

**IM 6 Maternal Newborn & PMH Assignments**  
**HESI Adaptive Quizzes are due @ 2359 the day prior to content exam**

**Grading:** Activity list below includes graded and non-graded activities.

- All activities are to be completed and are designed to assist the student in the mastery of material.
- HESI clinical skills and case studies are **HIGHLY RECOMMENDED** to be completed **prior** to their corresponding lecture.
- HESI OB and PMH adaptive open book quizzes 1-4 are **Required** and will account for 5% of your total grade.
- **Progression to the next module requires completion of all REQUIRED assigned work.**

| Weekly Topics and Required Reading   | Highly Recommended<br>HESI Clinical Skills  | Highly Recommended HESI<br>Case Studies | # Exam<br>Questions |
|--|---|---|---------------------|
| <b>WEEK 1</b>  |   |   |                     |
| <p><b>Antepartum Nursing and Antepartum Testing / Soliz -</b><br/> <b>Required Reading:</b></p> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Ch. 6 Maternity Nursing: Antepartum Nursing Care &amp; Testing: pgs. 201-211</li> </ul> <p><b>Recommended Reading</b></p> <ul style="list-style-type: none"> <li>• Murray, S., McKinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women’s Health Nursing (8th ed.): Ch. 6 Adaptations to Pregnancy: pgs. 95-119 Ch. 7 Antepartum Assessment, Care and Education: pgs. 122-135, Ch. 9: Prenatal Diagnostic Testing: pgs. 184-201 Ch. 11 The Childbearing Family with Special Needs pgs. 269-276</li> <li>• Tables: “Signs of Possible Pregnancy Complications” pg. 138, “When to go to Hospital or Birth Center” Rh Incompatibility Pgs. 235-236 pg. 387, 15.1 Leopold’s Maneuvers pg. 396, 8.1 Recommended Wt. Gain pg. 147; 8. 2 &amp; 8.3 Nutrition for Childbearing pg. 149</li> </ul> | <p><b>Antepartum Maternal Newborn Collection</b></p> <ul style="list-style-type: none"> <li>• Admission Assessment: Obstetric Patient</li> <li>• Biophysical Profile</li> <li>• Leopold’s Maneuvers</li> </ul> <p><b>Intrapartum Nursing Maternal Newborn Collection</b></p> <ul style="list-style-type: none"> <li>• Laboring Patients: Nursing Care</li> <li>• Rho (D) Immune Globulin</li> </ul> |   | 16-18               |
| <p><b>Electronic Fetal monitoring / Nuttall -</b><br/> <b>Required Reading</b></p> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Ch. 6 Maternity Nursing: Electronic Fetal Monitoring pgs. 211-216</li> </ul> <p><b>Recommended Reading</b></p> <ul style="list-style-type: none"> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women’s Health Nursing (8<sup>th</sup> ed.): Ch. 14 Intrapartum Fetal Surveillance pgs. 350-383</li> </ul>  | <p><b>Electronic Fetal Monitoring Maternal Newborn Collection</b></p> <ul style="list-style-type: none"> <li>• Fetal Heart Rate: Interpretation</li> </ul>  |   | 9-11                |
| <p><b>Intrapartum Nursing / Nuttall -</b><br/> <b>Required Reading</b></p> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Maternity Nursing: Ch. 6 Intrapartum Nursing Care, Initial Exam, Stages of Labor, Labor with Analgesia or Anesthesia, Regional Block Anesthesia pgs. 216-227</li> </ul> <p><b>Recommended Reading</b></p> <ul style="list-style-type: none"> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women’s Health Nursing (8<sup>th</sup> ed.): Ch. 12 Processes of Birth; Ch. 13 Pain Management During Childbirth; Ch. 15 Nursing Care During Labor and Birth</li> </ul>  | <p><b>Intrapartum Maternal Newborn Collection</b></p> <ul style="list-style-type: none"> <li>• Artificial Rupture of Membranes</li> <li>• Epidural Catheter Insertion</li> <li>• Oxytocin</li> <li>• Vaginal Delivery</li> </ul>  |   | 22-24               |

