Program Overview

• Our Essentials of Inpatient Obstetric Nursing Care program is ideal for both new and experienced nursing professionals to introduce and reinforce the essentials of inpatient obstetric nursing.

• This program is designed to orient nurses to the perinatal unit and provide the most current and comprehensive education for more experienced staff, allowing educators to reinforce knowledge and establish consistent care across the unit.

• This series will help reduce risk and errors, increase efficiency and patient care, reinforce and document staff competency, and grow the knowledge and skills of the nurses in your unit.

• The series is eligible for 50.0 CNE Contact Hours, including 17.5 Pharmacology Contact Hours.
Course Overview:

- Course 1: *Physiologic and Psychosocial Changes in Pregnancy*
- Course 2: *Care of the Intrapartum Patient*
- Course 3: *Physiologic and Psychosocial Changes in the Postpartum Period*
- Course 4: *Care of the Postpartum Woman*
- Course 5: *Complications of Pregnancy*
- Course 6: *Perinatal Loss*
Course 1: *Physiologic and Psychosocial Changes in Pregnancy*

• Learning Objectives:
  • Reviews normal physiologic and psychosocial changes during pregnancy.
  • Outlines physiologic changes to include the key organ systems, impact assessment, and laboratory findings.
  • Addresses psychosocial changes including the normal psychosocial adaptation process and the impact of incomplete psychosocial adaptation.

• Eligible for 4.0 CNE Contact Hours
Course 2: *Care of the Intrapartum Patient*

• Learning Objectives:
  • Discusses the normal process of labor and delivery.
  • Reviews physiologic changes that occur prior to and during the labor and delivery process.
  • Describes the labor and delivery nursing process, including assessment, diagnosis, interventions and evaluation.
  • Reviews different medical interventions that can occur during the intrapartum period, including cervical ripening, induction of labor and assisted delivery.
  • Discusses complications including shoulder dystocia, uterine rupture and postpartum hemorrhage that could be seen during each stage of labor.

• Eligible for 15.0 CNE Contact Hours (7.5 Pharmacology Contact Hours)
Online Course Preview: Course 2

ESSENTIALS OF INPATIENT OBSTETRIC NURSING CARE

Course 2: Care of the Intrapartum Patient

Part 1

False vs. True Labor

<table>
<thead>
<tr>
<th>False Labor</th>
<th>True Labor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular contractions</td>
<td>Regular contractions</td>
</tr>
<tr>
<td>Decrease in the frequency and intensity</td>
<td>Progressive increase in the frequency and intensity</td>
</tr>
<tr>
<td>Lower abdomen and groin discomfort</td>
<td>Discomfort in back that radiates to the abdomen</td>
</tr>
<tr>
<td>Activity doesn’t increase the frequency or intensity—may decrease</td>
<td>Activity increases contractions</td>
</tr>
<tr>
<td>No-cervical change</td>
<td>Progressive cervical change</td>
</tr>
<tr>
<td>Sedation decreases or stops contractions</td>
<td>Sedation does not stop contractions</td>
</tr>
<tr>
<td>Usually no bloody show</td>
<td>Bloody show usually is present</td>
</tr>
</tbody>
</table>

Review Questions

The signs of true labor include:

- A. a decrease in the frequency and intensity of contractions during activity.
- B. regular contractions.
- C. bloody show.
- D. lower abdomen and groin discomfort.
- E. all of the above.
- F. B and C only.
- G. A and D only.

Post-Test

Clinical Case Example

M.S. is a 24-year-old, G1 P0000 woman who is admitted to your labor and delivery unit at 39 weeks’ gestation complaining of regular, painful contractions. Upon questioning, she admits to bloody show and active fetal movement. A review of M.S.’s prenatal record reveals an uncomplicated pregnancy with no risk factors. You admit M.S. and obtain a set of vital signs (temperature 37°C, pulse 80 bpm, respirations 20 rpm, blood pressure 124/76 mmHg, and a pain rating of 6 out of 10) and apply the electronic fetal monitor to assess fetal status.

