Exam Objective: To measure the overall level of knowledge for the Registered Nurse in the Labor & Delivery Department

Each question in this assessment is categorized by a cognitive level that the test taker would likely use to respond. These categories are:

• Recall: The ability to recall or recognize specific information;

• Application: The ability to comprehend, relate or apply knowledge to new or changing situations;

• Analysis: The ability to analyze and synthesize information, determine solutions and/or evaluate the usefulness of a solution.

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I. Fetal Assessment
   A. Knowledge of performing Fetal Assessment.
   B. Knowledge of fetal monitor patterns and interpretation of electronic fetal 
      monitoring / fetal heart tracings.
   C. Knowledge of NICHD guidelines for interpretation of electronic fetal monitor / 
      fetal heart tracing.
   D. Knowledge of interpreting charts and graphs used during routine care of the 
      L&D patient.
   E. Knowledge of non-reassuring fetal heart rate pattern including variability, 
      late decelerations, prolonged decelerations, etc..
   F. Knowledge of appropriate interventions for non-reassuring fetal heart rate 
      pattern.
   G. Knowledge of effects on the fetus secondary to spinal epidural anesthesia.
   H. Knowledge of assessment for reactivity (non-stress test) and periodic patterns 
      for fetal heart tones following established NICHD standards of care.
   I. Knowledge of biophysical profile assessment.
   J. Knowledge of nursing interventions to troubleshoot electronic fetal 
      monitoring.
   K. Knowledge of effects of pain medication on fetus.

II. L&D Pharmacology
   A. Knowledge of medications used for high-risk conditions and medical 
      emergencies for the L&D patient.
   B. Knowledge of how to prepare, administer, and evaluate effectiveness of
medications through various routes.

C. Knowledge of medications (generic and brand names) commonly administered in the L&D, such as oxytocin, terbutaline, magnesium sulfate, meperidine, etc.

D. Knowledge of medications that affect amniotic fluid levels.

E. Knowledge of how to adjust and titrate certain medications based on assessment of physiologic parameters (e.g. oxytocin).

F. Knowledge of the “read back” policy/procedure related to receiving verbal and/or telephone order(s) from a physician or licensed independent provider.

G. Knowledge of medications used in L&D for analgesia/pain control.

H. Knowledge of policies and procedures regarding controlled substances including but not limited to, storage, shift counts, waste, documentation, PCA pumps, etc.

I. Knowledge of side effects of medications commonly administered in the L&D such as tocolytics, narcotics, antibiotics, etc.

J. Knowledge of antihypertensive medications administered in the L&D department.

K. Knowledge of how to perform basic mathematical calculations, including addition, subtraction, multiplication, and division in order to calculate proper dosages and IV drip rates.

L. Knowledge of vaccinations commonly administered in the L&D department.

III. Labor & Delivery

A. Knowledge of routine patient assessment as indicated by medical condition/diagnosis.

B. Knowledge of how to perform routine bedside nursing procedures (e.g. peripheral IV placement, indwelling urinary catheter placement, etc.)
C. Knowledge of managing hemodynamic stability and notifying physician of critical lab values for the L&D patient.

D. Knowledge of nursing interventions for patients receiving pain medications.

E. Knowledge of how to properly assess the patient during amnioinfusion.

F. Knowledge of methods for augmentation of labor and how to assist the physician or provider.

G. Knowledge of pre-operative care for a patient requiring Cesarean section delivery.

H. Knowledge of nursing assessment, interventions, and documentation in caring for a patient with rupture of membranes (ROM, PROM, SROM, AROM).

I. Knowledge of critical factors involved in the labor process.

J. Knowledge of Stages of Labor.

K. Knowledge of signs and symptoms of pre-term labor and appropriate interventions/overall management.

L. Knowledge of assessing client labor progression and contraction patterns.

M. Knowledge of Leopold’s Maneuvers.

N. Knowledge of how to perform sterile vaginal exam, both digital and with assist of speculum.

O. Knowledge of normal and abnormal physiologic findings in the L&D patient.

P. Knowledge of assisting patient with desired plan of care for labor, such as birth plan, presence of midwife/doula, etc.

Q. Knowledge and application of effective communication techniques during stressful events, such as resolving potential conflict with patients and their families, fetal demise, etc.

R. Knowledge of diversional activities and non-pharmacologic interventions used as an adjunct for pain management in the L&D patient.

S. Knowledge of determining appropriate monitoring based on nursing assessment of the L&D patient.
T. Knowledge of caring for the patient with common complications related to labor and/or delivery.

