in pregnancy.
5. Describe the diagnostic criteria for diabetes in pregnancy.
6. Describe the impact of diabetes on the pregnant woman and her fetus.
7. Describe cardiac disease in pregnancy and how it impacts the homeostasis of the pregnant woman.
8. Describe other systemic disease processes and their impacts on pregnancy.

2 Pregnancy Risks  19 minutes

Module Description
This session will explore extrinsic risks to pregnancy, including teratogens, substance abuse, medications and intimate partner violence.

Module Learning Outcomes
This module prepares the learner to:
1. Describe the various sources of teratogenicity in pregnancy and their impacts on the fetus.
2. Describe intimate partner violence and its impact on the pregnancy and the fetus.
3. Describe the effects of common drugs (illicit and prescription) on the pregnancy and their associated risk to the fetus.

3 Antepartum Assessment  36 minutes

Module Description
This session will review antepartum assessment methods commonly used in pregnancy. An overview of the physiology of testing methods will be provided.

Module Learning Outcomes
This module prepares the learner to:
1. Describe various antepartum fetal testing methods and their interpretations.
2. Describe the physiological basis for various adjunct fetal assessment methods.

4 Electronic and Nonelectronic Fetal Monitoring  60 minutes

Module Description
This session will review intermittent auscultation and Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) terminology of electronic fetal monitoring (EFM) patterns as well as physiological goals and interventions. A review of underlying physiology of deceleration patterns is also provided.

(continued)
Module Learning Outcomes
This module prepares the learner to:
1. Identify EFM patterns using NICHD terminology.
2. Describe the physiology of various EFM patterns.
3. Identify physiological goals and interventions for Category II and III tracings.
4. Describe the use of intermittent auscultation and its role in fetal assessment.

5 Physiology and Management of Labor 32 minutes

Module Description
This session will review the physiology of labor with a focus on the stages and phases of the labor process. The session will also review nursing interventions to support the laboring woman, including pharmacological and nonpharmacological management of pain.

Module Learning Outcomes
This module prepares the learner to:
1. Describe the normal physiology of labor.
2. Describe the stages and phases of labor and the process of delivery.
3. Identify nursing interventions to support the laboring woman.
4. Describe common pharmacological agents used for pain management in labor.

6 Obstetric Procedures 50 minutes

Module Description
This session will review common obstetric procedures used during labor and delivery, including operative vaginal delivery, Cesarean, vaginal birth after Cesarean (VBAC) and labor induction.

Module Learning Outcomes
This module prepares the learner to:
1. Describe common obstetric procedures used during labor and delivery.
2. Describe the common methods used to ripen the cervix and induce labor, as well as the nursing management needed for these methods.

7 Obstetric Complications 55 minutes

Module Description
This session will review the most common obstetric complications encountered during labor and delivery, including premature labor.

Module Learning Outcomes
This module prepares the learner to:
1. Describe the most common obstetric complications encountered during labor and delivery.
2. Describe nursing management of preterm labor, including tocolytic medications.

8 Postpartum 59 minutes

Module Description
This session will review the anatomical and physiological changes that occur in the postpartum period. A discussion of nursing assessment and management of the puerperium is included.

Module Learning Outcomes
This module prepares the learner to:
1. Describe the anatomical and physiological changes that occur following birth.
2. Describe nursing assessment and management of the puerperal period, including family transitions.

(continued)
9 The Newborn  38 minutes

**Module Description**
This session will review the anatomical and physiological changes that occur as the fetus transitions to a neonate. A discussion of nursing assessment and management of the newborn is included.

**Module Learning Outcomes**
*This module prepares the learner to:*
1. Describe the cardiorespiratory changes that occur in the neonate during the transition period.

10 Professional Issues  67 minutes

**Module Description**
This session will discuss professional nursing issues, including legal issues, ethical principles, research and patient safety.

**Module Learning Outcomes**
*This module prepares the learner to:*
1. Describe basic legal issues surrounding the professional nursing practice.
2. Describe ethical principles of concern to the professional nursing practice.
3. Describe how nursing research and patient safety affect the professional nursing practice.
Accreditation

RN/LPN/LVN/Other: 10 Contact Hours

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