

Book Two, Section I

The first section of Book Two, *Nursing Care During Childbearing*, has 100 questions that require application of facts and principles in clinical situations involving clients at various stages in the childbearing process. The questions will test knowledge of nursing interventions and treatment, including nutrition and drug therapy specific to this content area. Although emphasis is placed on the normal aspects of childbearing, common problems occurring during the pregnancy cycle and in the care of the neonate are included. The content areas and the percentage allocation of questions are outlined below. Questions will be sampled from these topics:

I. Antepartal Period

A. Normal Pregnancies

1. Signs and Symptoms of Pregnancy
 - a. Subjective Changes
 1. Amenorrhea
 2. Nausea and vomiting
 3. Fatigue
 4. Urinary frequency
 5. Breast changes
 6. Quickening
 7. Abdominal enlargement
 - b. Objective Changes
 1. Pregnancy tests
 2. Fetal heart sounds
 3. Fundal height
2. Development Tasks of Becoming Parents
 - a. Ambivalence to acceptance
 - b. Preparation of siblings/grandparents
3. Health Promotion
 - a. Rest
 - b. Activities of daily living
4. Nutritional Needs
 - a. Dietary
 - b. Iron and folic acid supplements
5. Fetal Growth and Development
6. Preparation for Labor
 - a. Parents' classes
 - b. True vs. false labor
 - c. Signs of impending labor

7. Common Discomforts of Pregnancy

- a. Nausea and vomiting
- b. Heartburn
- c. Constipation
- d. Leg cramps
- e. Backache
- f. Urinary frequency
- g. Monilia infection

8. Antepartal Tests

- a. Alpha fetoprotein
- b. Amniocentesis
- c. Fetal biophysical profile
- d. Ultrasound

B. High-Risk Pregnancies

1. Pre-Existing Medical Conditions

- a. Diabetes Mellitus
- b. Cardiac Disease
- c. Human Immunodeficiency Syndrome/ Acquired Immunodeficiency Syndrome

2. Age

- a. Adolescent
- b. Mature

3. Other

- a. Multiple pregnancy
- b. Grand multiparity
- c. Infertility
- d. Sexually transmitted diseases
- e. Substance abuse

C. Termination of Pregnancy

D. Complications of Pregnancy

1. Abortions
2. Pregnancy-induced hypertension
3. Bleeding Disorders
4. Other
 - a. Rh problems
5. TORCH

II Intrapartal Period

A. Normal Labor

1. Stages of Labor
2. Assessing Progress of Labor
3. Monitoring Vital Signs
4. Support Available during Labor
 - a. Relaxation techniques
 - b. Comfort measures
 - c. Analgesia/anesthesia
5. Fetal Monitoring

B. Complications of Labor

1. Premature Labor
2. Precipitate Labor-Emergency Delivery
3. Induction of Labor
4. Dependence on Drug
5. Need for Cesarean Delivery

C. Delivery

1. Management of Vaginal Delivery
 - a. Maternal needs – anesthesia
 - b. Immediate care of the neonate – Apgar scoring
 - c. Facilitating the attachment process
2. The Cesarean Birth

D. Immediate Care of Mother in First Postpartal Hour

III. Postpartal Period

A. Physical Needs of the Mother

1. Assessment of Fundus, Lochia, Breast Changes
2. Comfort Measures

B. Psychosocial Needs of the Family

1. Attachment/Bonding
2. Education for Infant Care
3. Assistance with Feeding

C. Family Planning

D. Complications of the Mother in the Postpartal Period

1. Physical Problems
 - a. Voiding difficulties
 - b. Hemorrhage
 - c. Infection
 - d. Thrombophlebitis
 - e. Breast disorders
2. Impact of Fetal Problems
 - a. Loss of infant
 - b. Defective infant
3. Care of Mother Who Has Had a Cesarean Birth
4. Care of the High-Risk Mother
5. Care of the Mother with HIV/AIDS

IV. The Neonate

A. The Normal Neonate

1. Assessments
 - a. Gestational age
 - b. Adaptations to life
2. Nursing Care
 - a. Routine care-PKU
 - b. Circumcision

B. Complications of the Neonatal Period

1. Respiratory Problems
2. Neonatal Jaundice
3. Hemolytic Disease of the Newborn
4. Infection

C. Care of the High-Risk Infant

1. The Infant of Mother Who Has
 - a. Diabetes
 - b. Drug dependence
 - c. Cesarean section
 - d. HIV/AIDS