



# Maternal Newborn Nursing Exam Review

## Course Description

Presented in lecture format, this course reviews topics for the National Certification Corporation (NCC) examination “Maternal Newborn Nursing.” 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. Practice questions are integrated throughout the presentation.

## Program Learning Outcomes

*This program prepares the learner to:*

- Describe the Maternal Newborn Nursing Exam, test plan and the practice requirements to sit for the exam.
- Construct a study plan for the exam based on understanding the blueprint and domains of practice covered.
- Identify common mistakes and pitfalls that are made during studying and testing for the exam.
- Recall the core components covered in the exam through didactic supplementation and test questions.

## Agenda

*Sign-in begins at 7:30 am.* Each day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

### Day 1, 8:00 am to 4:30 pm

0800 **Preparing for the Exam**  
About the Content, Types of Questions | Tips for Success, Review Study Materials

#### Factors Affecting Maternal and Neonatal Outcomes (Antenatal Factors)

0830 **Maternal Health Status**  
Age and Nutrition | Obstetrical History | Psychosocial and Cultural Issues | Infertility | Physiologic Changes and Lab Values

0930 **Break**

0945 **Antepartum Risk and Complications**  
Diabetes and Hypertension | Bacterial and Viral Infections | Anemia and Cardiac Disease | Substance Abuse | Preterm Labor and Multiple Gestation | Polyhydramnios and Oligohydramnios

1045 **Fetal Assessment**  
Biophysical Profile and Non-Stress Test | Diagnostic Ultrasound and Lung Maturation Studies | Amniocentesis, Alpha-Fetoprotein, Triple Screen

#### Factors Affecting Maternal and Neonatal Outcomes (Intrapartal Factors)

1130 **Significance of Fetal Heart Rate Patterns**  
Tachycardia, Bradycardia, Decelerations | Patterns of Cord Gases

1200 **Lunch**

1300 **Medications In Labor**  
Tocolytics and Oxytocics | Analgesics and Anesthesia

1330 **Complications of Labor**  
Malpresentations, Meconium, Shoulder Dystocia | Chorioamnionitis | Abruption and Placental Previa | Cord Prolapse | Precipitous Delivery | Assisted Delivery

*(continued)*

1400 **Break**

### **Maternal Assessment and Management in Postpartum Period (Delivery Through Six Weeks)**

1415 **Physiologic Changes and Laboratory Values**

1500 **Nursing Care and Education**

Comprehensive Postpartum Health Assessment | Complications | Care

1615 **Review, Q & A Session**

1630 **Adjourn**

### **Day 2, 8:00 am to 4:00 pm**

0800 **Review Material From Day 1 and Questions**

0830 **Complications**

Hemorrhage and Thrombophlebitis | Infections | Postpartum Depression

0930 **Break**

0945 **Lactation and Newborn Feeding**

Anatomy and Physiology | Composition of Breast Milk | Normal Breastfeeding Process | Contraindications | Maternal and Newborn Complications | Bottle Feeding

1045 **Family Dynamics After Childbirth**

Parent and Infant Interaction | Maternal Role Transition | Perinatal Grief

### **Newborn Assessment and Management**

1115 **Transition to Extrauterine Life**

Initial Physiologic Adaptations | Resuscitation and Stabilization, Thermoregulation

1200 **Lunch**

1300 **Physiologic Changes and Physical Assessment (Lab Values)**

Gestational Age and Neurobehavioral Assessment | Systems Review | Common Anomalies | Treatment

1415 **Break**

1430 **Nursing Care and Family Education**

Basic Newborn Care | Common Medications | Contraception

1500 **Complications (Recognition and Stabilization)**

Cardiac (Cyanotic and Acyanotic Heart Disease) | Respiratory (Apnea, TTN, RDS, Pneumothorax, MAS) | Hematopoietic (Anemia, Vitamin K Deficiency, Rh Disease) | Endocrine and Metabolic (Inborn Errors of Metabolism, Patterns of Inheritance)

### **Aspects of Professional Practice**

1530 **Aspects of Professional Practice**

Research | Guidelines for Practice | Ethical and Legal Issues

1600 **Review, Q & A Session | Adjourn**

## **Accreditation**

### **RN/LPN: 13.5 Contact Hours**

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