

N432 Final Exam Study Outline—Summer 2021

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

RKC Ch 4 ;ATI Ch 1 Contraception

- a. Types of contraception, what's most effective? Least effective? Reversible? Irreversible?
 - a. Hormonal vs nonhormonal

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.

RKC Ch 12; ATI Ch 4 Prenatal Care

- a. Common discomforts in pregnancy by trimester versus problems that need to be addressed by the provider
- b. Education regarding a Rh negative blood type and the implications
- c. Implications for Group B strep culture
- d. Necessary vitamins prior to and during pregnancy

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

- a. biophysical profile
 - a. When is it done?
 - b. How?
 - c. Why?
 - d. What is it looking at? How is it scored?
 - b. Leopold's
 - a. Steps
 - b. What do you learn?
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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. What do you learn when doing an cervical exam/sterile vaginal exam?
- d. 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
- e. Station versus lie
 - a. Breech vs cephalic vs transverse
- f. Assessment for rupture of membranes
- g. Procedures during labor
 - 1) Induction with oxytocin—know side effects of medication

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
 - a. Categories
 - b. Reactive vs nonreactive
 - c. VEAL CHOP
- 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. Preterm labor
 - a. Risk factors
 - b. When to intervene, when not to
 - c. Medications
- 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 and assessments
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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
 - a. What do you do with a firm uterus? Boggy uterus? Deviated uterus?
 - b. Contraindications to medications given PP
- e. Specific nutritional needs while breastfeeding i.e. calories, vitamins, minerals, fluid needs etc.

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
- c. Education for a mother who is planning on bottle feeding

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. S/S 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 including measurements
- c. Newborn reflexes
- d. Appearance of SGA vs LGA babies

- e. Common derm findings upon assessment
- f. 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. Frequency of feedings
- c. Breastfeeding: promoting successful breastfeeding and weight gain of the newborn
- d. review bottle feeding and adequate intake and output
- e. 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)