

# EFM Update/Review/Prep

EFM Certification  
NCC Exam option on Site

## **EFM Review**

### **Essential Concepts for EFM Certification and Credentialing**

**Foremost EFM Seminar for Exam  
Preparation & Updates**

**Presented by  
Cindy Parke,  
RNC, C-EFM, CNM, MSN**

**WHO SHOULD ATTEND -  
L&D and LDRP Nurses  
Advanced Practice Nurses  
Midwives - Physicians - PA's  
Update and Validate your Clinical Knowledge  
REGISTER TODAY for this 2 DAY SEMINAR**



Professional Education Center

[www.proedcenter.com](http://www.proedcenter.com)

P.O. Box 7447 Chico, California 95927-7447  
800-732-2387



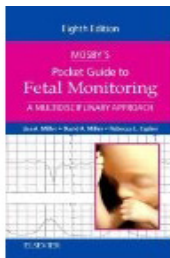
Please be aware, that due to scheduling conflicts, as Rebecca Cypher assumes the role of President of AWHONN, Cindy Parke will be teaching and assisting participants to mastery of the NCC EFM exam this fall.

## Cindy Parke, RNC, C-EFM, CNM, MSN

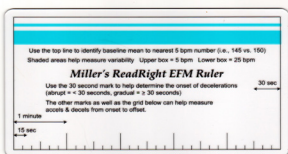
Certified Nurse Midwife, Legal Expert, National Educator, and PEC Program Director; Cindy has taught essentials of women's health, pregnancy, childbirth, and fetal topics to nurses nationwide. For over 20 years, Cindy has been teaching NCC Review seminars. Cindy's focus has always been teaching with a physiologic based approach. Her goal is to improve maternal and fetal outcomes, by promoting the abilities of the OB team. She will also focus on test taking strategies, skills, and overcoming anxiety. An active member of the ACNM, AWHONN, OAPN, International Cesarean Awareness Network, In addition, Cindy serves as the acting President of Sweet Success Extension Program, who's work is devoted to the health and education of patients and providers in the care of woman whose pregnancies are affected by Diabetes.

## EXCLUSIVE OFFERINGS...

**HomeStudy Unit: 8th Ed.**  
**Mosby's Pocket Guide Series: Fetal Monitoring: A Multidisciplinary Approach** Purchase includes an 8 Hour CE Self-Study Unit  
**\$5.00 Discount available at Conference**  
*or*  
**if ordered w/Registration for class.**



### Miller's ReadRight EFM Ruler!



This innovative tool makes EFM strip evaluation **EASY!** **ReadRight Rulers** available at \$8.00 each **at class**

## WHO SHOULD ATTEND?

- Antepartum and Labor & Delivery Nurses
- Cross-Training Nurses
- Advanced Practice Nurses
- Physicians
- Professionals Planning to Take the NCC or Perinatal Quality Foundation Exams

This seminar includes essential content to validate your core EFM knowledge with vital updates in research. NICHD, AWHONN, ACOG and ACNM fetal monitoring standards and guidelines are presented. An on site paper-pencil NCC EFM examination is available to those who have applied for, and been accepted as an eligible candidate, of the EFM subspecialty exam.

**Pre-class review of EFM concepts is strongly recommended.**

Taking the review course does not guarantee passing the exam.

## PROGRAM OBJECTIVES:

**Following comprehensive lecture, discussion, A-V presentation, and case review, you will be able to:**

1. Describe fetal-uteroplacental physiology.
2. Identify factors influencing fetal oxygenation.
3. Demonstrate knowledge of fetal monitoring equipment and troubleshooting measures.
4. Recall elements of EFM pattern interpretation including: baseline, variability, accelerations, decelerations; and uterine contraction characteristics.
5. State clinical interventions for EFM patterns and the related maternal-fetal physiology.
6. Recognize FHR dysrhythmias and variant patterns.
7. Discuss common complications in pregnancy that impact maternal-fetal well-being.
8. Review fundamental principles of fetal acid-base status.
9. Explain auscultation concepts for antepartum and intrapartum utilization.
10. Summarize adjunct fetal surveillance methods including antepartum testing.
11. Critique professional and patient safety issues in EFM.

## WHAT PEOPLE SAY...

"I wish I could download Becky's knowledge"

"Becky is UNBELIEVABLE!"

