

**RNC Exam Preparation:** **Maternal-Newborn**  
**Level I & II NSY**

**Want your RNC?**  
**\*NCC CORE EXAM On-site option**  
**following course for**  
**Maternal-Newborn Nursing Exam**

# Maternal & Newborn Review

**#1 For Cross Training in OB**

**Co-Presented by:**

**Cindy Parke, RNC, CNM, MSN**

**Tracy Karp, RNC, MS, NNP**

**2020**

**PORTLAND, OR - MARCH 10-12 (\*13)**  
**HOST: Providence St. Vincent Medical Center**

**PASADENA, CA - JUNE 22-24 (\*25)**  
**HOST: Huntington Hospital**

**ATLANTA, GA - MARCH 25-27 (\*28)**  
**HOST: Northside Hospital**

**HILO, HI - JULY 29-31 (\*8/1)**  
**Special added Maternal day**  
**HOST: Hilo Medical Center**

**KANSAS CITY, KS - May 11-13 (\*14)**  
**HOST: Overland Park Regional Medical Center**

**MINNEAPOLIS, MN -**  
**SEPTEMBER 28-30 (\*OCT. 1)**  
**HOST: University of Minnesota**  
**Masonic Children's Hospital**

**SALINAS, CA -June 3-5 (\*22)**  
**HOST: Salinas Valley Memorial Healthcare System**

**NEW YORK CITY, NY -**  
**OCTOBER 19-21 (\*22)**  
**HOST: Still negotiating details.**



Professional Education Center

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

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

## MEET YOUR SPEAKERS...

### Cindy Parke, RNC, CNM, MSN



Certified Nurse Midwife, Educator, and Clinician; Cindy has taught essentials of women's health, pregnancy, and childbirth topics to nurses nationwide. A member of the ACNM, AWHONN, Preeclampsia Foundation, Momma's Voices, and the International Cesarean Awareness Network, Cindy's focus is on comprehensive assessment and care; antepartum through postpartum. Cindy teaches from a physiology base, helping you put all the pieces together for your clinical practice and testing. A logical and thorough approach taught with passion!



### Tracy Karp, RNC, MS, NNP

Author, Educator, Researcher, and Clinician: Tracy Karp has 34 years of experience in neonatal nursing. He is currently the Chief of Advanced Practice Clinicians at Intermountain Healthcare's Primary Children's Medical Center.

Tracy continues to practice as a neonatal Nurse Practitioner in various clinical settings including Level II & III NICUs. He is also on clinical faculty at the University of Utah College of Nursing in Salt Lake City. He has presented at various conventions; served on multiple state, regional, and national neonatal committees, and has authored or co-authored numerous textbook chapters and articles. Tracy has a relaxed teaching style utilizing audience knowledge in a technique that has proven to be engaging and a great tool for retention.

## WHAT PEOPLE SAY...

**"The INFORMATION was GREAT and such a good review for the test! Cindy and Tracy were both wonderful presenters and so very helpful to work with!!"**

**"EXCELLENT course -speaker and content! Cindy is terrific, compassionate and facilitates communication!"**

**"What a GREAT instructor! Tracy is phenomenal with his background, knowledge and clinical expertise!"**

**"Instructors were both very ENGAGING. Thank you for your time"**

**"What an INCREDIBLE three days! Great review, update and best of all - I PASSED! Thank you Cindy & Tracy!"**

### PROGRAM AMENITIES

All PEC programs provide a basic continental breakfast, lunch, and afternoon sodas. A comprehensive training manual is provided for each participant. **Breakfast is also provided the morning of the exam. Classroom style seating (table/chair) is the preferred PEC room set-up.**

### CONTINUING EDUCATION CREDITS

This program has been designed to meet the Board of Nursing CE requirements for license renewal in all 50 states. Professional Education Center (PEC) is a provider approved by the California Board of Registered Nursing, Provider #9890, Nurses BRN: 24 Hours CE Credit (8/day); Pharmacology credits: 4 hours. Florida FBN #2219 for 21.75 Hours: 7.25/day. **CE Certificate is issued at program conclusion.**

