

# EFM Update/Review/Prep

EFM Certification  
NCC Exam option on Site

## Electronic Fetal Monitoring Advanced Review

**Exam Prep & Clinical Updates**

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

**NEW One Day Format: 8hr CE**

Update and Validate your Clinical Knowledge  
**REGISTER TODAY for this 1 DAY SEMINAR**

**Opportunity for Extra Savings!**  
The perfect combination seminar: Limited OB Third  
Trimester Ultrasound. Take both and save \$30 on  
registration. See the PEC website for all details.



Professional Education Center  
[www.proedcenter.com](http://www.proedcenter.com)

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



**Cindy Parke,  
RNC, C-EFM, CNM, MSN  
Nationally Respected  
OB Educator**

Certified Nurse Midwife, Legal Expert, Educator, and Clinician; Cindy has taught essentials of women's health,

pregnancy, childbirth topics, and fetal monitoring to nurses nationwide. She has extensive experience in preparing nurses for NCC certification. Cindy first practiced for many years as a L&D and charge nurse. She returned to school earning her Certificate in nurse-Midwifery and a MSN, then started the first private nurse-midwife practice in Toledo, OH. In 2011, she took over as Director of PEC. She now pours her devotion to giving the best care to women and families into her role as facilitator and educator. "I am acting as a midwife to nurses, so that they can provide a midwifery (with woman) model of care to the women they touch".

An active member of the ACNM and AWHONN, she supports and shares the work of Preeclampsia Foundation, ICP (Intrahepatic cholestasis of pregnancy), Improving Birth, CMQCC, and ICAN, (International Cesarean Awareness Network).

Cindy's focus has always been on teaching a physiologic model of care, and she stresses the need for each nurse to work at "putting all the pieces together". Her review for fetal monitoring includes a comprehensive discussion of not just NICHD terminology, but the concepts of fetal physiology, the why. There is also a review of maternal influences on fetal health including physiology and pathology.

The seminar assists you in choosing appropriate individualized interventions within standardized protocols, focuses on management in Category II fetal strips, and brings you new tools for recognition, understanding, and accurate communication with regards to fetal status. Respond well to both the normal and the critical clinical challenges that present in Antepartum and L&D and review for the RNC exam.

## 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.

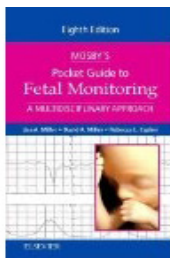
## PROGRAM OBJECTIVES:

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

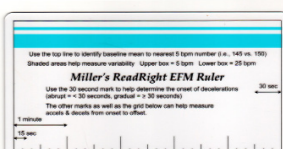
1. Describe fetal-uteroplacental physiology.
2. Identify factors influencing fetal oxygenation.
3. Demonstrate knowledge of fetal monitoring equipment and troubleshooting measures.
4. Recall elements of EFM pattern interpretation including: baseline, variability, accelerations, decelerations; and uterine contraction characteristics and influence on fetal oxygenation.
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.

## ADDITIONAL OFFERINGS...

HomeStudy Unit: 8th Ed.  
**Mosby's Pocket Guide Series: *Fetal Monitoring: A Multidisciplinary Approach***  
Purchased with 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 class/\$10.00

## WHAT PEOPLE SAY...

"Overall very happy and confident: I'll definitely be changing some things in practice for the better!"

"Great class! Very well organized"

"Amazing class, very knowledgeable instructor"

"I think I learned more about the physiology of labor and the fetus, than I have in 7 years of L&D nursing"

# Electronic Fetal Monitoring Advanced Review

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  
 • Doppler

You spoke, we listened. You wanted a one day 8 hour EFM seminar, AND you wanted a more limited one day Ultrasound program for those just doing third trimester fetal assessment. Our solution: Put the two one day programs together and give you the choice to combine!

**PEC gives you choices:**

Take the one day Fetal Monitoring, with the optional NCC specialty exam on site

Take the one day *Limited OB Third Trimester Ultrasound*

Take both seminars over two days: A perfect match and SAVE!!

Schedule varies by site, review dates and offerings carefully; not all options at all locations.

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

Attend the seminar

Have applied correctly to NCC

(at least 21 days prior to the exam date)

Have been accepted, and have an NCC EFM exam admission letter for the PEC site.

Pay attention to dates for testing on-site.