Post-Test Question Example

5. Based on M.S.’s cervical examination, you know that she is in the following phase of the first stage of labor:

- A. latent phase.
- B. active phase.
- C. transition phase.
Course 3: **Physiologic and Psychosocial Changes in the Postpartum Period**

- **Learning Objectives:**
  - Reviews normal physiologic and psychosocial changes during the postpartum period.
  - Outlines physiologic changes to include the key organ systems and the impact on postpartum assessment.
  - Addresses psychosocial changes during the normal adaptation process following delivery.
  - Discusses the impact of incomplete psychosocial adaptation to the newborn, new role, and family.

- Eligible for 6.0 CNE Contact Hours
Course 4: *Care of the Postpartum Woman*

• Learning Objectives:
  • Discusses the normal process for the postpartum woman.
  • Reviews the normal changes and the nursing process for caring for the postpartum woman.
  • Reviews the importance of discharge planning and teaching, and contraceptive methods.
  • Reviews the normal psychosocial adaptation and the impact of postpartum depression or psychosis, including nursing interventions.
  • Reviews potential postpartum complications and interventions.

• Eligible for 7.0 CNE Contact Hours (2.0 Pharmacology Contact Hours)
Online Course Preview: Course 4

Course 4: Care of the Postpartum Woman

Postpartum

Assessment of the postpartum woman

When assessing the postpartum woman, the use of the mnemonic BUBBLE is used. This represents:

- B - Breast
- U - Uterus (includes fundal height, placement, and tone)
- B - Bowels and gastrointestinal tract
- U - Bladder
- L - Lochia (includes lochia color, odor, amount, and consistency)
- E - Episiotomy/facilitated episiotomy

Review Questions

The mnemonic BUBBLE represents what postpartum assessment components:

A. breath sounds, uterus, breasts, bladder, legs, episiotomy.
B. breasts, uterus, bowels, bladder, lochia, episiotomy.
C. bladder, uterus, breath sounds, breasts, lochia, episiotomy.

Post Test

27. Your patient has been diagnosed with endometritis. When performing an assessment you note the following:

- heart rate 120 bpm.
- blood pressure 88/52 baseline blood pressure 124/76.
- respirations 24 rpm.
- confusion as to time and place, and
- urinary output is less than 30 mL/hr

You suspect your patient is demonstrating signs of:

- A. worsening endometritis.
- B. septic pelvic thrombosis.
- C. sepsis.
- D. urinary tract infection.
Course 5: *Complications of Pregnancy*

- **Learning Objectives:**
  - Discusses frequent complications observed during pregnancy, including:
    - hypertensive disorders of pregnancy
    - bleeding in pregnancy
    - preterm delivery
    - twin gestation
    - obesity
    - hyperemesis gravidarum
    - diabetes mellitus
    - Pyelonephritis
    - deep vein thrombosis
    - intrauterine growth restriction
    - anaphylactic syndrome of pregnancy (amniotic fluid embolus)
    - cardiopulmonary resuscitation.
  - Addresses the impact these complications have on the mother and the fetus.
  - Discusses both medical and nursing interventions key to each complication.
- **Eligible for 16.0 CNE Contact Hours (8.0 Pharmacology Contact Hours)**
Online Course Preview: Course 5

Course 5: Complications of Pregnancy-Part 1

Content Example

Review Question Example

Post-Test Question Example
Course 6: *Perinatal Loss*

- Learning Objectives:
  - Addresses issues that impact the grieving mother and her family.
  - Reviews the three stages of grieving, including a discussion regarding the progression through each stage.
  - Discusses strategies to assist the grieving parents through this difficult period and the importance of promoting lasting memories.

- Eligible for 2.0 CNE Contact Hours
Online Course Preview: Course 6

Content Example:

**Perinatal Loss**

The grief that these parents face is no less than for those parents who experience a spontaneous loss. In some respects, it may be more difficult because of the emotion involved in making this choice.

The information and interventions presented in this course are applicable for the parents who have made this difficult decision.

Post-Test Question Example:

4. Those feelings that the parents experience with the loss of a baby include:
   - A. the loss of self-esteem.
   - B. the loss of their own parenthood.
   - C. the loss of their dreams for their child.
   - D. all of the above.
   - E. B and C only.
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