

N432 Final Exam Study Outline—Spring 2021

Reminders:

1. This list include knowledge based topics but the exam will include utilization of that knowledge to make nursing decisions.
2. Utilize not only your 2 textbooks but the Power Points, Focus Sheets, BUBBLE HE handout, and ATI programs that you completed throughout the semester.

Suggestion for studying:

Go back through your Focus sheets with lecture notes in hand and then relook at the textbooks to see if you need to have added things to the focus sheet.

Unit 1 -Concept: Pregnancy and Prenatal Care (including birth control)

RKC Ch 4 ;ATI Ch 1 Contraception (See your Focus Sheet)

- a. Risks of oral contraceptions

RKC Ch 5: ATI Ch 8

- a. Treatment for Chlamydia

RKC Ch 10 (pp342-3) & 11 ; ATI Ch 3 Expected physiological and psychosocial Changes in Pregnancy

- a. Calculating Due dates
- b. Know how to define the GTPAL acronym
- c. Functions of the placenta and what is the main factor which determines placental functioning.
- d. Common physiological changes of pregnancy by body systems and the effects of these on normal functioning.
- e. Common psychosocial changes/reaction to and during pregnancy

RKC Ch 12; ATI Ch 4 Prenatal Care

- a. Frequency of prenatal visits
- b. Common discomforts in pregnancy by trimester versus problems that need to be addressed by the provider
- c. Education regarding a Rh negative blood type and the implications
- d. Implications for Group B strep culture
- e. Vaccines/immunizations in pregnancy

RKC Ch 11 & 12 ; ATI Ch 5 Nutrition in Pregnancy

- a. Education needed for nutrition prior to and during pregnancy including what not to ingest.
- b. Recommended weight gain in pregnancy

RKC Ch 12 ; ATI Ch 6 Assessment of Fetal Well Being

- a. Ultrasound, biophysical profile, amniocentesis
- b. When are they done
- c. How are they done
- d. Why are they done
- e. What are the implications

Unit 2-Concept: Care of the Patient during Labor and Delivery (Intrapartum Care)

RKC Ch 13; ATI Ch 11- Labor and Delivery Process

- a. Signs of true versus false labor
- b. Stages of Labor
- c. Phases of first stage labor- what do you see
 - 1) In terms of frequency and duration of contractions

- 2) In terms of dilation
- 3) In terms of behaviors, pain
- d. Induction of labor and the Bishop score
- e. Station versus lie
- f. Procedures during labor
 - 1) Induction with oxytocin—know side effects of medication
- g. Intra partum Nursing care

RKC Ch 14; ATI Ch 12 - Pain Management during labor

- a. Non- Pharmacological Pain Management--Gate control theory of pain→ how does that impact pain management in labor—Nursing care & interventions
- b. Pharmacological Pain Management
 - 1) types
 - 2) effects
 - 3) side effects
 - 4) Nursing care and interventions

RKC Ch 13 & 14; ATI Ch 13; EFM program- Fetal Assessment During Labor

- a. Techniques used i.e. external toco transducer, external US, internal EKC (ISE)
- b. What are you assessing?
- c. Fetal monitoring assessment—specifically interpretations of finding: duration & frequency
- d. Nursing interventions for abnormal electronic fetal monitoring tracings.

RKC Ch 14 ;ATI Ch 14 & 15 - Nursing Care during stages of labor

- a. Assessment by stage—see labor and delivery process above
- b. Interventions (Nursing actions) by stage

RKC Ch 14, 19 ; ATI Ch 7, 9, 14 & 15

- a. Uterotonics: Rationale, side effects, nursing interventions, antagonist
 - b. Tocolytics: Rationale, side effects, nursing interventions, antagonist
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Unit 3- Concept: Complications of Pregnancy and Labor & Delivery

RKC Ch 19; ATI Ch 7 Bleeding during Pregnancy

- a. Placenta previa
 - 1) signs and symptoms
 - 2) nursing assessments
 - 3) nursing actions
- b. Placental abruption signs and symptoms as well as nursing assessment and actions
 - 1) signs and symptoms
 - 2) nursing assessments
 - 3) nursing actions

RKC Ch 5 & 12; ATI Ch 8 Infections in Pregnancy

- a. Group B Strep—
 - 1) when test done during pregnancy
 - 2) how test is done
 - 3) implications
 - 4) expected treatment

RKC Ch 12 & 19ATI Ch 9 Medical conditions

- a. Prolapsed cord
- b. Gestational Diabetes
 - 1) signs and symptoms
 - 2) diagnostic tests

- 3) treatment/management
 - 4) implications for pregnancy outcome
 - 5) nursing care and implications for the infant
 - c. Gestational hypertension, preeclampsia, severe preeclampsia
 - 1) signs and symptoms
 - 2) diagnostic tests
 - 3) treatments/medications & side effects/management of treatments
 - 4) implications for labor and delivery and pregnancy outcome
 - 5) nursing care
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Unit 4-- Concept : Postpartum and postpartum complications

RKC Ch 15; ATI Ch 17:- Postpartum Physiological Adaptations

- a. Normal changes postpartum in all body systems discussed in textbooks
- b. Uterine position based on how many hours postpartum
- c. Lochia color and amount based on how many hours/days postpartum
- d. Nursing assessment for postpartum and nursing interventions for common postpartum occurrences
- e. Specific nutritional needs while breastfeeding i.e. calories, vitamins, minerals, fluid needs etc.

RKC Ch 16; ATI Ch 18:-Baby Friendly Care

- a. Maternal role attachment—manifestations

RKC Ch 16; ATI Ch 19:-Client Education and Discharge Teaching

- a. Nursing role in postpartum patient/client education
- b. Specific education for discharge of the postpartum client after vaginal versus c-section delivery

RKC Ch 22; ATI Ch 20:-Postpartum Disorders

- a. Postpartum care immediately after delivery
- b. Expected physical assessment findings based how many hours/days they are postpartum
- c. Know risk factors; physiology; assessment/findings; diagnostics; **treatments (including medications)**; and client education for the postpartum disorders on Focus sheet and covered in class e.g. increased risk for hemorrhage or uterine atony
- d. Postpartum affective disorders
- e. Risks of DVT

RKC Ch 22; ATI Ch 21-Postpartum infections

- a. Know all three areas at risk i.e. Uterine, Wound, & Breast (Mastitis) infections
 - b. Symptoms, pathophysiology, treatments, nursing care.
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Unit 5-Overall Concept: Newborn

RKC Ch 17 & 18; ATI Ch 23 - Newborn Assessment

- a. Apgar scoring, calculating
- b. Normal vital signs for newborn
- c. Newborn reflexes
- d. caput succedaneum vs. cephalohematoma (causes, difference between increased risk for occurring and risks for infant)

RKC Ch 18; ATI Ch 24 & 26- Nursing care of the newborn

- a. Nursing care during the immediate period after birth
- b. Thermoregulation/cold stress: condition and factors effecting it, interventions to maintain
- c. Respiratory distress: Causes, signs and symptoms, nursing interventions

RKC Ch 18; ATI Ch 25-Newborn Nutrition

- a. Normal weight loss
- b. Breastfeeding: promoting successful breastfeeding and weight gain of the newborn
- c. review bottle feeding and adequate intake and output
- d. Feeding readiness cues

RKC Ch 23 & 24; ATI Ch 27-Assessment and Management of Newborn Complications

- a. Hypoglycemia—Risk factors for; nursing interventions, treatments.
- b. Hyperbilirubinemia- **physiologic vs pathologic**, kernicterus, risk factors and how Rh or ABO incompatibility effect this, laboratory tests, phototherapy (nursing care)