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| <p><b>Postpartum Nursing / Soliz -</b><br/> <b>Required Reading:</b></p> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Maternity Nursing: Ch. 6 Postpartum Nursing Care: pgs. 227-231</li> </ul> <p><b>Recommended Reading</b></p> <ul style="list-style-type: none"> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women's Health Nursing (8<sup>th</sup> ed.): Ch. 10 Rh Incompatibility Postpartum Mgmt. pgs. 234-235, Ch. 11 Adoption pg. 289 and Postpartum Depression pgs. 290-293, Ch. 17 Postpartum Adaptation and Nursing Care pgs. 469-501, Ch. 18 Postpartum Maternal Complications pgs. 505-523, Ch 23. Infant Feeding pgs. 643-666</li> </ul> | <p><b>Postpartum Maternal Newborn Collection</b></p> <ul style="list-style-type: none"> <li>• Assessment: Postpartum Patients</li> <li>• Breastfeeding Education</li> <li>• Cesarean Delivery: Recovery Care</li> </ul> | <ul style="list-style-type: none"> <li>• Postpartum</li> </ul>              | <p align="center">14-16</p> |
| <p align="center"><b>OB HESI Adaptive open book Quiz # 1 Due 10/19/25 @ 2359</b></p>   |   | <p align="center"><b>EXAM 1 - 10/20/25 - 0800-1100</b></p>                  |                             |
| <p align="center"><b>WEEK 2</b></p>  |   |   |                             |
| <p><b>Current Theories &amp; Practice / Maya - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 2; Ch. 3; Ch. 5</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>   | <p><b>Current Theories Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Elopement</li> </ul>   |   | <p align="center">9-11</p>  |
| <p><b>PMH Legal/Ethical Issues / Maya - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch 6</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>   | <p><b>Abuse &amp; Neglect Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Abuse &amp; Neglect of Older Adults</li> </ul>  |   | <p align="center">5-7</p>   |
| <p><b>Psychopharmacology / Harrison - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 4</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>  | <p><b>Psychopharmacology Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Psychiatric Medications; Recognizing Adverse Effects</li> </ul>  |   | <p align="center">16-18</p> |
| <p><b>Therapeutic Communication / Harrison - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 7, Ch. 8, Ch. 9</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Therapeutic Communication</li> </ul>   | <p><b>Nurse Patient Relationship Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Therapeutic Communication Using Trauma-Informed Care</li> </ul>  |   | <p align="center">7-9</p>   |
| <p align="center"><b>WEEK 3</b></p>  |   |   |                             |
| <p><b>Substance Use Disorder / Harrison - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 19: Substance-Related and Addictive Disorders HESI Comprehensive Review for the NCLEX-RN Examination: Psych Nursing</li> </ul>   | <p><b>Substance Use Disorder Mental Health Collection</b></p> <p>Addiction, Chemical Dependency &amp; Withdrawal</p>  | <p><b>Substance Disorder Mental Health Collection</b></p> <p>Alcoholism</p> | <p align="center">11-13</p> |

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|   |  |  |                             |
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| <b>Mood Disorders / Maya - Required Reading:</b> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 15; Ch. 16: Ch. 23.</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>  | <b>Mood Disorders Mental Health Collection</b> <ul style="list-style-type: none"> <li>• Bipolar Disorder</li> <li>• Depression</li> <li>• Electroconvulsive Therapy</li> </ul>                                       | <b>Mood Disorders Mental Health Collection</b> <ul style="list-style-type: none"> <li>• Depression</li> </ul>  | <p align="center">11-13</p> |
| <p align="center"><b>PMH - HESI Adaptive open book Quiz # 2 - Due 11/02/25 @ 2359</b></p>   |  | <p align="center"><b>EXAM 2 - 11/03/25 - 0800-1100</b></p>   |                             |
| <p align="center"><b>WEEK 4</b></p>   |  |  |                             |
| <b>Pregnancy at Risk / Nuttall - Required Reading</b> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Ch. 6 Maternity Nursing: High-Risk Disorders pgs. 240-253.</li> </ul> <b>Recommended Reading</b> <ul style="list-style-type: none"> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women's Health Nursing (8th ed.): Ch. 10 Complications of Pregnancy; Ch. 16 Intrapartum Complications; Ch. 19 Critical Care Obstetrics</li> </ul>   | <b>Pregnancy at Risk Maternal Newborn Collection</b> <ul style="list-style-type: none"> <li>• Deep Tendon Reflexes</li> <li>• Precipitous Delivery</li> <li>• Prolapsed Cord</li> <li>• Shoulder Dystocia</li> </ul> | <b>Pregnancy at Risk</b> <ul style="list-style-type: none"> <li>• Ectopic Pregnancy</li> <li>• Gestational Diabetes</li> <li>• Preeclampsia</li> </ul> | <p align="center">23-25</p> |
| <b>Infertility &amp; Twins / Soliz - Required Reading</b> <ul style="list-style-type: none"> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women's Health Nursing (8th ed.) Ch. 27 Infertility pgs. 757-774</li> </ul>   |  |  | <p align="center">7-9</p>   |
| <p align="center"><b>WEEK 5</b></p>   |  |  |                             |
| <b>Contraception &amp; Sexually Transmitted Infections Soliz- Required Reading</b> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Ch. 6 Maternity Nursing Table 6.10 Methods of Contraception Pg. 232</li> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women's Health Nursing (8th ed.) Ch. 28 Women's Health 803- 806</li> </ul> <b>Recommended Reading</b> <ul style="list-style-type: none"> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women's Health Nursing (8th ed.) Ch. 26 Family Planning pgs. 732-754</li> </ul> |  |  | <p align="center">10-12</p> |
| <b>Reproduction &amp; Preventative Women's Health / Nuttall - Required Reading</b> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for NCLEX-RN Examination: Ch. 6 Maternity Nursing pgs. 201-203</li> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women's Health Nursing (8th ed.): Ch. 28 Women's Health-Preventative Care pgs. 776-783, Menopause pgs. 795-798; Ch.3 Reproductive Anatomy and Physiology pgs. 42-53</li> </ul>   |  |  | <p align="center">8-10</p>  |

