



2021 Learning Outcomes

Obstetrics and Fetal Monitoring and Antepartum/Postpartum Courses

JANUARY

Activities 21001P, 21002P – **Maternal Sepsis in Obstetrics**

- Explain how to quickly evaluate a patient for the warning signs of sepsis (qSOFA [Quick Sequential Organ Failure Assessment]) at the bedside.
- List components of the SOFA score and how it is used to diagnose a patient with sepsis.
- Describe differences in diagnosis of sepsis in the maternal population and the physiologic changes in pregnancy that necessitate these diagnostic differences.
- Define sepsis and septic shock and explain why obstetric patients are at higher risk for these syndromes.
- Interpret L.T.'s fetal heart rate tracing. (21001P only)

Activities 21003P, 21004P - **Pyelonephritis in Obstetrics**

- Understand renal physiologic changes that occur during pregnancy.
- Identify clinical features of pyelonephritis in pregnancy.
- Develop treatment strategies for pyelonephritis in pregnancy.
- Review complications secondary to pyelonephritis during pregnancy.
- Interpret J.B.'s fetal heart rate tracing. (21003P only)

FEBRUARY

Activities 21009P, 21010P - **Managing Labor for the Borderline Viable Fetus**

- Define periviable birth.
- Discuss risk factors and possible causes that may lead to a periviable birth.
- Describe maternal and neonatal complications associated with a periviable birth.
- Outline management of a periviable fetus.
- Interpret B.M.'s fetal heart rate tracing. (21009P only)

Activities 21011P, 21012P - **Risks for the Postterm Newborn**

- Define late-term and postterm pregnancies.
- Identify fetal and neonatal risks associated with late-term and postterm pregnancies.
- Describe management of postterm pregnancies and available interventions to reduce the risk for adverse perinatal outcomes.
- Interpret K.J.'s fetal heart rate tracing. (21011P only)



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MARCH

Activities 21017P, 21018P - Physiology of Amniotic Fluid

- Describe the importance of amniotic fluid to the normally developing fetus.
- Discuss amniotic fluid composition and production.
- Describe normal changes to amniotic fluid volume throughout pregnancy.
- Interpret Y.N.'s fetal heart rate tracing. (21017P only)

Activities 21019P, 21020P – Diagnosing and Managing Polyhydramnios

- Describe an evaluation for polyhydramnios.
- Explain a management strategy for polyhydramnios.
- Interpret P.S.'s fetal heart rate tracing. (21019P only)

APRIL

Activities 21025P, 21026P - The Causes and Management of First-Trimester Bleeding

- List common causes of first-trimester bleeding.
- Identify life-threatening causes of first-trimester bleeding.
- Describe initial evaluation and management of first-trimester bleeding.
- Interpret H.R.'s fetal heart rate tracing. (21025P only)

Activities 21027P, 21028P - Care Provider Challenges When a Patient Refuses a Cesarean Section

- Identify ethical principles involved when a patient refuses a medically indicated cesarean section.
- Discuss rulings in landmark legal cases that have become common law in the United States.
- List common reasons why patients decline a cesarean section and strategies that lead to a healthy outcome.
- Interpret M.K.'s fetal heart rate tracing. (21027P only)



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MAY

Activities 21033P, 21034P - **Antepartum Detection of Cystic Fibrosis**

- Describe genetic mutations associated with cystic fibrosis and implications for health.
- Explain importance of early detection of cystic fibrosis and implications for families.
- Discuss the screening test used for cystic fibrosis and next steps for further testing.
- Interpret K.T.'s fetal heart rate tracing. (21033P only)

Activities 21035P, 21036P – **Noninvasive Prenatal Screening (NIPS) by Cell-Free DNA (cfDNA) in Maternal Blood: A Clinical Update**

- Describe aspects of comprehensive pretest and post-test counseling.
- Explain how to calculate the individual patient risk through an online calculator.
- List recent professional guidelines related to noninvasive prenatal screening (NIPS) in the general population and in twin pregnancy.
- Discuss the need for nuchal translucency scans in addition to NIPS.
- Interpret S.J.'s fetal heart rate tracing. (21035P only)