## WHO SHOULD ATTEND:

- AP - IP - PP and Level I or II Neonatal Nurses
- Mother-Baby and LDRP Nurses
- Maternal and Newborn Clinical Specialists
- Nurses Needing a Review, Orientation, or Cross-Training in Maternal Newborn Care
- Nurses planning to take the Maternal Newborn or Low Risk Newborn RNC exam
- Nurses needing RNC recertification credits

**Fast paced, comprehensive and intense review of physiology, pathophysiology, signs/symptoms, diagnosis, treatment, and prognosis of mother and the low-risk newborn. This program will refresh your knowledge base, improve your assessment skills for clinical practice and assist you as a caregiver. It is also an excellent prep for the RNC exams with content to compliment exam outlines and a review of test taking skills.**

## PROGRAM OBJECTIVES:

### Through Lecture and Discussion This Program Will:

- Describe maternal, fetal, and neonatal physiology, norms and expected outcomes from the antepartum to the postpartum period, determining potential risk factors affecting outcomes.
- Review maternal history and physical findings to determine potential risk factors affecting maternal, fetal and neonatal outcomes.
- Identify normal and abnormal findings through physiology review, physical assessment, laboratory values and common screening tools.
- Describe components for neonatal transition, assessment, and systems review.
- Describe common problems and complications in the antepartum, intrapartum, postpartum, and transitional time periods, for both the mother and infant.
- Identify the at risk mother, fetus, and newborn based upon multiple facets of information available to the care provider.
- Discuss elements of lactation, nutrition, and breast feeding.
- Describe components of education and support for maternal, newborn, and family care.
- Discuss role adaptation, nursing care and family dynamics relative to maternal and newborn norms, deviations, and needs.
- Identify Test Taking Skills and barriers to testing success.

### GUARANTEE - CANCELLATION - TAXES

**GUARANTEE:** If you are not satisfied with the content and presentation of this program, notify the registrar by 12 noon on 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, no cash refund. PEC reserves the right to substitute qualified speaker(s) in response to emergency circumstances beyond our control. **CE tuition, travel/meal expenses are tax deductible.** Consult your tax advisor for details.

# Maternal Newborn Review

## Comprehensive Assessment & Care...

### DAY ONE - Maternal

7:30 am *Check In with Basic Continental Breakfast*  
 8:00 am **MATERNAL MORTALITY UPDATE**  
**ANTEPARTUM:** Maternal Physiology Changes in Pregnancy - Assessment - History - Physical - Lab Values - BMI/Obesity issues/Weight Gain - G/TPALM - EDC - TORCH CLAP- Substance Abuse - Blood Disorders  
**Risks & Complications:** Size-Date Discrepancy LGA - SGA - IUGR - Poly & Oligohydramnios -Multiples - GBS Prophylaxis - Fetal Cord Gases  
**POSTPARTUM: HEALTH & PHYSIOLOGY**  
 Lab Values - Physiologic Adaptations - Health Assessment - Medications - Care - Danger Signs  
**POSTPARTUM: COMMON PROBLEMS**  
 Bladder - Hemorrhoids - Pain - Engorgement  
 Constipation - Fatigue - Postpartum Anxiety/Depression - Grief - **Family Dynamics:** Role Transition - Adaptation  
**EDUCATION:** Self & Infant Care - Discharge Instructions  
 Contraception  
**BREAST FEEDING:** Physiology - Education - Issues  
**PROFESSIONAL - LEGAL - ETHICAL ISSUES**  
 4:30 pm Adjourn. Homework (optional) assignment

### DAY TWO - Maternal

7:30 am *Check In with Basic Continental Breakfast*  
 8:00 am **HOMEWORK REVIEW**  
**FETAL ASSESSMENT:** Brief overview of 1st - 2nd Trimester Screening - Genetics - Amniocentesis - Ultrasound - NST - BPP  
**INTRAPARTUM: Maternal-Fetal Health vs Risk**  
 Cord Gasses - Rx in Labor - Labor Complications  
**COMPLICATIONS OF PUEPERIUM:**  
 Placenta physiology/pathology - Bleeding in Pregnancy PPH - Uterine Rupture - Hematoma - DIC - Gestational Hypertension - GI Disease, Cardiac, Respiratory, Renal, & Endocrine Disorders - Infection - Thrombophlebitis  
 Diabetes/GDM - Premature Labor  
 4:00 pm **TEST REVIEW**  
 4:30 pm Adjourn

