



# Board of Nursing

Wes Moore, Governor · Aruna Miller, Lt. Governor · Ryan Moran, DrPH, MHSA, Acting Secretary

## APPENDIX A: BOARD-APPROVED CONTINUING EDUCATION COURSES

### Obstetric Emergency Skills Trainings

- **Birth Emergency Skills Training for Out-of-Hospital Providers® (BEST)** is a certification course that prepares out-of-hospital midwives, physicians, nurses, and birth assistants to manage obstetrical emergencies with greater confidence and proficiency. The two-day course includes one 6-hour and one 8 hour day. The class includes didactic information, learning activities, hands on practice, and case studies, as well as trauma management and pregnancy complications scenarios. The BEST course includes a systematic approach to:
  - Recognizing the high-risk pregnancy
  - Pain and bleeding in pregnancy
  - Complications arising in pregnancy
  - Managing Complications of Birth
  - Postpartum Emergencies
  - Neonatal Emergencies
- **Advanced Life Support in Obstetrics (ALSO®)** by AAFP is an evidence-based multidisciplinary training program that prepares maternity health care providers to better manage obstetric emergencies. ALSO's evidence-based learning path bridges knowledge gaps and boosts skill sets using a team-based approach, hands-on training, and mnemonics to reduce errors and save lives. Two-day course including methods of managing pregnancy and birth emergencies, and demonstration of content and skill acquisition by successful completion of the course written exam and megadelivery testing station.

### Maryland Complete Bridge Program Course

- **Expect the Unexpected: Midwives Handling Complications in Out-of-hospital Settings** (36 hours, MEAC accredited) Specially designed by leading midwifery educators in collaboration with the Association of Independent Midwives of Maryland (AIMM), and accredited by MEAC, this four day intensive seminar gives interactive and hands-on training for midwives on successfully handling complications in the antepartum, intrapartum, postpartum and newborn periods, including pharmacology, laboratory testing, and working collaboratively to optimize home to hospital transports. Participants will prepare for the unexpected by being trained to anticipate complications and react swiftly and decisively, using role playing with clinical models. Instruction will build learner's complex competencies in psycho-motor skills, communication and clinical decision making skills plus evidence-based knowledge needed to perform these skills. Structured Objective Clinical Evaluations (OSCE) stations will be utilized for skills acquisition and verification simulation models, and written tests will cement learning.

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**Interpreter Services are available upon request.**

## Pharmacology

- **Administration of Medications and IV Fluids for Direct Entry Midwives.** (14 hours, MEAC accredited) The content of this workshop is designed to meet state requirements for medication and IV administration. There is hands-on practice for IV starts, fluid administration and rate calculation, and administration of medications including eye ointment, vitamin K, Rhogam, Pitocin, Cytotec, and Methergine.

## Antepartum complications, Intrapartum complications, Postpartum complications, and Neonatal care

- **Suturing in Midwifery Practice** (8 hours, MEAC accredited). This workshop is designed for students and primary practitioners and who want to learn a simple and straightforward approach to suturing. Some of the topics include; preserving the perineum, the importance of history-taking, how prenatal nutrition relates to skin integrity, episiotomy, evaluating the laceration, informed consent, choosing supplies & equipment, choices for anesthesia and more. Demonstration and practice: hand & instrument ties, interrupted sutures, running sutures, subcutaneous sutures, perineal doubles, labial & periurethral tears, bleeders and after care.
- **The Ins & Outs of Venipuncture IV Certification & Blood Draws** (6 hours, MEAC accredited). This workshop is designed for midwives and students to learn venipuncture in midwifery practice. The workshop is for attendees who wish to certify in IV catheterization and venipuncture and has a renewal component for those previously certified. Discussion: appropriate use of IV therapy, risks & benefits, solution & equipment choices, informed consent, charting, aseptic technique and tips for success. Attendees must have a successful, blood draw and I.V. start to obtain certification.
- **Intrapartum Fetal Surveillance for Midwives** (3.5 hours, MEAC accredited). This workshop is designed for midwives and midwifery students to learn the importance of intrapartum fetal assessment. It focuses on assessing overall well-being through fetal heart rate. Learn how to listen and respond to the baby's needs during labor and delivery. This workshop is taught by lecture, visual aids, sample client charts, and fetal monitor strips for open review and discussion.
- **Understanding and Resolving Shoulder Dystocia** (3 hours, MEAC accredited). This workshop is designed to help midwives and midwifery students learn and recognize all aspects of shoulder dystocia. The knowledge gained in this workshop will give the participant the opportunity to review and practice managing shoulder dystocia, preparing them to more confidently handle an emergency dystocia in midwifery practice. Our topics will include incidence & risk factors, prevention, signs & symptoms, methods of resolving shoulder dystocia real or environmental, understanding neonatal & maternal trauma, statistics and outcomes. This workshop is taught by lecture, visual aids, demonstration and practice on models, for open review and discussion.
- **Newborn Examination for Midwives From Apgars to Footprints.** (5 hours, MEAC accredited). This workshop is designed for midwives and midwifery students as first line primary providers for the newborn to learn the importance of the initial examination. It focuses on recognizing normal newborn and common variations seen in real midwifery practice. It breaks the exam process into quick noninvasive understandable assessments, discusses new testing guidelines and recording the information. The topics include clinical