JUNE

Activities 21041P, 21042P - **Risks of the Nulliparous Patient of Advanced Maternal Age**

- Identify risks associated with advanced maternal age.
- List risks associated with a first pregnancy.
- Identify important patient counseling points regarding pregnancies in nulliparous women of advanced maternal age.
- Interpret S.C.'s fetal heart rate tracing. (21041P only)

Activities 21043P, 21044P - **The Etiology of Meconium-Stained Amniotic Fluid**

- Define meconium and discuss the prevalence of meconium-stained amniotic fluid (MSAF).
- List risk factors associated with meconium-stained amniotic fluid and fetal-maternal consequences of MSAF.
- Analyze competing evidence regarding the etiology of meconium passage and subsequent adverse neonatal outcomes.
- Interpret J.C.'s fetal heart rate tracing. (21043P only)



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JULY

Activities 21049P, 21050P - **Understanding Fetal Acid-Base Balance In Fetal Life**

- Describe physiology of fetal acid-base balance.
- Discuss when to utilize umbilical cord blood gas analysis.
- Explain the interpretation of umbilical cord blood gas results.
- Interpret B.J.'s fetal heart rate tracing. (21049P only)

Activities 21051P, 21052P - **The Physiology of Fetal to Newborn Transition**

- Explain how fetal pulmonary and circulatory systems prepare for and transition after birth.
- Describe glucose metabolism transition at birth.
- Discuss thermoregulation in the newborn and identify strategies used to prevent cold stress.
- Interpret G.J.'s fetal heart rate tracing. (21051P only)

AUGUST

Activities 21057P, 21058P - **Sex-Dependent Vulnerability during Pregnancy: Polychlorinated Biphenyls and the Perinatal Testosterone Surge**

- Describe an endocrine-active chemical.
- Discuss why considering sex as a biological variable is critical to estimate public health risk of endocrine-active chemical (EAC) exposures.
- Describe the Barker hypothesis and Developmental Origins of Adult Disease; use polychlorinated biphenyls as an example.
- Describe how animal models can be used to explain cumulative risk.
- Interpret B.H.'s fetal heart rate tracing. (21057P only)

Activities 21059P, 21060P - **Sexuality during and after Pregnancy**

- Discuss the prevalence and impact of sexual concerns during the perinatal period.
- Identify antepartum, intrapartum, and postpartum biopsychosocial factors affecting sexual functioning and satisfaction.
- Describe a strategy for incorporating realistic and reassuring anticipatory guidance regarding sexuality in pregnancy.
- Outline treatment strategies and resources for persistent or distressing sexual concerns related to pregnancy.
- Interpret L.A.'s fetal heart rate tracing. (21059P only)



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SEPTEMBER

Activities 21065P, 21066P - **Detection and Management of Prolapsed Umbilical Cord**

- List risk factors for prolapsed umbilical cord.
- Describe gross morphology and histology of the human umbilical cord.
- Explain presenting signs and symptoms of prolapsed umbilical cord.
- Outline best steps for care of the mother/infant dyad experiencing prolapsed umbilical cord.
- Interpret J.M.'s fetal heart rate tracing. (21065P only)

Activities 21067P, 21068P - **Eclampsia: Diagnosis and Management**

- Define eclampsia disease presentation.
- Contrast eclampsia with other diagnoses in the differential diagnosis.
- Describe appropriate treatments for initial presentation of eclampsia.
- Interpret T.V.'s fetal heart rate tracing. (21067P only)

OCTOBER

Activities 21073P, 21074P - **Pregnancy-Associated Breast Cancer**

- Define pregnancy-associated breast cancer.
- List three safe imaging modalities that can be utilized to determine tumor spread during pregnancy.
- Explain how a multidisciplinary team approach can aid in providing comprehensive care towards a patient with pregnancy-associated breast cancer.
- Interpret K.H.'s fetal heart rate tracing. (21073P only)