### DAY THREE - Newborn

7:30 am *Check In with Basic Continental Breakfast*  
 8:00 am **NEWBORN: Assessment & Management**  
 Clinical Findings & Laboratory - Diagnostic Data  
 Gestational Age - Thermoregulation - Developmental  
**SYSTEMS REVIEW: Normal & Abnormal Findings**  
 Physiology - Assessment - Complications & Variations  
 Cardiac - Respiratory - GI - Integumentary  
 Musculoskeletal - Head: EENT - Hematopoietic  
 Neurologic - Immune - Endocrine - GU  
**GENETICS: Patterns of Inheritance**  
 Common Abnormalities & Defects  
**RECOGNIZING EARLY PROBLEMS:**  
 Hyperbilirubinemia - Maternal Substance Abuse  
**GENERAL MANAGEMENT**  
 Resuscitation & Stabilization  
**NEONATAL NUTRITION:** Feeding & Lactation  
**PHARMACOLOGY - Pain Assessment & Management**  
**Family Integration:** Discharge Planning/Home Care  
 4:30 pm Adjourn

## Registration 2020 Maternal Newborn Review

NAME \_\_\_\_\_  
 License# \_\_\_\_\_  RN  APN  CNM  Other  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Check Payable to: Professional Education Center (PEC)  
         
 Card #'s \_\_\_\_\_ Exp. \_\_\_\_\_  
 Security Code \_\_\_\_\_

I prefer a vegetarian lunch (*Must indicate with registration*)  
**PROGRAM FEES**    **3 Day Seminar**    **Daily Attendance**  
 \_\_\_\_\_ Individual     \$549     \$279 per day  
 \_\_\_\_\_ Group 4\*\*     \$539 each     \$269 each/day  
 \_\_\_\_\_ Group 8+\*\*     \$529 each     \$259 each/day  
**I am taking the on site exam \$30 NR fee due PEC**

**\*\*Groups MUST Pre-register & Pre-Pay TOGETHER to qualify as a group.**  
 Group Rates are "pre-paid" and are not available at the door.  
**At The Door Payment or Registration: \$599/Course or \$329/day**

I will attend checked days		NCC exam day (*)	
Portland, OR	<input type="checkbox"/> 3/10	<input type="checkbox"/> 3/11	<input type="checkbox"/> 3/12/20 (*3/13)
Atlanta, GA	<input type="checkbox"/> 3/25	<input type="checkbox"/> 3/26	<input type="checkbox"/> 3/27/20 (*3/28)
Kansas City, KS	<input type="checkbox"/> 5/11	<input type="checkbox"/> 5/12	<input type="checkbox"/> 5/13/20 (*5/14)
Salinas, CA	<input type="checkbox"/> 6/3	<input type="checkbox"/> 6/4	<input type="checkbox"/> 6/5/20 (*6/6)
Pasadena, CA	<input type="checkbox"/> 6/22	<input type="checkbox"/> 6/23	<input type="checkbox"/> 6/24/20 (*6/25)
Hilo, HI	<input type="checkbox"/> 7/29	<input type="checkbox"/> 7/30	<input type="checkbox"/> 7/31 (*8/1) <b>No NB</b>
Minneapolis, MN	<input type="checkbox"/> 9/28	<input type="checkbox"/> 9/29	<input type="checkbox"/> 9/30/20 (*10/1)
New York City, NY	Waiting for final details		

**Recommended Home Study Text Units (Optional)**  
Prices listed on the website: may order with a conference discount  
*Perinatal Nursing 4th Ed. w/ 21 Hour CE Hours*  
*Physical Assessment of the Newborn w/12 Hour CE Hours*  
*Quick Reference ... Lactation w/10 CE Hours*  
**Limited quantities of these texts will be available at conference.**

**EASY COURSE REGISTRATION:**  
**Online at: [www.proedcenter.com](http://www.proedcenter.com)**  
**Call: 800-732-2387 9 am-3:30 pm M-F (PST)**  
**Register at anytime! FAX - 530-343-3575**  
**OR**  
**Mail Your Registration To:**  
**P.O. Box 7447**  
**Chico, CA 95927-7447**

