



2023 Learning Outcomes

Obstetrics and Fetal Monitoring and Antepartum/Postpartum Courses

JANUARY

Activities 23001P, 23002P – **The Role of Antepartum Fetal Monitoring**

- Explain fetal developmental physiology as it relates to test outcomes on antepartum fetal monitoring.
- Describe different forms of antepartum fetal monitoring, including normal and abnormal results.
- List fetal and maternal conditions that are an indication for antepartum monitoring.
- Interpret S.K.'s fetal heart rate tracing. (23001P only)

Activities 23003P, 23004P - **Does Oxygen Administration in Labor Management have Value for Concerning Fetal Heart Rate Tracings?**

- Define and interpret Category II and Category III fetal heart rate tracings.
- Explain the basic physiologic principles of fetal oxygenation and their effects on fetal metabolism and fetal acid-base status.
- Discuss intrapartum oxygen administration and its effect on neonatal outcomes.
- Interpret W.O.'s fetal heart rate tracing. (23003P only)

FEBRUARY

Activities 23009P, 23010P – **Health Disparities in Gynecologic Oncology**

- List common definitions and language used in disparities literature.
- Explain health disparities that exist within gynecologic oncology that lead to worse outcomes and increased mortality in populations.
- Describe resources currently available to patients including cancer education, screening, treatment, and care.
- Interpret C.L.'s fetal heart rate tracing. (23009P only)

Activities 23011P, 23012P - **Debriefing After an Adverse Event: How to Focus on System-Based Modifications, Team Support**

- Explain methods to enhance psychological safety and team discussion during a team debrief.
- Describe a unit debriefing tool that is useful at your institution.
- Identify methods used to facilitate change following an adverse event.
- Interpret N.J.'s fetal heart rate tracing. (23011P only)



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MARCH

Activities 23017P, 23018P - **Diabetic Ketoacidosis in Pregnancy**

- Discuss diabetes management in pregnancy.
- Describe steps for management of diabetic ketoacidosis (DKA) in pregnancy.
- List risk factors for development of DKA in pregnancy.
- Explain the importance of prompt intervention and management of DKA in pregnancy.
- Interpret R.A.'s fetal heart rate tracing. (23017P only)

Activities 23019P, 23020P – **Systemic Lupus Erythematosus and Pregnancy**

- List key components of a preconception visit for patients with systemic lupus erythematosus.
- Explain additional prenatal testing for pregnant patients with systemic lupus erythematosus.
- Describe which medications are safe to use during pregnancy and postpartum in patients with systemic lupus erythematosus.
- Interpret A.E.'s fetal heart rate tracing. (23019P only)

APRIL

Activities 23025P, 23026P – **Immunization and Pregnancy**

- List types of vaccinations available for use in pregnant individuals.
- Describe vaccines that are recommended routinely during pregnancy.
- List vaccines that are contraindicated during pregnancy.
- Identify special populations that may require additional vaccines during pregnancy.
- Interpret G.R.'s fetal heart rate tracing. (23025P only)

Activities 23027P, 23028P - **Sepsis in Obstetrics**

- Explain epidemiology, morbidity, and mortality associated with maternal sepsis.
- Define septic parameters in pregnancy.
- Describe the clinical utility of sepsis risk stratification tools.
- Outline appropriate antibiotic use depending on specific patient presentation.
- Explain the role of additional therapies for septic resuscitation.
- Interpret O.T.'s fetal heart rate tracing. (23027P only)



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MAY

Activities 23033P, 23034P - **Effects of Corticosteroids on Newborn Pulmonary Function**

- Describe the role of corticosteroids on fetal lung development.
- Explain dosing guidelines and administration of corticosteroids for threatened preterm labor.
- Interpret M.A.'s fetal heart rate tracing. (23033P only)

Activities 23035P, 23036P – **Managing Necrotizing Enterocolitis in the Newborn**

- Describe pathophysiology of necrotizing enterocolitis.
- List risk factors and preventive measures for necrotizing enterocolitis.
- Explain how to diagnose and classify necrotizing enterocolitis.
- Outline differences in medical and surgical management of necrotizing enterocolitis.
- List short- and long-term outcomes of necrotizing enterocolitis.
- Interpret B.H.'s fetal heart rate tracing. (23035P only)