"Fantastic teaching style, incredibly engaging and approachable!"

# EFM REVIEW

## Essential Concepts for EFM Certification and Credentialing

### Day One

7:30 Check In - Continental Breakfast

8:00 INTERACTIVE SESSION USING YOUR SMART

PHONE • NICHD EFM definitions

PHYSIOLOGY

• Fetal-Utero-Placental Circulation • Intrinsic/Extrinsic Influences • Oxygenation Pathway • Physiologic Goals

FETAL ACID-BASE STATUS

• Terminology • Aerobic versus anaerobic • Interpreting cord blood gas values

COMPLEX FACTORS AFFECTING OXYGENATION

• Maternal Consideration • Placenta, Umbilical Cord, Amniotic Fluid Variations • Uterine Activity • Meds

PATTERN INTERPRETATION AND MANAGEMENT

• Baseline • Variability • Accelerations • Decelerations • Uterine Activity • Tachysystole • Intrauterine Resuscitation • Categories • Application of the Category II Consensus Algorithm • Dysrhythmias • Standardized Approach

EFM AND MATERNAL COMPLICATIONS

• PTL • Hypertension • Postdates • Obesity • Diabetes • Placenta Previa, Abruptio • Uterine Rupture • Infection • Multiples

ANTEPARTUM FETAL SURVEILLANCE

• Kick counts • NST • CST/OCT • BPP • Modified BPP • Dopplers

HOMEWORK OPPORTUNITY Adjourn: 4:00

### Day Two

7:30 Check In - Continental Breakfast

8:00 EFM EQUIPMENT

• External versus internal • Fetoscope versus Doppler • Troubleshooting • Artifact • Signal Ambiguity

PROFESSIONAL ISSUES

• Legal • Ethical Principles Documentation • Patient Safety • Chain of communication

APPLYING YOUR KNOWLEDGE

• Testing Strategies • Strip Review

11:30 LUNCH PROVIDED (Both days at 11:30)

12:30 CHECK IN FOR EXAM

1:00. NCC Electronic Fetal Monitoring Examination

3:00. Testing Concludes

\* NCC on site examination is limited to participants who:

- Attended both days of the PEC EFM course
- AND
- Applied to NCC (at least 21 days prior), have been accepted, and have an NCC EFM exam admission letter for the PEC site

**\*NCC Candidates see Below for Registration Directions**

## REGISTRATION: EFM Review: Essential Concepts for Certification

NAME \_\_\_\_\_

RN  APN  CNM  MD/DO  PA License# \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Hospital/Clinic I work with: \_\_\_\_\_

Group Registration

Practice Area:  LD  PP  NSY  AP  Education

Check Payable to: Professional Education Center (PEC)

Card #s \_\_\_\_\_ Exp. \_\_\_\_\_

Security Code: \_\_\_\_\_

I Prefer a Vegetarian lunch - available with preregistration only

I WILL ATTEND: 2019

Falls Church, VA  10/3  10/4/19  10/21  10/22/19

	Both Days	One Day
Individual	<input type="checkbox"/> \$469**	<input type="checkbox"/> \$279**
Group 4**	<input type="checkbox"/> \$459 each	<input type="checkbox"/> \$269 each
Group 8+**	<input type="checkbox"/> \$449 each	<input type="checkbox"/> \$259 each

\*\*Groups MUST PRE-REGISTER/PRE-PAY TOGETHER

I am taking the on site exam \$25 NR fee due PEC

Regular pricing for Early Birds. Add \$30 if within 10 days  
Within 2 days and at the door Registration: Add \$50  
(Late and at the door registration on 'Space Available' basis)

**COURSE REGISTRATION:**

**Register On-line @ [www.proedcenter.com](http://www.proedcenter.com)**

**Call Today With Any Major Credit Card**  
800-732-2387 9am-3:30pm M-F (PST)  
24 Hour Registration: FAX 530-343-3575

**Mail Your Course Registration To:**

Professional Education Center  
P.O. Box 7447; Chico, CA 95927-7447

**NCC exam registration see below**

\*The NCC EFM Specialty exam is separate from and has no affiliation with this course. It is PEC's goal to support higher standards of continuing education and to assist nurse's seeking certification, thus PEC has established the option for PEC EFM course attendees to sit the NCC exam. NCC sends an email following receipt/approval of exam application. **Must print off letter and bring to test site.** Contact NCC if you have applied and have not received your admission to exam letter. Testing site inclusion does not constitute NCC endorsement of course, course content, or materials provided. NCC and PEC are not affiliated organizations. A collaborative effort has provided an educational (PEC) and testing (NCC) opportunity to clinicians nationwide. PEC has no authority to approve, disapprove or vary any requirement for qualifying for or taking any NCC exam.