history, informed consents, setup & supplies, examination techniques, standard examination practices, review of recommended testing, forms and charting. This workshop is taught by lecture, visual aids, demonstration and practice on models, for open review and discussion.

- **Midwifery Management of Neonatal Resuscitation.** (5 hours, MEAC accredited). This AAP certified NRP workshop covers neonatal transitional physiology (delayed cord clamping), the evidence-based studies behind the AAP/NRP guidelines such as the use of 100% O<sub>2</sub>, pulse oximetry, babies born through meconium stained waters, thermal management, all pertaining to the newborn specific to out-of-hospital management.
- **Resolving Shoulder Dystocia for the Active, Mobile Woman Course.** (3 hours, MEAC accredited). Earn 3 CE contact hours by completing the online education, Resolving Shoulder Dystocia for the Active, Mobile Woman. Gail Tully teaches this hands-on class for midwives, their active apprentices, and L & D nurses. Physicians and residents are also very welcome.
- **Breech Basics for Midwives** (3 hours, ACNM accredited). Every provider needs to know how to handle a breech, which can arise unexpectedly. Gail Tully teaches this course that covers:
  - Signs of a safe breech versus a shoulder dystocia;
  - Surprise, surprise! When is it too late to transport;
  - Upright breech benefits and myths;
  - What does “Hands-off-the-breech” really mean to us?;
  - Resolving breech shoulder dystocia and head entrapment.
- **Pregnancy Complications** (1 hour, state-accredited ACCME recognized, Wild Iris Medical Education). The purpose of this course is to provide nurses and other healthcare professionals with a review of the incidence, risk factors, signs/symptoms, medical management, nursing care, maternal/fetal implications, and relevant patient teaching related to the most common complications that affect women during the antepartum, intrapartum, and postpartum periods of pregnancy. Upon completion of this course, you will be able to:
  - List the most common pregnancy complications.
  - Describe the incidence and risk factors for the most common pregnancy complications.
  - Identify signs and symptoms in women affected by pregnancy complications.
  - Discuss the medical management and nursing care typically provided in response to pregnancy complications.
  - Describe maternal and fetal implications arising from common pregnancy complications.
  - Summarize relevant patient teaching offered to those experiencing pregnancy complications.
- **Part 1: Obstetric Emergencies** (22 hours (11 pharm hours), state-accredited/ACCME recognized, Western Schools). This exceptional high-level content course provides practical information to identify and treat the most commonly encountered obstetric emergent conditions. The course discusses such medical emergencies as pulmonary embolism, asthma exacerbation, thyroid storm, diabetic ketoacidosis, and epilepsy. Nurses will learn about the most frequent causes of abdominal pain during pregnancy and the appropriate diagnostic testing. The course also discusses ectopic pregnancy, cardiopulmonary resuscitation during pregnancy, perimortem cesarean delivery, hypertensive disorders of pregnancy such as preeclampsia/eclampsia, and bleeding and infection during pregnancy. In the discussion of chemical-biological warfare, participants will learn about assessment and management of

the pregnant patient exposed to specific biological agents, toxins, chemicals, and radiation. The course describes care of patients with mosquito-borne illnesses such as West Nile Virus and the labor and delivery management of patients with human immunodeficiency virus (HIV) infection. Nurses will benefit from the discussion of placental separation, delivery techniques for shoulder dystocia, and types of lacerations. Transport of the pregnant patient is discussed, including treatment and transfer decisions for the patient in preterm labor or with premature rupture of membranes. In the discussion of postpartum emergencies, participants will learn how to assess and intervene in complications in the postpartum period. Finally, drug therapy in pregnancy is discussed, and nurses will learn how to identify appropriate medications for various clinical conditions in the pregnant patient.