JUNE

Activities 23041P, 23042P - **Use of Nonpharmacologic Approaches To Control Pain of Labor**

- Define nonpharmacologic approaches to control labor pain.
- Discuss risks, benefits, and effectiveness of nonpharmacologic approaches to pain management for the treatment of patient fear, anxiety, and pain.
- Describe maternal experiences/provider practices that best support positive birth experiences.
- Explain nonpharmacologic approaches to control labor pain that facilitate therapeutic patient-provider relationships while prioritizing patient safety and honoring patient autonomy.
- Interpret B.R.'s fetal heart rate tracing. (23041P only)

Activities 23043P, 23044P - **Marijuana and Pregnancy**

- Discuss marijuana use among the pregnant population in the United States.
- Explain public health efforts to increase awareness of risks of marijuana use during pregnancy.
- Describe marijuana's effects on obstetric, neonatal, and breastfeeding outcomes.
- Interpret W.M.'s fetal heart rate tracing. (23043P only)



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Obstetrics and Fetal Monitoring and Antepartum/Postpartum Courses

JULY

Activities 23049P, 23050P - **The Benefits and Risks of Cervical Ripening Approaches for Managing Labor Induction**

- Describe the role of prostaglandins in cervical ripening.
- Explain differences between prostaglandin analogues and how to implement them in everyday clinical practice.
- Interpret G.C.'s fetal heart rate tracing. (23049P only)

Activities 23051P, 23052P - **Understanding the Pathophysiology and Management of the Growth-Restricted Fetus**

- Define fetal growth restriction.
- Explain consequences of fetal growth restriction in perinatal outcomes.
- Identify possible etiologies of fetal growth restriction.
- Describe management of the growth-restricted fetus.
- Interpret P.J.'s fetal heart rate tracing. (23051P only)

AUGUST

Activities 23057P, 23058P - **Managing Postpartum Hemorrhage during Labor and Following Delivery**

- Describe risk factors for obstetric hemorrhage.
- Explain initial steps in assessment and management of postpartum hemorrhage.
- List medications used in management of postpartum hemorrhage and name key contraindications to the use of these medications.
- Describe the role of blood product transfusion in management of obstetric hemorrhage.
- Interpret O.K.'s fetal heart rate tracing. (23057P only)

Activities 23059P, 23060P - **Managing Shoulder Dystocia**

- Identify risk factors for shoulder dystocia.
- Describe management and treatment strategies for shoulder dystocia.
- Explain potential consequences of shoulder dystocia.
- Interpret C.S.'s fetal heart rate tracing. (23059P only)



2023 Learning Outcomes

Obstetrics and Fetal Monitoring and Antepartum/Postpartum Courses

SEPTEMBER

Activities 23065P, 23066P - **Documentation in Labor Management**

- List components that should be included in labor documentation.
- Identify minimal frequency of documentation in each stage of labor.
- Describe normal and abnormal labor courses.
- Interpret T.K.'s fetal heart rate tracing. (23065P only)

Activities 23067P, 23068P - **How Would a Plaintiff's Attorney Assess a Less Than Optimal Obstetric Outcome?**

- List basic statistics about the frequency and economic burden of dropped and paid claims.
- Explain how standard of care is applied when determining liability.
- Describe how documentation strategies are applied to mitigate liability.
- Interpret W.N.'s fetal heart rate tracing. (23067P only)

OCTOBER

Activities 23073P, 23074P - **Diagnosing and Managing a History of Active DVT in Pregnancy**

- Describe risk factors and prevention strategies for venous thromboembolism (VTE) prior to, during, and after pregnancy.
- Explain diagnosis and treatment for women with a history of deep venous thrombosis (DVT).
- Develop a delivery plan for patients on anticoagulation.
- Interpret H.K.'s fetal heart rate tracing. (23073P only)

Activities 23075P, 23076P - **Thrombophilia in Pregnant Patients**

- Identify common inherited and acquired thrombophilias.
- Explain screening and management recommendations for common thrombophilias during pregnancy and the puerperium.
- Describe thrombophilia-associated pregnancy complications and provide appropriate counseling.
- Interpret B.A.'s fetal heart rate tracing. (23075P only)



