

# Inpatient Obstetric Nursing Exam Review



## Presented by

**Kim Murphy, MS, RN, APRN-CNP, RNC-OB, RNC-MNN, RNC-EFM**

Kim has 35 years of nursing experience, with over 30 years in the women's health and perinatal arenas. She is certified in women's health, inpatient obstetrics, fetal monitoring and maternal newborn nursing. Additionally, Kim is a national, AWHONN-designated fetal monitoring instructor for both intermediate and advanced programs. She is a nurse planner and has created programs for neonatal, obstetrical and women's health topics, presenting throughout the country.

Kim has worked in Level I and Level III institutions, along with providing women's health services in both the private office and public health settings. Kim is on staff at Poling Law in Columbus, OH, as their obstetrical and woman's health legal nurse consultant, working with attorneys across the country on legal issues.

**11.75 Contact Hours | Course Length: 689 minutes**

## Program Description

Presented in lecture format, this course reviews topics for the National Certification Corporation (NCC) Inpatient Obstetric Nursing Exam. Elements of the exam will be discussed, followed by a review of the content. The major components include disease processes during pregnancy, fetal evaluation, application of fetal monitoring for the laboring client and postpartum and neonatal assessments. Practice questions will enable the participant to increase confidence and experience with test content.

## 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. Construct a study plan for the exam based on understanding the blueprint and domains of practice covered.
3. Identify common mistakes and pitfalls that are made during studying and testing for the exam.
4. Recall the core components covered in the exam through didactic supplementation and test questions.

# Topics Covered

## 1 About the Test, Test-Taking Skills and Disease Processes

102 minutes

### Module Description

This module will introduce participants to the National Certification Corporation (NCC) subspecialty exam in inpatient obstetric nursing. General test-taking skills will also be reviewed. In addition, this module will describe disease processes that affect the obstetrical patient.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Describe the format and qualifications for the NCC subspecialty exam in inpatient obstetric nursing.
2. List general test-taking strategies.
3. List maternal disease processes that will affect both mother and baby during the pregnancy and labor process.

## 2 Pregnancy Risks

54 minutes

### Module Description

This module discusses risks of pregnancy and implications on the mother and fetus. Psychosocial and environmental factors, domestic violence and illegal substances will be reviewed.

### Module Learning Outcomes

*This module prepares the learner to:*

1. List medical conditions of the mother, and understand the implications on the pregnancy.
2. Recite the known effects of domestic violence upon pregnancy.
3. Describe maternal, psychosocial and environmental factors that affect pregnancies.
4. Name illegal substances that are abused by the pregnant mother and the implications on the pregnancy.

## 3 Antepartum Assessment

40 minutes

### Module Description

This module discusses features of antepartum assessment, including fetal heart rate (FHR) monitoring, ultrasounds, genetic testing and carrier screening.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Describe methods of antenatal testing.
2. Define a reactive nonstress test (NST).
3. Discuss the importance of biophysical profile (BPP) outcomes.
4. List the recommendation for prenatal testing by the American College of Obstetricians and Gynecologists (ACOG).
5. Describe the use of Doppler flow studies and results.

## 4 Electronic and Nonelectronic Fetal Monitoring

64 minutes

### Module Description

This module discusses all aspects of electronic and nonelectronic fetal monitoring, including definitions and descriptions of fetal monitoring strips.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Describe fetal monitoring patterns.
2. Describe the physiology of fetal heart rate (FHR) patterns.
3. Name categories of FHR strips.
4. Analyze cord gas samples to assist in interpreting outcomes for neonates.

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## 5 Physiology and Management of Labor

27 minutes

### Module Description

This module describes the physiology of labor, including the different stages and phases. Obstetrical complications, methods of induction, pharmacology of oxytocin and pain management will also be explored.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Discuss methods of operative vaginal deliveries.
2. List obstetrical complications and their implications on labor and delivery.
3. Discuss methods of induction, along with timing of delivery.
4. Recite the pharmacology of oxytocin (Pitocin) and its proper use in labor and delivery.
5. Analyze the pain management methods in labor and delivery.

## 6 Obstetrical Procedures

80 minutes

### Module Description

This module discusses obstetrical procedures utilized during labor and delivery. It also discusses the use of oxytocin (Pitocin), along with methods of pain control in labor.

### Module Learning Outcomes

*This module prepares the learner to:*

1. List obstetrical complications and their implication on labor and delivery.
2. Recite the pharmacology of oxytocin and its proper use in labor and delivery.
3. List the methods of pain control utilized in labor and delivery.

## 7 Obstetrical Complications

90 minutes

### Module Description

This module discusses obstetrical complications during the labor and delivery period. It also discusses complications that arise in the immediate postpartum period.

### Module Learning Outcomes

*This module prepares the learner to:*

1. List complications that occur during labor and delivery.
2. Discuss nursing interventions for those complications of labor and delivery.
3. Explain the risk to the fetus during obstetrical complications.
4. List the potential complications from multigestational pregnancies.
5. Discuss prolonged pregnancy and the implications for the fetus and mother.

## 8 Postpartum

81 minutes

### Module Description

This module discusses the postpartum period, along with complications and nursing interventions. Also reviewed will be body system changes and postpartum hemorrhage, along with lactation and parental education on newborn feeding.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Differentiate normal and abnormal conditions of the postpartum period.
2. Discuss body system changes in the postpartum period.
3. Explain the risk factors for postpartum hemorrhage.
4. Differentiate QBL vs. EBL.
5. Discuss lactation and parental education regarding newborn feeding.

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## 9 The Newborn

111 minutes

### Module Description

This module looks at the newborn infant, identifying normal findings. It will also provide a systemic review of abnormalities and their implications on nursing care for the infant.

### Module Learning Outcomes

*This module prepares the learner to:*

1. Explain the newborn's transition to extrauterine life utilizing a body systems approach.
2. List possible complications of the newborn.
3. Differentiate the types of thermoregulation utilized by the newborn.
4. Identify newborns of mothers with substance-abuse issues.

## 10 Professional Issues

40 minutes

### Module Description

This module discusses professional issues regarding research, staffing, safety and legal implications of the obstetrical nurse, including top sentinel events..

### Module Learning Outcomes

*This module prepares the learner to:*

1. Define important terms regarding professional nursing practice.
2. Understand the types of research available to nurses.
3. Explain the top sentinel events the occur in a labor and delivery unit.
4. List the top legal issues in obstetrical nursing.

# Accreditation

## RN/LPN/LVN/Other: 11.75 Contact Hours

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