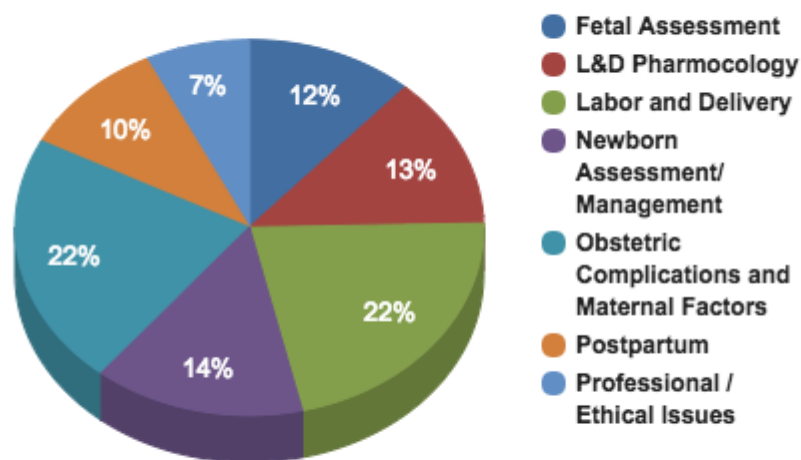




## Labor & Delivery Exam Content Outline Update

**Exam Objective: To measure the overall level of knowledge for the Registered Nurse in the Labor & Delivery Department**

Knowledge Domains - Labor and Delivery RN



Each question in this assessment is categorized by a cognitive level that the test taker would likely use to respond. These categories are:

- Recall: The ability to recall or recognize specific information;
- Application: The ability to comprehend, relate or apply knowledge to new or changing situations;
- Analysis: The ability to analyze and synthesize information, determine solutions and/or evaluate the usefulness of a solution.

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**I. Fetal Assessment**

- A. Knowledge of performing Fetal Assessment.**
- B. Knowledge of fetal monitor patterns and interpretation of electronic fetal monitoring / fetal heart tracings.**
- C. Knowledge of NICHD guidelines for interpretation of electronic fetal monitor / fetal heart tracing.**
- D. Knowledge of interpreting charts and graphs used during routine care of the L&D patient.**
- E. Knowledge of non-reassuring fetal heart rate pattern including variability, late decelerations, prolonged decelerations, etc..**
- F. Knowledge of appropriate interventions for non-reassuring fetal heart rate pattern.**
- G. Knowledge of effects on the fetus secondary to spinal epidural anesthesia.**
- H. Knowledge of assessment for reactivity (non-stress test) and periodic patterns for fetal heart tones following established NICHD standards of care.**
- I. Knowledge of biophysical profile assessment.**
- J. Knowledge of nursing interventions to troubleshoot electronic fetal monitoring.**
- K. Knowledge of effects of pain medication on fetus.**

**II. L&D Pharmacology**

- A. Knowledge of medications used for high-risk conditions and medical emergencies for the L&D patient.**
- B. Knowledge of how to prepare, administer, and evaluate effectiveness of**

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**medications through various routes.**

- C. Knowledge of medications (generic and brand names) commonly administered in the L&D, such as oxytocin, terbutaline, magnesium sulfate, meperidine, etc.**
- D. Knowledge of medications that affect amniotic fluid levels.**
- E. Knowledge of how to adjust and titrate certain medications based on assessment of physiologic parameters (e.g. oxytocin).**
- F. Knowledge of the “read back” policy/procedure related to receiving verbal and/or telephone order(s) from a physician or licensed independent provider.**
- G. Knowledge of medications used in L&D for analgesia/pain control.**
- H. Knowledge of policies and procedures regarding controlled substances including but not limited to, storage, shift counts, waste, documentation, PCA pumps, etc.**
- I. Knowledge of side effects of medications commonly administered in the L&D such as tocolytics, narcotics, antibiotics, etc.**
- J. Knowledge of antihypertensive medications administered in the L&D department.**
- K. Knowledge of how to perform basic mathematical calculations, including addition, subtraction, multiplication, and division in order to calculate proper dosages and IV drip rates.**
- L. Knowledge of vaccinations commonly administered in the L&D department.**

### **III. Labor & Delivery**

- A. Knowledge of routine patient assessment as indicated by medical condition/diagnosis.**
- B. Knowledge of how to perform routine bedside nursing procedures (e.g. peripheral IV placement, indwelling urinary catheter placement, etc.**

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- C. Knowledge of managing hemodynamic stability and notifying physician of critical lab values for the L&D patient.**
- D. Knowledge of nursing interventions for patients receiving pain medications.**
- E. Knowledge of how to properly assess the patient during amnioinfusion.**
- F. Knowledge of methods for augmentation of labor and how to assist the physician or provider.**
- G. Knowledge of pre-operative care for a patient requiring Cesarean section delivery.**
- H. Knowledge of nursing assessment, interventions, and documentation in caring for a patient with rupture of membranes (ROM, PROM, SROM, AROM).**
- I. Knowledge of critical factors involved in the labor process.**
- J. Knowledge of Stages of Labor.**
- K. Knowledge of signs and symptoms of pre-term labor and appropriate interventions/overall management.**
- L. Knowledge of assessing client labor progression and contraction patterns.**
- M. Knowledge of Leopold's Maneuvers.**
- N. Knowledge of how to perform sterile vaginal exam, both digital and with assist of speculum.**
- O. Knowledge of normal and abnormal physiologic findings in the L&D patient.**
- P. Knowledge of assisting patient with desired plan of care for labor, such as birth plan, presence of midwife/doula, etc.**
- Q. Knowledge and application of effective communication techniques during stressful events, such as resolving potential conflict with patients and their families, fetal demise, etc.**
- R. Knowledge of diversional activities and non-pharmacologic interventions used as an adjunct for pain management in the L&D patient.**
- S. Knowledge of determining appropriate monitoring based on nursing assessment of the L&D patient.**