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Obstetrics and Fetal Monitoring and Antepartum/Postpartum Courses

NOVEMBER

Activities 23081P, 23082P - **Neonatal Resuscitation Guidelines**

- Identify key questions that will help identify those deliveries where additional skilled providers should be present for delivery.
- List basic steps in neonatal resuscitation that are applicable to all deliveries.
- Interpret T.K.'s fetal heart rate tracing. (23081P only)

Activities 23083P, 23084P - **Has Electronic Fetal Monitoring Lived Up to Its Promise to Improve Neonatal Health?**

- Describe the evolution of electronic fetal monitoring.
- Define fetal heart rate tracing nomenclature.
- Identify categories of fetal heart rate tracings.
- Explain effects continuous fetal monitoring have had on the landscape of obstetrics.
- Interpret J.R.'s fetal heart rate tracing. (23083P only)

DECEMBER

Activities 23089P, 23090P - **Intrahepatic Cholestasis of Pregnancy**

- List risk factors associated with intrahepatic cholestasis of pregnancy (ICP).
- Explain current understanding of ICP pathophysiology.
- Provide an overview of maternal diagnosis of ICP as well as management strategies for mother and baby.
- Describe how to counsel a patient with a history of ICP regarding contraception and the risk of recurrence.
- Interpret M.C.'s fetal heart rate tracing. (23089P only)

Activities 23091P, 23092P - **Asymptomatic Thyroid Disease in Pregnancy**

- Describe normal thyroid physiology in pregnancy.
- Explain subclinical hypothyroidism and hyperthyroidism.
- Explain clinical significance of asymptomatic thyroid disease in pregnancy.
- Discuss screening strategies and pharmacologic treatment for asymptomatic thyroid disease in pregnancy.
- Interpret P.K.'s fetal heart rate tracing. (23091P only)

2023 Learning Outcomes

Women's Health Course

JANUARY

Activity 23005P - **Carbohydrates, Insulin Resistance, and Obesity**

- Describe the balance between ghrelin and leptin in regulating hunger.
- List two potential mechanisms for the development of obesity.
- Explain the link between obesity and insulin resistance.

FEBRUARY

Activity 23013P - **Professional Conflict**

- Identify major sources of conflict in the workplace.
- List ways to prevent workplace conflict.
- Describe strategies to handle workplace conflict more effectively.
- Explain what conflict management means in the context of leadership.

MARCH

Activity 23021P – **How Can a Gynecologist Effectively Counsel the 13- to 15-Year-Old at the First Office Visit?**

- Identify barriers to adolescents obtaining reproductive healthcare and explain how to address these barriers in the office setting.
- Describe how to create a comfortable and trusting environment.
- List appropriate counseling topics for an adolescent.

APRIL

Activity 23029P - **Estradiol: A Whole Article Dedicated To its Importance and Debunking Myth**

- Describe estrogen as a hormone and explain its mode of action.
- List uses of estrogen in contraception, management of female hypoestrogenism, and postmenopausal symptoms.
- Discuss off-label use of estrogen in transgender health.
- Explain the relationship between hormonal therapy and breast and endometrial cancer.

2023 Learning Outcomes

Women's Health Course

MAY

Activity 23037P – **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 23045P - **Bacterial Infections of the Vagina and the Role of the Vaginal Microbiome**

- Define the human vaginal microbiome and its relationship with the host.
- Explain the role an altered vaginal microbiome plays in the pathogenesis of opportunistic bacterial vaginal infections.
- Describe how knowledge of the vaginal microbiota is shaping current and future diagnostic and therapeutic advances.

JULY

Activity 23053P - **Yoga, Exercise, and Other Non-Medication Contributions to a Healthy Lifestyle**

- List tenets of a model for a healthy lifestyle per the American Academy of Family Physicians.
- Define minimum exercise recommendations per week for an American adult.
- List key recommendations for components of maintaining a healthy diet.
- Identify a minimum, optimal amount of sleep a night for an adult.
- Explain psychological and physical benefits of mindful meditation.