- **Postpartum Care** (2 hours, state-accredited ACCME recognized, Wild Iris Medical Education). COURSE OBJECTIVE: The purpose of this course is to provide healthcare professionals with a review of postpartum physiology, psychology, assessment, normal adaptation, complications, and teaching of the postpartum patient.  
LEARNING OBJECTIVES Upon completion of this course, you will be able to:
  - Describe the normal physiologic and psychological adaptations to the postpartum period.
  - Explain how to perform a postpartum nursing assessment.
  - Identify the teaching topics that are relevant to postpartum patients.
  - Identify indicators of intimate partner violence.
  - Summarize the treatment of maternal complications seen during the postpartum period.
  - List the symptoms that postpartum patients should report to their healthcare providers after discharge.
- **Assessment of risk in the term newborn** (6.4 hours, state-accredited/ACCME recognized, March of Dimes). Objectives: Provides perinatal and neonatal healthcare providers with essential, evidence-based information to assess a newborn's physiologic adaptation to extra-uterine life and to assess for infectious or metabolic disorders and positively support development. Gestational age assessment, physical assessment and newborn behavior patterns are discussed. The module outlines nursing management during the early newborn period, including identification of risk factors, and assessment, monitoring and intervention during hospitalization and post-discharge follow-up.
- **Bleeding in early pregnancy: When is it an emergency?** (1 hour, state-accredited/ACCME recognized). Objectives: The purpose of this program is to inform ED nurses about the major causes, critical signs and appropriate triage of bleeding in early pregnancy. After studying the information presented here, you will be able to: Identify the four major causes of bleeding in early pregnancy; Describe key questions to ask during triage; List the critical signs that suggest ectopic pregnancy or inevitable miscarriage.
- **Hypertensive disorders of pregnancy** (1 hour, state accredited/ACCME recognized). Objectives: The goal of this program is to provide nurses with information about the differentiation of hypertensive disorders of pregnancy, the effect on the mother and fetus, and recommended management. After studying the information here, you will be able to: State the four classifications of hypertensive disorders of pregnancy; Identify adverse maternal and fetal outcomes associated with these disorders; Describe management of the disorders to optimize maternal and fetal outcomes.
- **Perinatal Infections** (3 hours, state-accredited/ACCME recognized). Objectives: The goal of this continuing education program is to update nurses' knowledge of the identification,

care and management of patients with perinatal infections. After studying the information presented here, you will be able to:

- Discuss changes in the prevalence of certain perinatal infections in relation to effective screening and vaccination programs
- Differentiate between universal screening and high-risk prenatal screening protocols
- Explain the modes of transmission of various pathogens from an infected mother to her fetus/newborn
- Recognize maternal and fetal/newborn acute clinical manifestations and long-term sequelae that occur in association with perinatal infections
- Describe the standards for diagnosis and management of selected perinatal infections recommended by national guidelines
- Discuss the role of the nurse as a health educator in caring for the woman who presents with, or is at increased risk for developing, a perinatal infection
- **Postpartum care** (5.4 hours, state-accredited/ACCME recognized, March of Dimes). Objectives: Provides the perinatal nurse with critical knowledge to safely and effectively care for mothers during the postpartum period. Offers strategies for prenatal education, discharge planning and postpartum care. Comprehensive physical, learning needs and psychological assessments are outlined.

### **Lab interpretation in pregnancy**

- **Physiologic Changes and Laboratory Values** (1 hour, state-accredited ACCME recognized, Wild Iris Medical Education). COURSE OBJECTIVE: The purpose of this course is to review normal and abnormal physiologic changes that may occur during pregnancy and the laboratory values that indicate these changes. LEARNING OBJECTIVES: Upon completion of this course, you will be able to: Describe normal and abnormal physiologic changes of pregnancy. Identify laboratory results for normal and abnormal physiologic changes during pregnancy.