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- T. Knowledge of caring for the patient with common complications related to labor and/or delivery.**
- U. Knowledge of how to identify and interpret normal and abnormal laboratory values associated with diagnostic tests commonly ordered in the L&D setting, including but not limited to CBC, metabolic panels, hemoglobin, hematocrit, coagulation studies, magnesium, occult blood, urinalysis, blood glucose, HCG, arterial blood gases, Fetal fibronectin, lactate, etc.**

#### **IV. Obstetric Complications and Maternal Factors**

- A. Knowledge of obtaining and classifying obstetric history.**
- B. Knowledge of diagnostic testing commonly used in the L&D setting.**
- C. Knowledge of routine patient assessment as indicated by medical condition/diagnosis.**
- D. Knowledge of Rhogam indications and administration.**
- E. Knowledge of nursing interventions for medical emergencies in the L&D.**
- F. Knowledge of common complications, high-risk conditions and medical emergencies for the L&D patient, such as hemorrhage, pre-eclampsia, eclampsia, preterm labor, diabetes, placenta previa, VBAC, ruptured uterus, shoulder dystocia, multiple gestation, sexually transmitted diseases, etc.**
- G. Knowledge of obstetrical emergency response protocols in the L&D.**
- H. Knowledge of measuring Quantitative Blood Loss (QBL), including weight to volume conversion of 1gm = 1mL.**
- I. Knowledge of communicable diseases, routes of transmission and impact on newborn.**
- J. Knowledge of providing education to patient and family appropriate for the L&D patient.**
- K. Knowledge of the signs and symptoms of abuse/neglect.**

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- L. Knowledge/recognition of hematologic conditions in the L&D patient such as anemia, thrombocytopenia, bleeding disorders, venous thromboembolism (VTE), etc.**
  - M. Knowledge of risk factors contributing to obstetrical complications, such as diabetes, maternal age, malpresentation, multiple gestation, amniotic fluid disorders, etc.**
- V. Newborn Assessment/Management**
- A. Knowledge of performing newborn assessment.**
  - B. Knowledge of transition of the newborn, including assessment (i.e. APGAR, thermoregulation, measurements, vital signs, etc.) and interventions per NRP guidelines (i.e. suctioning, stimulation, respiratory support, need for ancillary staff, etc.).**
  - C. Knowledge of communicable diseases and nursing considerations for immunizations.**
  - D. Knowledge of vacuum assisted deliveries and potential complications.**
  - E. Knowledge of APGAR scores and their use in the L&D setting.**
  - F. Knowledge of procedures to ensure correct patient and newborn identification, at admission, during delivery, and throughout entire hospital stay.**
  - G. Knowledge of assisting the L&D patient with breastfeeding, including common breastfeeding positions.**
  - H. Knowledge of facilitating infant bonding.**
  - I. Knowledge of infant safety protocols.**
  - J. Knowledge of how to assess for microcephaly, anencephaly, etc.**
  - K. Knowledge of medications administered to the newborn, such as Aquamephyton (Vit K), erythromycin ointment, etc.**

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## **VI. Postpartum Care**

- A. Knowledge of provision of care for fourth stage of labor, including the nursing plan of care.**
- B. Knowledge of assisting patient with infant bonding.**
- C. Knowledge of client education regarding breastfeeding.**
- D. Knowledge of performing postpartum nursing assessment for the both vaginal Cesarean deliveries.**
- E. Knowledge of complications seen in the postpartum patient, including hemorrhage, pulmonary embolism, postpartum depression/psychosis, etc.**

## **VII. Professional/Ethical Issues**

- A. Knowledge of ethical issues that arise during routine patient care.**
- B. Knowledge of state and/or federal regulations related to caring for patients who experience abuse/neglect.**
- C. Knowledge of guidelines used during supervision and delegation of tasks/duties to other personnel, such as LPN/LVN's, CNA's, NA's, and Surgical/Scrub Technicians.**
- D. Knowledge of state and/or federal regulations related to caring for patients with communicable diseases.**
- E. Knowledge of obtaining informed consent for procedures for the L&D patient and/or newborn.**
- F. Knowledge of nursing role in advanced directives.**
- G. Knowledge of nursing role as patient advocate.**
- H. Knowledge of current AWHONN and NICHD guidelines.**
- I. Knowledge of HIPAA laws and regulations as it relates to maintaining confidentiality of personal health information.**

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- J. Knowledge of and the ability to follow all procedures under facility emergency response plans, including but not limited to rapid response, cardiac arrest, fire, infant/child abduction, bomb threat, active shooter, inclement weather, earthquakes, human trafficking, etc.**
- K. Knowledge of the Emergency Medical Treatment and Labor Act (EMTALA) requirements, with regards to admission, transfer, and discharge of patients.**

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