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| <p><b>Women's Health Diagnostics and Disorders / Soliz -</b><br/> <b>Required Reading</b></p> <ul style="list-style-type: none"> <li>• HESI Comprehensive Review for NCLEX-RN Examination: HIV pg. 50, Medical Surgical Nursing - UTI pg. 79, Reproductive System (Women) -Uterine prolapse, Cystocele and Rectocele pgs. 143-144, Cervical and Ovarian Cancer pgs. 144-145, &amp; STD's pgs. 147-149</li> </ul> <p><b>Recommended Reading</b></p> <ul style="list-style-type: none"> <li>• Murray, S., Mckinney, E., Holub, K., &amp; Jones, R. (2023). Foundations of Maternal-Newborn and Women's Health Nursing (8th ed.): Ch. 2 Intimate Partner Violence, Table 2.2 Myths and Realities of Violence against Women, and Human Trafficking pgs. 24-30, Ch. 28 Women's Health Benign Breast Disorders pgs. 785-786, Menstrual Disorders pgs. 790-794, Pelvic Floor Disorders pgs. 798-800, Benign and Malignant Disorders of the Reproduction Tract pgs. 800-802. Infectious Reproductive Disorders pgs. 803-807</li> </ul> | <p><b>Women's Health Maternal Newborn Collection</b></p> <ul style="list-style-type: none"> <li>• Dilatation &amp; Curettage</li> </ul> <p><b>Emergency Collection</b></p> <ul style="list-style-type: none"> <li>• Sexual Assault Exam</li> </ul> | <ul style="list-style-type: none"> <li>• HESI Maternal-Newborn Practice Exam</li> <li>• HESI Maternal Newborn Quiz</li> </ul> | <p align="center">12-14</p> |
| <b>WEEK 6</b>  |  |   |                             |
| <b>OB HESI Adaptive open book Quiz # 3 - Due 11/16/25 @ 2359</b>   |  | <b>EXAM 3 - 11/17/25 - 0800-1100</b>  |                             |
| <b>WEEK 7</b>  |  |   |                             |
| <p><b>Psychiatric Emergencies / Maya - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 20; Ch. 21; Ch. 24; Ch. 25.</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>   | <p><b>Psychiatric Emergencies Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Agitation &amp; Disruptive Behavior</li> </ul>   | <p><b>Psychiatric Emergencies Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Psychosis</li> </ul>  | <p align="center">11-13</p> |
| <p><b>Schizophrenia / Maya - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 17.</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>   | <p><b>Schizophrenia Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Schizophrenia &amp; Psychosis</li> </ul>   | <p><b>Schizophrenia Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Schizophrenia</li> </ul>        | <p align="center">18-20</p> |
| <p><b>Somatic Symptoms Disorders / Harrison - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 12</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>   |  |   | <p align="center">5-7</p>   |
| <p><b>Anxiety &amp; Stress Disorders / Harrison - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch. 10, Ch. 11</li> <li>• HESI Comprehensive Review for the NCLEX-RN Examination: Psychiatric Nursing</li> </ul>   | <p><b>Anxiety Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Anxiety</li> </ul>   |   | <p align="center">13-15</p> |
| <p><b>Personality Disorders / Harrison - Required Reading:</b></p> <ul style="list-style-type: none"> <li>• Varcarolis, E. M., Fosbre, C. (2023). Essentials of Psychiatric-Mental Health Nursing (5th ed.): Ch.13</li> <li>• HESI Comprehensive Review for NCLEX-RN Examination: Psychiatric Nursing</li> </ul>   | <p><b>Personality Disorders Mental Health Collection</b></p> <ul style="list-style-type: none"> <li>• Borderline Personality Disorder</li> </ul>   | <ul style="list-style-type: none"> <li>• HESI Mental Health Practice Exam</li> <li>• HESI Mental Health Quiz</li> </ul>       | <p align="center">13-15</p> |

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**PMH HESI Adaptive open book Quiz # 4 - Due 12/09/25 @ 2359**

**EXAM 4 - 12/10/25 - 0800-1100**

**Additional Assignments**

- PMH crossword puzzle due Thursday **10/23/25 @ 2359**.
- AA Meeting reflection submitted to Dropbox due for **Group 1** on **11/06/25 @ 2359** and **Group 2** on **12/04/25 @ 2359**.
- HESI Adaptive open book Quizzes 1-4 are due on the **night prior to the corresponding unit exam at 2359**
- Obstetrics/Maternity Practice Exam & Quiz are recommended to help prepare for HESI. (**Located in HESI Case Studies Folder**)
- PMH HESI Practice Exam & Quiz are available to help prepare for HESI (**Located in HESI Case Studies Folder**)
- All Clinical paperwork, including signed verification form is due the **Thursday** after the clinical activity **@ 2359**.
- **HESI V1 Remediation due in Dropbox by 12/04/25 @2359**
- Upload your OB Community Verification form and the PMH Community Verification Form into the correct designated DROPBOX locations.