AUGUST

Activity 23061P - **Are Omega 3 and 6 Fatty Acids in our Diet Good or Bad for Our Health?**

- Identify differences between omega-3 and omega-6 fatty acids.
- Discuss potential health benefits and risks of omega-3 and omega-6 fatty acids.
- Describe food-based strategies to support health with omega-3 and omega-6 fatty acids.

2023 Learning Outcomes

Women's Health Course

SEPTEMBER

Activity 23069P - **The Women's Health Initiative 20 Years Later: An Update**

- Describe the design of the Women's Health Initiative (WHI) Study and identify areas of similarity and divergence from patients on hormone therapy (HT) in the learner's practice.
- Identify non-modifiable risks of HT.
- Develop a contemporary strategy for counseling patients on HT, integrating WHI data and post-WHI data.

OCTOBER

Activity 23077P - **The Unique Gut Microbiome of Females**

- Describe current knowledge of the gut microbiome in females.
- Explain relationships between immunity and the female gut microbiome.
- Describe relationships between hormones and the female gut microbiome.

NOVEMBER

Activity 23085P - **Human Trafficking**

- Define human trafficking and differentiate between commercial sexual exploitation and other forms of trafficking.
- Recognize red flags in patient presentations that may indicate human trafficking.
- Describe barriers to identifying and treating victims of human trafficking.

DECEMBER

Activity 23093P - **Sexual Assault: Identification, Evaluation, and Forensics in the Emergency Room**

- Define sexual assault.
- Describe prevalence of sexual assault.
- List steps for assessing for sexual assault.
- Explain psychological impacts of sexual assault.
- Review possible STI prevention medications and possible vaccine administration.

2023 Learning Outcomes

Video Course

JANUARY

Activity 23006P – Antepartum & Intrapartum Fetal Monitoring: Tracings and Fetal Oxygenation

- Explain why variability is an essential part of interpreting the fetal heart rate tracing.
- Identify the different types of fetal heart rate decelerations.
- Describe the goal of the teaching moment.

FEBRUARY

Activity 23014P – Cholestasis of Pregnancy

- Describe cholestasis of pregnancy and identify its etiology.
- Interpret the fetal heart rate tracing.
- Describe the goal of the teaching moment.

MARCH

Activity 23022P – Brain and GUT: A Link to Obesity?

- Describe the communication pathways of the brain, the GUT, and the GUT bacteria.
- Describe the goal of the teaching moment.

APRIL

Activity 23030P - Evaluation of the Neonate at Risk for Sepsis

- Differentiate early-onset sepsis from late-onset sepsis in the neonate.
- Interpret the fetal heart rate tracing.
- Describe the goal of the teaching moment.

MAY

Activity 23038P – Examining the Opiate-Exposed Newborn

- Identify the signs and symptoms of opiate withdrawal in the newborn.
- Describe the goal of the teaching moment.

2023 Learning Outcomes

Video Course

JUNE

Activity 23046P - Preventing Medication Errors

- Describe common causes of medication errors.
- Identify ways to prevent medication errors.
- Describe the goal of the teaching moment.

JULY

Activity 23054P – Proteinuria and Preeclampsia

- Understand the pathophysiology of preeclampsia.
- Describe the goal of the teaching moment.

AUGUST

Activity 23062P - Maternal to Fetal Oxygenation

- Describe how oxygen is transported in both the adult and the fetus.
- Differentiate between adult hemoglobin and fetal hemoglobin.
- Describe the goal of the teaching moment.

SEPTEMBER

Activity 23070P - Postpartum Hemorrhage

- Identify the causes and risk factors of postpartum hemorrhage.
- Describe the goal of the teaching moment.

OCTOBER

Activity 23078P - Testing for ABO Hemolytic Disease of the Newborn

- Define ABO incompatibility.
- Describe how ABO hemolytic disease of the newborn is determined.
- Describe the goal of the teaching moment.



2023 Learning Outcomes

Video Course

NOVEMBER

Activity 23086P - Examining the Placenta at Delivery

- Describe characteristics of the placenta.
- Describe the goal of the teaching moment.

DECEMBER

Activity 23094P - Social Determinants of Adverse Pregnancy Outcomes

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