\*The NCC exams are separate (\$275) from and have no affiliation with this course. It is PEC's goal to support higher standards of continuing education and to assist nurses seeking certification, thus PEC has established the option for PEC MNB course attendees to sit the NCC Maternal Newborn Nursing exam. NCC sends an admission letter following receipt/approval of exam application. 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 on-site NCC exam following attendance at the course is separate, we suggest registering using the tab on our website. Please note there is a \$30 Non Refundable test administration fee due PEC for the on site exam. Must register with NCC at least 21 days prior to exam date.**



Professional Education Center

P.O. Box 7447

Chico, California 95927-7447

PLEASE POST - THANK YOU!

## Maternal-Newborn

RNC Exam Prep - Update - Review  
NCC Maternal Newborn Nursing  
Paper-Pencil Exam option on site!

The answer to OB cross training!  
Comprehensive Systems Review  
AP - IP - PP - NSY (Level I & Level II)  
Physiology Based Teaching Styles  
Test Taking Skills Review

### RNC EXAM INFORMATION CONTACT-DETAILS:

\*NCC Exam registration must be done separately with NCC and is \$275.  
NCC requires the registration be at least 21 days prior to exam date.

Direct NCC Registration Instructions Inside

OR use the tab on the proedcenter.com website home page.

There is also a \$30 non-refundable Test Administration Fee due to PEC if taking exam on-site.

We recommend some review prior to the seminar.

CE CREDIT: Nurses: BRN - 24 Hours CE Credit (8/day); Pharmacology credits: 24 Hours.

Professional Education Center is approved as a provider of continuing nursing education by the California Board of Registered Nursing, Provider #9890 and Florida FBN #2219 (FL: CE Credit 21.75 Hours: 7.25/day). Pharmacology credits: 4 Hours  
Neither program planners nor presenters have any commercial conflict of interest.

## 2020 SEMINAR & 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.

DATES FOR THREE DAY SEMINAR: 2 DAYS MATERNAL/1 DAY NEWBORN. OPTIONAL NCC TEST DATE (\*)

### PORTLAND, OR - MARCH 10-12 (\*13)

HOST: Providence St. Vincent Medical Center

SEMINAR SITE: Souther Auditorium-Classroom

9205 NE Barnes Road, Portland, OR 97225

LODGING: No room block established

### ATLANTA, GA - MARCH 25-27 (\*28)

HOST: Northside Hospital

SEMINAR SITE: Interchange Building

5780 Peachtree Dunwoody Rd, Suite 430 A & B  
Atlanta, GA 30342-1611

LODGING: No room block established

### KANSAS CITY, KS - May 11-13 (\*14)

HOST: Overland Park Regional Medical Center

SEMINAR SITE: 10500 Quivira Road, Overland Park, KS  
66215

LODGING: No room block established

### SALINAS, CA - June 3-5 (\*22)

HOST: Salinas Valley Memorial Healthcare System

SEMINAR SITE: 5 Lower Ragsdale, Monterey, CA 93940

LODGING: No room block established

### PASADENA, CA - JUNE 22-24 (\*25)

HOST: Huntington Hospital

SEMINAR SITE: East Conference Room, Huntington Hospital

100 W. California Blvd., Pasadena, CA 90015

LODGING: No room block established.

### HILO, HI - JULY 29-31 (\*8/1) Special added Maternal day

HOST: Hilo Medical Center

SEMINAR SITE: Hilo MC: 1190 Walaue Avenue.

Hilo, HI 96720

LODGING: No room block established.

### MINNEAPOLIS, MN - SEPTEMBER 28-30 (\*OCT. 1)

HOST: University of Minnesota Masonic Children's Hospital

SEMINAR SITE: Wilf Auditorium, UMMCH,

2450 Riverside Ave., Minneapolis, MN 55454

LODGING: No room block established.

### NEW YORK CITY, NY - OCTOBER 19-21 (\*22)

HOST: Still negotiating details.

SEMINAR SITE:

LODGING:

PROFESSIONAL EDUCATION CENTER is dedicated to bringing you the most respected speakers, and providing education that is clinically essential. Education that you will use every day - Education that makes a difference!

The opportunity to share experiences and network with your peers is just one more reason to choose Professional Education Center for your CE programs!