Activities 21075P, 21076P - **Fetal Risks of Chemotherapy**

- List the most common types of cancer diagnosed in pregnancy.
- Describe currently accepted treatments for these cancers during pregnancy.
- Explain maternal and fetal/neonatal risks of these treatments.
- Interpret K.H.'s fetal heart rate tracing. (21075P only)



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NOVEMBER

Activities 21081P, 21082P - Breast Cancer in Women of Reproductive Age and its Impact on Breastfeeding

- Describe standard management of early premenopausal breast cancer.
- Discuss effects of age on fertility, pregnancy, and breastfeeding.
- Explain key issues for a woman to have her voice in decisions, pre-management fertility consultation, breast-conserving surgery, ovarian follicle protection, duration of hormonal therapy, when to start pregnancy, and supportive breastfeeding management.
- Interpret M.K.'s fetal heart rate tracing. (21081P only)

Activities 21083P, 21084P - Oral Structural Issues in the Breastfeeding Newborn

- Identify three oral structure issues in newborns that can impact breastfeeding.
- Define maxillary lip and tongue-tie.
- Identify strategies to maximize breastfeeding when oral structure issues exist.
- Interpret I.C.'s fetal heart rate tracing. (21083P only)

DECEMBER

Activities 21089P, 21090P - The Challenges of Obesity in Labor

- Explain increased risks for obese patients during labor and delivery.
- Describe equipment needed to help obese patients.
- List steps during a cesarean delivery that have been shown to decrease mortality.
- Interpret C.C.'s fetal heart rate tracing. (21089P only)

Activities 21091P, 21092P - Nausea and Vomiting in Pregnancy

- Outline the process of evaluation and diagnosis when presented with an obstetric patient with nausea and emesis symptoms.
- Discuss current therapeutic agents and their effects on the maternal-fetal unit.
- Interpret M.L.'s fetal heart rate tracing. (21091P only)



2021 Learning Outcomes

Women's Health Course

JANUARY

No Women's Health Course.

FEBRUARY

Activity 21013P - Changes in Skin and Hair Health during Menopause

- Describe changes that occur in the skin as women age.
- Identify estrogen-deficiency-related skin and hair disorders.
- List commonly used treatments for menopausal diseases of the skin and hair and their associated side effects.

MARCH

Activity 21021P – Genetic Evaluation for Hereditary Breast Cancer, Part I

- Define and describe the prevalence in the U.S. of hereditary breast cancer.
- Discuss the discovery of BRCA1 and BRCA2 genes and explain what is currently known about their role in breast cancer risk.
- Describe current guidelines for breast cancer screening in patients with a BRCA pathogenic variant.

APRIL

Activity 21029P - Genetic Evaluation for Hereditary Breast Cancer, Part II

- Identify patients who should consider genetic evaluation for hereditary breast cancer.
- Explain key components to the genetic counseling process and informed consent for genetic testing.
- Name at least two updates in genetic testing that have occurred over the past several years.

2021 Learning Outcomes

Women's Health Course

MAY

Activity 21037P – **Lipid Management in Menopause**

- Identify hormonal changes after menopause that increase women's risk for cardiovascular morbidity and mortality.
- Explain current guideline-based methodology for calculating cardiovascular risk.
- Describe basic statin regimens and prescriptions.
- List at least two lifestyle changes and counseling strategies to reduce cardiovascular risk.

JUNE

Activity 21045P - **Reproductive Challenges in Older Women**

- Describe effects of aging on the female reproductive system.
- Discuss the evaluation of infertility in women of advancing age.
- List potential treatment options for older women seeking fertility.

JULY

Activity 21053P - **Selecting the Right Contraceptive during the Adolescent Years**

- Review pregnancy risks and intentions of adolescent patients.
- Employ shared decision-making in initiating contraception.
- Discuss contraceptive options and considerations unique to the adolescent patient population.
- Describe contraception counseling goals for sexual minority women.