**\*NCC Candidates for on-site testing, be sure to observe the dates and register correctly: see Below for Registration Directions**

**HOMEWORK OPPORTUNITY     Adjourn: 5:00**

**REGISTRATION:** External Fetal Monitoring Advanced Review

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: \_\_\_\_\_

**Early Bird Pricing**

\_\_\_\_ Individual    \$249 with LUS    \$498  
 \_\_\_\_ Group 4\*\*    \$239 with LUS    \$478 each  
 \_\_\_\_ Group 8+\*\*    \$229 with LUS    \$458 each

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

I am taking the on site exam \$30 NR test administration fee due PEC.

(This fee is separate from the NCC registration fee)  
 Regular pricing within 15 days: Add \$30 to the above rates  
 Within 3 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: 800-732-2387 9am-3:30pm M-F (PST)

24 Hour Registration: FAX 530-343-3575

Mail Your Course Registration To:

PEC: P.O. Box 7447; Chico, CA 95927-7447

I Prefer a Vegetarian lunch - available with preregistration only

**I WILL ATTEND: 2020**

Anaheim, CA    EFM 1/21    exam 1/23    LUS 1/22

Jacksonville, FL    2/25    exam 2/27    LUS 2/26

Reno, NV    EFM 4/7    exam 4/9    LUS 4/8

Sacramento, CA    4/28 OR    4/29    exam 4/30    LUS 4/27

St. Louis, MO    EFM 5/6 OR    5/7    exam 5/8

Jackson, MI, New York, NY, and Kansas City, KS ON HOLD

Providence, RI    9/21    exam 9/23    LUS 9/22

Seattle, WA    10/13    exam 10/15    LUS 10/14

\*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 SEPARATE 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: [www.proedcenter.com](http://www.proedcenter.com). Please note there is a \$30 nonrefundable test administration fee due PEC for the onsite exam. This is separate from the NCC exam registration and fee of \$160.**



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PLEASE POST - THANK YOU!

# ELECTRONIC FETAL MONITORING REVIEW

## Preparation for NCC RNC EFM or Perinatal Quality Foundation FM Credentialing Exams

**\*On-site NCC EFM Subspecialty Exam Details:**

**Separate NCC registration required (see inside and our website)**

**Questions? Call us: 800-732-2387**

**CONTINUING EDUCATION CREDITS: Nursing: 8 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.**

## 2020 SEMINAR AND LODGING LOCATIONS

If a hotel site is listed, a limited number of rooms at a preferred rate, have been arranged. 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. If no hotel is listed, book on your own.**

**ANAHEIM, CA - JANUARY 21 (23\*)**

**SEMINAR/LODGING SITE:** Embassy Suites Anaheim South  
11767 Harbour Blvd. Garden Grove, CA 92840

**JACKSON, MI - STILL NEGOTIATING DETAILS**

**JACKSONVILLE, FL - FEBRUARY 25 (27\*)**

**HOST:** Ascension St. Vincent's HealthCare  
**SEMINAR SITE:** Bryan Auditorium Southside Hospital  
4201 Belfort Rd. Jacksonville, FL 322016  
**LODGING:** No room block created.

**NEW YORK CITY, NY - STILL NEGOTIATING DETAILS**

**KANSAS CITY, KS - AUGUST 17 OR 18 (\*19)**  
**STILL NEGOTIATING DETAILS**

**RENO, NV - April 7 (9\*)**

**SEMINAR/LODGING SITE:** Whitney Peak Hotel  
255 N Virginia St, Reno, NV 89501

**PROVIDENCE, RI - SEPTEMBER 22 - 23**

**SEMINAR & LODGING SITE:** Hyatt Place Warwick/Providence AP  
800 Jefferson Blvd, Warwick, RI 02886  
Phone: (401) 738-8700

**SACRAMENTO, CA - APRIL 28 OR 29 (30\*)**

**HOST:** UC Davis Medical Center  
**SEMINAR SITE:** TBA  
**LODGING:** No room block. Marriott Courtyard on campus

**SEATTLE, WA - OCTOBER 14-15**

**SEMINAR & LODGING SITE:**  
DoubleTree Seattle AP Southcenter  
16500 Southcenter Pkwy, Seattle, WA 98188  
Phone: (206) 575-8220 \$169/179 PEC ConferencesWHU

**ST. LOUIS, MO - MAY 6 OR 7 (8\*)**

**HOST:** SSM Health St. Mary's Hospital  
**SEMINAR SITE:** St. Mary's Kohler Auditorium  
6420 Clayton Rd. St. Louis, MO 63117

### 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.