U. Knowledge of how to identify and interpret normal and abnormal laboratory values associated with diagnostic tests commonly ordered in the L&D setting, including but not limited to CBC, metabolic panels, hemoglobin, hematocrit, coagulation studies, magnesium, occult blood, urinalysis, blood glucose, HCG, arterial blood gases, Fetal fibronectin, lactate, etc.

IV. Obstetric Complications and Maternal Factors

A. Knowledge of obtaining and classifying obstetric history.

B. Knowledge of diagnostic testing commonly used in the L&D setting.

C. Knowledge of routine patient assessment as indicated by medical condition/diagnosis.

D. Knowledge of Rhogam indications and administration.

E. Knowledge of nursing interventions for medical emergencies in the L&D.

F. Knowledge of common complications, high-risk conditions and medical emergencies for the L&D patient, such as hemorrhage, pre-eclampsia, eclampsia, preterm labor, diabetes, placenta previa, VBAC, ruptured uterus, shoulder dystocia, multiple gestation, sexually transmitted diseases, etc.

G. Knowledge of obstetrical emergency response protocols in the L&D.

H. Knowledge of measuring Quantitative Blood Loss (QBL), including weight to volume conversion of 1gm = 1mL.

I. Knowledge of communicable diseases, routes of transmission and impact on newborn.

J. Knowledge of providing education to patient and family appropriate for the L&D patient.

K. Knowledge of the signs and symptoms of abuse/neglect.
L. Knowledge/recognition of hematologic conditions in the L&D patient such as anemia, thrombocytopenia, bleeding disorders, venous thromboembolism (VTE), etc.

M. Knowledge of risk factors contributing to obstetrical complications, such as diabetes, maternal age, malpresentation, multiple gestation, amniotic fluid disorders, etc.

V. Newborn Assessment/Management
A. Knowledge of performing newborn assessment.
B. Knowledge of transition of the newborn, including assessment (i.e. APGAR, thermoregulation, measurements, vital signs, etc.) and interventions per NRP guidelines (i.e. suctioning, stimulation, respiratory support, need for ancillary staff, etc.).
C. Knowledge of communicable diseases and nursing considerations for immunizations.
D. Knowledge of vacuum assisted deliveries and potential complications.
E. Knowledge of APGAR scores and their use in the L&D setting.
F. Knowledge of procedures to ensure correct patient and newborn identification, at admission, during delivery, and throughout entire hospital stay.
G. Knowledge of assisting the L&D patient with breastfeeding, including common breastfeeding positions.
H. Knowledge of facilitating infant bonding.
I. Knowledge of infant safety protocols.
J. Knowledge of how to assess for microcephaly, anencephaly, etc.
K. Knowledge of medications administered to the newborn, such as Aquamephyton (Vit K), erythromycin ointment, etc.
VI. Postpartum Care
   A. Knowledge of provision of care for fourth stage of labor, including the nursing plan of care.
   B. Knowledge of assisting patient with infant bonding.
   C. Knowledge of client education regarding breastfeeding.
   D. Knowledge of performing postpartum nursing assessment for the both vaginal Cesarean deliveries.
   E. Knowledge of complications seen in the postpartum patient, including hemorrhage, pulmonary embolism, postpartum depression/psychosis, etc.

VII. Professional/Ethical Issues
   A. Knowledge of ethical issues that arise during routine patient care.
   B. Knowledge of state and/or federal regulations related to caring for patients who experience abuse/neglect.
   C. Knowledge of guidelines used during supervision and delegation of tasks/duties to other personnel, such as LPN/LVN's, CNA's, NA's, and Surgical/Scrub Technicians.
   D. Knowledge of state and/or federal regulations related to caring for patients with communicable diseases.
   E. Knowledge of obtaining informed consent for procedures for the L&D patient and/or newborn.
   F. Knowledge of nursing role in advanced directives.
   G. Knowledge of nursing role as patient advocate.
   H. Knowledge of current AWHONN and NICHD guidelines.
   I. Knowledge of HIPAA laws and regulations as it relates to maintaining confidentiality of personal health information.
J. Knowledge of and the ability to follow all procedures under facility emergency response plans, including but not limited to rapid response, cardiac arrest, fire, infant/child abduction, bomb threat, active shooter, inclement weather, earthquakes, human trafficking, etc.

K. Knowledge of the Emergency Medical Treatment and Labor Act (EMTALA) requirements, with regards to admission, transfer, and discharge of patients.