



Categories

1. A/P
 - a. Menstrual cycle
 - b. Pregnancy physiological changes
 - c. Pelvic anatomy
 - d. Suturing landmarks
 - e. Pregnancy dating
 - f. Fetal to neonate transition
 - g. Leopolds
 - h. Breasts
 - i. Neonatal anomalies
 - j. Perineal lacerations
2. GYN
 - a. STIs/vaginal infections
 - b. Pap
 - c. HPV
 - d. Contraception education
3. Pregnancy
 - a. PN Labs
 - i. Thalassemias
 - ii. Sickle cell:
 - iii. Rh-negative
 - iv. Basics of CBC/CMP
 - v. Hepatits B
 - b. Genetic Testing
 - c. Complications
 - i. Pre-eclampsia
 - ii. IHCP
 - iii. Hypothyroidism
 - iv. Hypertensive disorders
 - v. Anemia
 - vi. UTI
 - vii. Oligo/ polyhydramnios
 - viii. Preterm labor
 - ix. Vaginal bleeding
 - x. RH Negative
 - xi. Pregnancy loss
 - xii. IUGR
 - xiii. Macrosomia

- xiv. Breech
- xv. Ectopic pregnancy
- xvi. Molar
- xvii. Low platelets/thrombocytopenia
- xviii. GDM
- xix. Reduced fetal movement
- xx. Abnormal fundal height
- xxi. Malpresentation
- d. Fetal surveillance
- e. Post maturity
- f. Placental variations

4. Labor and Delivery

- a. Birth Physiology
 - i. Engagement
 - ii. Fetal monitoring
- b. Complications
 - i. Shoulder dystocia
 - ii. Non reassuring fetal heart tones
 - iii. Chorioamnionitis
 - iv. Postpartum hemorrhage
 - v. Retained placenta
 - vi. Breech
 - vii. Cord prolapse
 - viii. Anaphylaxis
 - ix. Meconium stained amniotic fluid
 - x. Hypertension
 - xi. Prolonged labor
 - xii. PROM (premature rupture of membranes)
 - xiii. Urinary retention
- c. GBS Management

5. Postpartum

- a. Mood disorders
- b. Endometritis
- c. Hemorrhage
- d. Mastitis
- e. Insufficient Glandular Development (ISGD)

6. Newborn Care

- a. Vitals
- b. Signs and symptoms of infection
- c. Thermoregulation
- d. Adequate weight gain
- e. APGARS

- f. Gestational Age Assessment
- g. TTN (transient tachypnea of the newborn)
- h. Birth injuries
- i. Hyperbilirubinemia
- j. Vitamin K deficiency bleeding
- k. Hypoglycemia
- l. Blood type incompatibilities
- m. Physical exam findings

7. Legend Drugs and Devices: administration routes, contra-indications

- a. Anti hemorrhagic:
 - i. Pitocin
 - ii. Misoprostol
 - iii. methylergonovine maleate
 - iv. prostaglandin F2 alpha
- b. Terbutaline
- c. Magnesium Sulfate
- d. Prophylactic ophthalmic medication
- e. Vitamin K
- f. Rh immune globulin
- g. Local anesthetic
- h. Epinephrine
- i. Vaccines: MMR, HBIG, HBV
- j. Urinary catheter
- k. Antibiotics for GBS

8. Clinical Skills

- a. Injections
- b. IVs
- c. Venipuncture
- d. Sterile technique
- e. Medication Conversions
- f. Pulse Oximetry
- g. Suturing