

# EXAM BLUEPRINT

## I. COMPETENCY ONE

**Promote the childbearing experience as a normal, natural and healthy process, which profoundly affects women and their families.**

(20%) 28-32 questions

- A. Lamaze Philosophy of Birth
- B. Meaning of Pregnancy and Birth
  - 1. Memories
  - 2. Impact of Birth on a Woman's Life
  - 3. Childbirth Satisfaction
  - 4. Cultural Influences
- C. Historical Perspectives of Birth
- D. Pregnancy
  - 1. Anatomy and Physiology
  - 2. Fetal Development
  - 3. Maternal Physical Changes
  - 4. Maternal Emotional Changes
  - 5. Social/Life Changes
- E. Process of Birth
  - 1. Anatomy and Physiology
  - 2. Onset of Labor
  - 3. Role of Pain
  - 4. Stages and Phases
  - 5. Physical and Emotional Responses
  - 6. Psychosocial Influences
- F. Breastfeeding
  - 1. Anatomy and Physiology
  - 2. Benefits to Mother, Baby and Society
  - 3. Factors that Influence Infant Feeding Decisions
- G. Postpartum
  - 1. Physical Changes
  - 2. Emotional Changes
  - 3. Socio-cultural Influences/Role Changes

## II. COMPETENCY TWO

**Assist women and their families to discover and use strategies that facilitate normal, natural and healthy pregnancy, birth, breastfeeding and early parenting.** (25%) 35-39 questions

- A. Pregnancy and Lifestyle Issues
  - 1. Nutrition
  - 2. Exercise
  - 3. Stress Management
  - 4. Safety and Hazards
  - 5. Family/Work
  - 6. Comfort Measures
- B. Theories of Pain and Pain Management
- C. Progress and Comfort in Labor and Birth
  - 1. Movement and Positioning
  - 2. Foods and Fluids
  - 3. Confidence
  - 4. Relaxation
  - 5. Environment
  - 6. Labor Support
  - 7. Touch, Acupressure, Massage
  - 8. Focused Attention
  - 9. Patterned Breathing
  - 10. Maternal Medical Complications
  - 11. Imagery
  - 12. Heat and Cold
  - 13. Music
  - 14. Aromatherapy
  - 15. Hydrotherapy
  - 16. Upright Positions for Birth
  - 17. Spontaneous Pushing
- D. Challenging Labors
  - 1. VBAC
  - 2. Back Labor
  - 3. Prolonged or Precipitous
  - 4. Induced

## E. Breastfeeding

- 1. Latch on and Positioning
  - 2. Support
  - 3. Early Problems and Solutions
  - 4. Guidelines for Referrals
  - 5. Cultural Influences
  - 6. Lifestyle Issues
- ## F. Postpartum
- 1. Family and Social Support
  - 2. Comfort
  - 3. Rest
  - 4. Nutrition
  - 5. Exercise
  - 6. Sexuality and Fertility

## III. COMPETENCY THREE

**Help women and their families to understand how interventions and complications influence the normal course of pregnancy, birth, breastfeeding and early postpartum.**

(21%) 29-33 questions

- A. Pregnancy Interventions
  - 1. Prenatal Testing
  - 2. Lifestyle Restrictions
- B. Birth Interventions
  - 1. Repeat Cesarean Birth
  - 2. Induction
  - 3. Restrictions on Movement, Eating/Drinking, Support
  - 4. Vaginal Examinations
  - 5. Continuous Electronic Fetal Monitoring
  - 6. Intravenous Fluids
  - 7. Epidural Anesthesia and Opiate Medications
  - 8. Episiotomy
  - 9. Instrumental Delivery
  - 10. Augmentation
  - 11. Cesarean Birth
  - 12. Amniotomy
  - 13. Directed Pushing
  - 14. Cascade of Interventions

- C. Breastfeeding and Early Postpartum; Interventions/Complications
  1. Separation of Mother and Baby
  2. Supplementation to Breastfeeding Babies
  3. Newborn Hypoglycemia
  4. Newborn Jaundice
  5. Circumcision
  6. Postpartum Mood Disorders
  7. Maternal Medical Complications

- D. Medical Complications of Pregnancy
  1. Warning Signs
  2. Diabetes
  3. Preterm Labor
  4. Post term Pregnancy
  5. Hyperemesis
  6. Multiple Gestation
  7. Infections
  8. Hypertensive Disorders

- E. Complications of Labor and Birth
  1. Premature Rupture of Membranes
  2. Malpresentations/CPD
  3. Prolapsed Cord
  4. Fetal Distress
  5. Cesarean Birth

- F. Unexpected Outcomes

#### IV. COMPETENCY FOUR

**Provide information and support that encourages attachment between babies and their families.**  
(6%) 7-11 questions

- A. Newborn Characteristics and Capabilities
  1. Physical
  2. Feeding Cues
  3. Activity/Sleep States
  4. Temperament
- B. Newborn Needs
  1. Physical
  2. Developmental
  3. Emotional
  4. Safety
- C. Process of Attachment
- D. Parent-Infant Interactions
- E. Family and Cultural Influences
- F. Lamaze Philosophy of Parenting

#### V. COMPETENCY FIVE

**Assist women and their families to make informed decisions for childbearing.**  
(4%) 4-8 questions

- A. Process of Informed Decision-Making
- B. Creating Personal Plans for Birth
- C. Communication and Negotiating Skills
- D. Strategies for Facilitating Normal Birth within the Context of Limited Options
- E. Mother-Friendly and Baby-Friendly Guidelines

#### VI. COMPETENCY SIX

**Act as an advocate to promote normal, natural, healthy and fulfilling childbirth experiences for women and their families.**  
(8%) 10-14 questions

- A. Changing the Culture of Birth to Support the Lamaze Philosophy
- B. Advocacy in the Classroom
- C. Advocacy in the Community
- D. Collaboration with Other Organizations
- E. Risks of Advocacy
- F. Influences of Vested Interest Group
- G. Concepts of Power, Influence, and Control

#### VII. COMPETENCY SEVEN

**Design, teach and evaluate a course in Lamaze preparation that increases women's confidence and ability to give birth.**  
(16%) 22-26 questions

- A. History of Lamaze Childbirth Education
- B. Evidence-Based Practice in Childbirth Education
- C. Ways in Which Individuals Learn
- D. Learning Environments
- E. Teacher Communication Skills
- F. Group Process
- G. Curriculum Development
  1. Needs Assessment
  2. Goals and Objectives
  3. Developing and Sequencing Content
  4. Teaching Strategies
  5. Course Evaluation
- H. Teaching Aids
- I. Legal and Ethical Issues Related to Professional Practice
- J. Establishing a Childbirth Education Practice
- K. Lamaze Standards for Childbirth Educators

“[The Exam Prep Course] inspired confidence and helped clarify what types of things to study.”

An Exam Candidate