



Maternal Newborn Nursing Exam Review

Presented by

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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.

10 Contact Hours | Course Length: 600 minutes

Program Description

Presented in lecture format, this course reviews topics for the Maternal Newborn Nursing Exam by the National Certification Corporation (NCC). Elements of the examination are discussed, followed by a review of the content. The major components include disease processes during pregnancy, maternal and fetal complications, postpartum and neonatal assessments.

Program Learning Outcomes

This program prepares the learner to:

1. Describe the Maternal Newborn 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 Understanding the Exam and Maternal Health Status

34 minutes

Module Description

This module discusses the Maternal Newborn Nursing Exam, including the content and expectations on exam day. It also discusses baseline maternal health.

Module Learning Outcomes

This module prepares the learner to:

1. Understand the content along with the percentages of test sections.
2. List three study skills that can be used to prepare for the exam.
3. Assess maternal health status in preparation for pregnancy.

2 Antepartum Risk Factors and Complications

66 minutes

Module Description

This module will discuss antepartum risk factors and complications for pregnancy.

Module Learning Outcomes

This module prepares the learner to:

1. Differentiate the hypertensive disorders of pregnancy.
2. List maternal health conditions that affect pregnancy
3. Identify the components of the amniotic fluid assessment.

3 Fetal Assessment

43 minutes

Module Description

This module discusses fetal assessment prior to going into labor. It also talks about the reason obesity is a risk factor for a pregnant mother.

Module Learning Outcomes

This module prepares the learner to:

1. List types of fetal assessment during the antepartum period.
2. Explain obesity and bariatric surgery and understand why it puts the mother at risk.

4 Intrapartum Risk Factors and Complications

80 minutes

Module Description

This module discusses intrapartum factors, including fetal monitoring cord gases along with medications used in labor. It also describes complications that can happen during childbirth

Module Learning Outcomes

This module prepares the learner to:

1. Identify the components of fetal monitoring utilized to assess well-being.
2. Practice cord gas evaluation.
3. List the major complications during delivery in the intrapartum period.

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5 Maternal Assessment and Management in the Postpartum Period

79 minutes

Module Description

This module describes each maternal system and how it adapts in the postpartum period. It also describes complications that can arise during this time frame.

Module Learning Outcomes

This module prepares the learner to:

1. State the changes made in the postpartum period.
2. List common problems that can arise with the mother during the postpartum period
3. Differentiate between postpartum blues, postpartum depression and postpartum psychosis.

6 Lactation and Newborn Feeding

56 minutes

Module Description

This module will provide information that is utilized for education to the parents regarding the postpartum period, breastfeeding and the newborn.

Module Learning Outcomes

This module prepares the learner to:

1. Analyze family dynamics and the impact upon the new mother and the newborn.
2. Discuss education topics that are important for the healthcare of the new mom and baby.
3. List commonly used medications in the newborn nursery.
4. Recall breastfeeding physiology information and its impact on infant feeding.

7 Newborn Assessment and Management

65 minutes

Module Description

This module provides information on the initial newborn period and includes his/her transition to extrauterine life. It reviews each system for these transitions.

Module Learning Outcomes

This module prepares the learner to:

1. Recall each organ system in the neonate and the transition that occurs upon separation from his/her mother.
2. Identify the components of heat loss and the implications for the newborn.
3. Summarize the required newborn screening tests completed in the first days of life.

8 New Complications, Part 1

74 minutes

Module Description

This module describes the complications and stabilization of the newborn infant. It identifies disorders of the cardiac, respiratory, musculoskeletal and ENT systems.

Module Learning Outcomes

This module prepares the learner to:

1. Identify complications of the newborn in the cardiac, respiratory, musculoskeletal and ENT systems.
2. Recall interventions to provide nursing care to these newborns with cardiac, respiratory, musculoskeletal and ENT complications.

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9 Newborn Complications, Part 2

75 minutes

Module Description

This module describes the complications and stabilization of the newborn infant. It identifies disorders of the hematologic, neurologic and genitourinary systems.

Module Learning Outcomes

This module prepares the learner to:

1. Identify complications of the newborn in the hematologic, neurologic and genitourinary systems along with substance-abuse neonates.
2. Recall interventions to provide nursing care to these newborns with complications of the hematologic, neurologic and genitourinary systems along with substance-abuse neonates

10 Aspects of Professional Practice

28 minutes

Module Description

This module discusses aspects of professional practice, including staffing issues, liability, professional obligations and research.

Module Learning Outcomes

This module prepares the learner to:

1. Define terms to professional practice issues.
2. Understand the aspects of professional liability.
3. Restate communication issues in the maternal-newborn professional relationship.

Accreditation

RN/LPN/LVN/Other: 10 Contact Hours

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