

Neonatal Intensive Care Nursing Exam Review



Presented by

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Heather has spent all but two years of her nursing experience in neonatal intensive care. She earned her BSN from Colorado Mesa University and her MSN: Leadership in Health Care Systems with a certificate in healthcare education from Regis University. Heather is certified in neonatal intensive care and as a lactation consultant and is also active as an NRP regional trainer and S.T.A.B.L.E. lead instructor. She is currently an NICU clinical educator at a large, tertiary children's hospital.

Heather's experience includes positions at NICUs in Colorado, Texas and California, as well as serving as a clinical faculty member for both ADN and BSN nursing programs. With this variety of exposure to different work environments, she has been able to incorporate her experiences into the rich discussions that occur during educational presentations. To say Heather is passionate about education would be an understatement; she has presented at local, regional and national conferences, as well as by request at various hospitals. Her educational expertise is in neonatal, newborns, lactation, staff development/mentoring and lateral violence.

13.25 Contact Hours | Course Length: 737 minutes

Program Description

This course is designed for the neonatal intensive care nurse preparing to take the certification exam. The course begins with a review of the test plan, practice requirements and test-taking strategies as well as how to avoid common mistakes and pitfalls made during study preparation and answering test questions. The remainder of the course will focus on core components of the test plan that are essential for caring for the high-risk newborn along with opportunities for the learner to practice with sample test questions.

Program Learning Outcomes

This program prepares the learner to:

1. Describe the Neonatal Intensive Care 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 Introduction and Review of Exam

29 minutes

Module Description

This module provides an overview of certification exams available, including qualification criteria, what to expect on the exams and how to recertify.

Module Learning Outcomes

This module prepares the learner to:

1. Discuss the methods for application and renewal requirements.
2. Identify the test content outlines.
3. Describe test-taking preparation materials available.

2 Neurologic Assessment and Management

87 minutes

Module Description

This module discusses basic pathophysiology and common neurological issues in the neonate, including therapeutic hypothermia.

Module Learning Outcomes

This module prepares the learner to:

1. Identify neurologic organ system development.
2. Discuss various diagnoses related to neurological symptoms observed.
3. Describe nursing care required for infants with neurologic illness.

3 Retinopathy of Prematurity

34 minutes

Module Description

This module discusses risk factors, retinopathy of prematurity (ROP) staging and treatment options commonly observed.

Module Learning Outcomes

This module prepares the learner to:

1. Identify three risk factors in neonates that would predispose to ROP.
2. Discuss methods to reduce risks and treat advanced stages.

4 Electrolyte Disturbances

33 minutes

Module Description

This module will be a review of electrolyte issues observed in the neonate.

Module Learning Outcomes

This module prepares the learner to:

1. Identify two electrolyte disturbances observed in the neonatal population.
2. Review possible treatment options for electrolyte issues.

5 Glucose Metabolism

29 minutes

Module Description

This module discusses normal physiology of glucose metabolism along with categories of hypoglycemia, including maternal diabetic issues.

Module Learning Outcomes

This module prepares the learner to:

1. The learner will describe the parameters for hypoglycemia.
2. The learner will name three factors related to hypoglycemia in the neonate.
3. The learner will describe two ways to treat hypoglycemia in the neonate.
4. The learner will name three different diagnoses.

6 Parenteral and Enteral Nutrition

86 minutes

Module Description

This module reviews nutrition methods used in the care of a neonate both parenterally and enterally, including a discussion about breast milk and human donor milk.

Module Learning Outcomes

This module prepares the learner to:

1. Describe two methods of nutritional support for the neonate.
2. Discuss three benefits of breast milk.
3. Recognize two nursing interventions during enteral nutrition therapy.

7 Gastrointestinal Disorders

101 minutes

Module Description

This module discusses gastrointestinal (GI) issues observed in the neonate with stabilization methods and treatment options.

Module Learning Outcome

This module prepares the learner to:

1. State the development of the GI tract within a fetus.
2. Discuss pathophysiology for abdominal issues.
3. Discuss treatment options for abdominal diagnoses.

8 Neonatal Sepsis and Meningitis

71 minutes

Module Description

This module addresses infection risks and common pathogens observed in the neonatal population. Discussion of methods to reduce risks is also covered.

Module Learning Outcome

This module prepares the learner to:

1. Describe the immune system's function.
2. Discuss the various signs and symptoms of sepsis in the newborn.
3. Describe the management of suspected/confirmed sepsis.
4. Reinforce current infection control practices.

9 Genitourinary Disorders

12 minutes

Module Description

This module includes discussion of common genitourinary (GU) disorders observed in the neonatal population.

Module Learning Outcomes

This module prepares the learner to:

1. Describe two renal anomalies.
2. Discuss care of the neonate with urinary tract deficiencies.
3. Identify three genital malformations.

10 Arterial Blood Gas Interpretation

37 minutes

Module Description

This module reviews interpretation of blood gas results and treatment options.

Module Learning Outcomes

This module prepares the learner to:

1. Identify one method to correctly obtain blood gas.
2. Describe two acidotic states.
3. Discuss two methods to treat acidosis.

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11 Respiratory Diseases and Treatments

69 minutes

Module Description

This module discusses common respiratory conditions and treatments observed in the neonatal population.

Module Learning Outcomes

This module prepares the learner to:

1. List the conditions requiring oxygen.
2. Describe three symptoms of a respiratory condition and how each presents.
3. List the diagnostic tests ordered.
4. Describe nursing care for an infant with a pulmonary condition.
5. Describe respiratory medications and nursing considerations.

12 Cardiac Development and Function

80 minutes

Module Description

This module addresses basic cardiac assessment and the most common congenital heart defects observed in the neonate.

Module Learning Outcomes

This module prepares the learner to:

1. Locate normal cardiac structures.
2. Describe normal cardiac structure functions.
3. Identify three common cardiac anomalies in the NICU population.
4. Describe clinical presentations observed with common cardiac anomalies.

13 Hematopoietic Conditions in the Newborn and Practice Questions

69 minutes

Module Description

This module discusses common hematologic conditions observed in the neonate. Diagnostic clues and treatment options will be reviewed. This module also provides additional practice for test preparation regarding content and test-taking modules.

Module Learning Outcomes

This module prepares the learner to:

1. Describe three common hematologic conditions of the neonate.
2. Identify two methods of treatment for bleeding disorders.
3. Reconcile knowledge base in the care of neonates with test-question structure.
4. Identify knowledge-base deficiencies to pinpoint study content.

Accreditation

RN/LPN/LVN/Other: 13.25 Contact Hours

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