AUGUST

Activity 21061P - **Uncomplicated Urinary Tract Infection in Postmenopausal Women**

- Explain uncomplicated and complicated urinary tract infections.
- Define diagnostic criteria for urinary tract infection in postmenopausal women.
- Outline different strategies for managing recurrent urinary tract infections.
- Discuss management of asymptomatic bacteriuria.

2021 Learning Outcomes

Women's Health Course

SEPTEMBER

Activity 21069P - **Differentiating Benign from Malignant Skin Lesions**

- Identify and recognize the morphology of the most common benign and malignant skin lesions.
- Develop a clinical approach to the evaluation and initial management of patients presenting with suspicious lesions.
- Explain when to refer patients with skin lesions suspicious for malignancy.
- Provide crucial patient education about these lesions and reinforce the importance of sun protection, as appropriate.

OCTOBER

Activity 21077P - **Depression and Breast Cancer**

- Identify signs and presentation of depression in patients with breast cancer.
- Explain how depression affects disease outcome and progression.
- Discuss variety of triggers of depression in patients with breast cancer.
- List and describe treatment options for depression in patients with breast cancer.

NOVEMBER

Activity 21085P - **What are Bioidentical Hormones?**

- Define menopause and describe the associated adverse symptoms and disease risks.
- List different types of bioidentical hormones and explain their functions.
- Discuss benefits and risks of menopausal hormone therapy.
- Describe medical hormonal management of naturally symptomatic menopausal women.

DECEMBER

Activity 21093P - **What is the Metabolic Syndrome?**

- List main components of the metabolic syndrome.
- Describe health risks associated with the metabolic syndrome.
- Discuss evidence-based dietary approaches to reduce the complications of the metabolic syndrome.

2021 Learning Outcomes

Video Course

JANUARY

Activity 21005P – Hot Flashes

- Describe the goal of the teaching moment.
- Explain estradiol's relationship to menopause.

FEBRUARY

Activity 21014P – Migraines

- Describe the goal of the teaching moment.

MARCH

Activity 21022P – The Newborn Circumcision: Gomco Technique

- Describe the goal of the teaching moment.

APRIL

Activity 21030P - The Newborn Circumcision: PlastiBell Technique

- Describe the goal of the teaching moment.

MAY

Activity 21038P – Pyelonephritis in Pregnancy

- Describe the goal of the teaching moment.
- Correctly interpret the fetal heart rate monitor tracing using NICHD criteria.

JUNE

Activity 21046P - Oxygen Transfer in the Placenta

- Describe the goal of the teaching moment.
- Explain how a mother transfers oxygen to her fetus.

2021 Learning Outcomes

Video Course

JULY

Activity 21054P – **Non-invasive Prenatal Testing**

- Describe the goal of the teaching moment.
- Correctly interpret the fetal heart rate monitor tracing using NICHD criteria.

AUGUST

Activity 21062P - **Amniotic Fluid Dynamics**

- Describe the goal of the teaching moment.
- Correctly interpret the fetal heart rate monitor tracing using NICHD criteria.

SEPTEMBER

Activity 21070P - **Maternal to Fetal Oxygenation**

- Describe the goal of the teaching moment.
- Compare the basic structure and behavior of fetal hemoglobin to maternal hemoglobin.
- Outline oxygen transportation on the maternal side and the fetal side.

OCTOBER

Activity 21078P - **Categories and Controversies**

- Describe the goal of the teaching moment.

NOVEMBER

Activity 21086P - **Early Detection of Maternal Sepsis**

- Describe the goal of the teaching moment.
- Correctly interpret the fetal heart rate monitor tracing using NICHD criteria.

DECEMBER

Activity 21094P - **Challenges of the First Pregnancy in the Older Patient**

- Describe the goal of the teaching moment.
- Correctly interpret the fetal heart rate monitor tracing using NICHD criteria.