Essentials of Inpatient Obstetric Nursing Care

Course 1: Physiologic and Psychosocial Changes in Pregnancy

Objectives

Upon completion of this course, the learner will be able to:

- Discuss the physiologic changes associated with pregnancy and how these changes affect physical assessments.
- Describe how physiologic changes associated with pregnancy ensure fetal development.
- Describe how physiologic changes that occur during pregnancy impact laboratory values.
- Discuss three tasks of psychosocial adaptation to pregnancy.

Time to Complete

Approximately four hours.

Length of Course

Sixty-one slides with fourteen review questions.

Length of Post-Test

Ten post-test questions.
Essentials of Inpatient Obstetric Nursing Care

Course 2: Care of the Intrapartum Patient

Objectives

Upon completion of this course, the learner will be able to:

- Describe maternal and fetal physiologic changes that occur in the reproductive system in preparation for labor.
- Identify the four stages of labor.
- Discuss normal progress in labor and factors that influence its progress.
- List various methods of labor pain relief.
- Describe options available for cervical ripening and induction/augmentation of labor.
- List indications for labor induction.
- Discuss advantages and disadvantages of various methods of cervical ripening.
- Discuss indications for assisted vaginal delivery.
- List risk factors for shoulder dystocia.
- Discuss maneuvers used for delivery during a shoulder dystocia.
- Discuss indications for a cesarean section delivery.
- Describe the care of the preoperative and intraoperative patient for a cesarean delivery.
- Discuss risk factors for postpartum hemorrhage.
- Describe interventions for the patient experiencing a postpartum hemorrhage.
- Complete the post test with a score of 80% or better.
Time to Complete

Approximately fifteen hours.

Length of Course

Part 1
Sixty-two slides with nineteen review questions.

Part 2
Seventy-seven slides with thirteen review questions.

Part 3
Sixty-five slides with ten review questions.

Part 4
Fifty-three slides with nine review questions.

Part 5
Fifty-five slides with five review questions.

Length of Post-Test

Thirty-five post-test questions.
Essentials of Inpatient Obstetric Nursing Care

Course 3: Physiologic and Psychosocial Changes in the Postpartum Period

Objectives

Upon completion of this course, the learner will be able to:

- Discuss the physiologic changes associated with each organ system in the postpartum period.
- List the three components of Rubin’s Psychosocial Adaptation to Parenthood.
- Describe the changes to the breast during pregnancy and the postpartum period.
- Obtain a score of 80% on the post test.

Time to Complete

Approximately six hours.

Length of Course

Sixty-three slides with twenty-three review questions.

Length of Post-Test

Ten post-test questions.
Objectives

Upon completion of this course, the learner will be able to:

- Define the time frame for the postpartum period.
- Describe the postpartum assessment components for the mnemonic BUBBLE.
- Describe additional postpartum assessments and their impact on the woman’s recovery.
- Discuss each stage of the Psychosocial Adaptation to Parenthood model that the postpartum woman experiences.
- Discuss the importance of maternal-newborn bonding.
- Describe the importance of discharge instructions for the postpartum woman.
- Discuss four potential postpartum complications and the appropriate nursing interventions for each.
- Discuss postpartum “blues,” postpartum depression, and postpartum psychosis.

Time to Complete

Approximately seven hours.

Length of Course

Part 1
One hundred five slides with twenty review questions.
Part 2
Ninety-three slides with twenty-one review questions.

Length of Post-Test
Forty post-test questions.
Essentials of Inpatient Obstetric Nursing Care

Course 5: Complications of Pregnancy

Objectives

Upon completion of this course, the learner will be able to:

- List six complications seen in pregnancy.
- Describe physiologic changes of pregnancy that contribute to the development of pregnancy complications.
- Determine the impact that pregnancy complications have on the development of the fetus.
- Describe management strategies for each of the identified pregnancy complications.
- Develop nursing plans of care for each of the identified complications of pregnancy.
- Obtain a score of 80% or higher on the post test for Complications of Pregnancy course.

Time to Complete

Approximately sixteen hours.

Length of Course

Part 1
Eighty slides with fourteen review questions.

Part 2
Seventy-six slides with fourteen review questions.
Part 3
Sixty-four slides with nine review questions.

Part 4
Eighty-seven slides with fourteen review questions.

Part 5
Seventy-three slides with fifteen review questions.

Part 6
Thirty slides with six review questions.

Length of Post-Test
Eighty-two post-test questions.
Essentials of Inpatient Obstetric Nursing Care

Course 6: Perinatal Loss

Objectives

Upon completion of this course, the learner will be able to:

- List the three stages of grief.
- Identify strategies to assist the grieving parents through this difficult time in their lives.

Time to Complete

Approximately two hours.

Length of Course

Thirty-nine slides with no review questions.

Length of Post-Test

Ten post-test questions.