**Registration for the onsite NCC exam following attendance at the course is separate, and \$160; we suggest registering using the link to NCC on our website: [proedcenter.com](http://proedcenter.com). Please note there is a \$25 nonrefundable test administration fee due PEC for the onsite exam. This is not the NCC exam registration fee, it is additional.**



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Chico, California 95927-7447

**PLEASE POST - THANK YOU!**

**EFM REVIEW**  
**Essential Concepts for EFM Certification and Credentialing**  
**Preparation for NCC RNC EFM or Perinatal Quality Foundation FM Credentialing Exams**

**\*NCC EFM Subspecialty Exam Details:**  
**Separate NCC registration required**  
**(see inside and our website)**  
**Questions? Call us: 800-732-2387**

**CONTINUING EDUCATION CREDITS: Nursing: 12 Hours BRN Credits.**  
**Physician: Category II CME can be self submitted.**

This course is designed to meet Board of Nursing CE requirements in all 50 states. Professional Education Center (PEC) is a provider approved by the California Board of Registered Nursing, Provider #9890, Florida FBN #2219 approved for a total of 11.5 (7.5 Day 1 and 4.5 Day 2) Contact Hours. Meets Texas Type I provider criteria. **Neither program planners nor presenters have any commercial conflict of interest.**

**2019 SEMINAR AND LODGING LOCATIONS**

**A limited number of rooms at a preferred rate, have been arranged with the following hotel per site.**  
**Call, (use code if stated) or use the direct website link (on our website) to make a reservation.**  
**Be sure to reserve at least 30 days ahead to get a room and get the special discounted rate.**

*Scheduling conflicts have arisen as Rebecca Cypher assumes the role of AWHONN President. They could not be resolved, and PEC and Rebecca did not want to have to cancel and force your schedule change. Consequently, the two scheduled fall events will be taught by Cindy Parke, RNC, C-EFM, CNM, MSN. Cindy has been an excellently rated speaker for PEC since 1999. She has a great deal of experience in lecturing in Review seminars followed by NCC exams. Cindy will bring her test prep skills sharpened. She is devoted to making these events a success for you: you will feel her passion. The class outline will be altered in its order, but with similar content.*

**FALLS CHURCH, VA - OCTOBER 3-4**  
**HOST: Inova Health System**  
**SEMINAR SITE: Physicians Conference Center**  
**3300 Gallows Road, Falls Church, VA 22042**  
**LODGING: Hilton Garden Inn Falls Church**  
**706 W Broad St, Falls Church, VA 22046**  
**Phone: (703) 237-8700 PEC - EFM \$179**

**NYACK, NY - OCTOBER 21-22**  
**HOST: Montefiore - Nyack Hospital**  
**SEMINAR and LODGING SITE:**  
**The Times Hotel Nyack**  
**1400 High Ave, Nyack, NY 10960**  
**Phone: (845) 675-8700 PEC EFM \$129**

**GUARANTEE - CANCELLATION - TAXES**

**GUARANTEE:** If you are not satisfied with the content and presentation of this program, notify the registrar by 12 noon 1st day of attendance for refund of registration fees. **CANCELLATIONS:** Up to **7 days** before the program choose: Registration fee refund minus \$25 per day administrative fee or full value credit letter. **Cancellation within 7 days:** No monetary refund. Send a substitute or request a credit letter (minus \$25/day administrative fee) which will allow you to apply fees to a future program of your choice. If program cannot be held due to circumstances beyond our control (natural disaster, strike, etc.) the seminar will be rescheduled if possible. Registrants may choose free admission to the rescheduled program, or credit voucher good for any future PEC program: There is no cash refund. PEC reserves the right to substitute qualified speaker(s) in response to emergency circumstances beyond our control. \*See NCC Registration for NCC cancellation policy.

**CE tuition, travel/meal expenses are tax deductible.** Consult your tax advisor for details.