

SAUDI DIPLOMA TRAINING PROGRAM

Midwifery Nursing

Promotion Examination

Written Examination Format:

- A written examination shall consist of one paper with not less than 100 MCQs with a single best answer (one correct answer out of four options).
- The examination shall contain type K2 questions (interpretation, analysis, reasoning and decision making) and type K1 questions (recall and comprehension).
- The examination shall include basic concepts and clinical topics relevant to the specialty.
- Clinical presentation questions include history, clinical finding and patient approach. Diagnosis and investigation questions; include the possible diagnosis and diagnostic methods. Management questions; including treatment and clinical management, either therapeutic or non-therapeutic, and complications of management. Materials and Instruments questions; including material properties, usage, and selection of instruments and equipment used. Health maintenance questions; include health promotion, disease prevention, risk factors assessment, and prognosis.

Passing Score for Promotion Exam:

The trainee's performance is assessed in each of the evaluation formulas according to the following scoring system:

Score	Less than 50%	50% – 59.4%	60% - 69.4%	More than 70%
Description	Clear Fail	Borderline Fail	Borderline Pass	Clear Pass

1. To upgrade the trainee from a training level to the next level, She/he must obtain at least a **Borderline Pass** in each evaluation form.
2. The program director may recommend to the local supervision committee to request the promotion of the trainee who did not meet the previous promotion requirement according to the following:
 - A. In case that the trainee gets a **borderline Fail** result in **one** of the evaluation forms, the remaining evaluation forms must be passed with **Clear Pass** in at least **one** of them.



- B. In case that the trainee gets a **borderline Fail** result in **two** of the evaluation forms to a maximum, provided they do not fall under the same theme (Knowledge, Attitude, Skills). The remaining evaluation forms must be passed with **Clear Pass** in at least **two** of them.
- C. The promotion must be approved in this case by the Scientific Council for the specialization.

Blueprint Outlines

No.	Section	Proportion%
1	Health Assessment of Women and Newborns	10%
2	Principles of midwifery (Anatomy, Physiology, Pharmacology, Health education and counselling)	10%
3	Normal Pregnancy (Antenatal, intrapartum and postnatal and newborn)	60%
4	Biostatistics	5%
5	Research and Evidence Based	10%
6	Epidemiology	5%
Total		100%

Note:

- Blueprint distribution of the examination may differ up to $\pm 3\%$ in each category.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.



Suggested References:

Module 1, 2 and 3:

1. Davidson, M., London, M., & Ladewig, P. (2015). Olds' Maternal-Newborn Nursing & Women's Health: across the lifespan, 10th ed. Pearson: Boston. ISBN-13: 978-0133954036, ISBN- 10: 013395403X.
2. Davidson, M., London, M., & Ladewig, P. (2012). Clinical handbook for maternal-newborn nursing and women's health care. Prentice Hall: Upper Saddle River, N.J.
3. Doenges, M., Moorhouse, M., & Murr, A. (2014). Nursing care plans: Guidelines for individualizing client care across the lifespan, 10th ed. F.A. Davis: Philadelphia.
4. Marshall, J. & Raynor, M. (eds.) (2014). Myles Textbook for Midwives. Churchill Livingstone: UK. ISBN: 978-0-7020-5145-6.

Module 6: Epidemiology:

1. Gordis, L. (2014). Epidemiology, 5th ed. W.B. Saunders Co: New York

Module 4: Biostatistics:

1. Gravetter, F. & Wallnau, L. (2013). Essentials of Statistics for the Behavioral Sciences, 8th ed. Thomas Wadsworth: Belmont, CA. ISBN-13: 9780495812203, ISBN-13: 978-1133956570.

Module 5: Nursing Research and Evidence-Based Practice :

1. Polit, D.F., Beck, C.T., & Hungler, B. (2018). Essentials of Nursing Research: Methods, Appraisal, and Utilization, 9th ed. Lippincott.

Crash Courses:

- Outline of each course including suggested reading references given by the provider.

Module 1: Health Assessment of Women and Newborns

- **Module Outline:**
 1. General and obstetric client history.
 2. General approaches to physical examination of women and newborns.
 3. Comprehensive system assessment (head-to-toe assessment) of women and newborns.
 4. Assessment of nutritional states and spiritual and behavioral changes in women and newborns.
 5. Assessment of childbearing women during antenatal, natal, and postnatal periods.
 6. CTG monitoring.
 7. Laboratory investigations.
 8. Document progress of labor and care provided.

Module 2: Principles of Midwifery (anatomy, physiology, pharmacology, health education, and counseling)

Module Outline:

- Anatomy and physiology of reproductive system:
 - a. Female pelvis and their productive organs
 - b. Female urinary tract
 - c. Hormonal cycles
- Fetal formation and development (from conception to delivery):
 - a. Fertilization
 - b. Embryonic development
 - c. Fetal formation
 - d. Placenta formation
 - e. Fetal circulation

- Physiological changes during pregnancy:
 - a. Physical changes
 - b. Psychological changes
- Hormonal and vitamin therapy during pregnancy and lactation:
 - a. Hormonal therapy
 - b. Vitamins and mineral supplements
 - c. Tocolysis
 - d. Induction and augmentation of labor
- Pain management during labor:
 - a. Nurse's role in supporting pain relief
 - b. Natural pain relief
 - c. Systemic analgesics
 - d. Regional analgesics
 - e. Complications
 - f. Contraindications
- Medications after birth:
 - a. Emergency resuscitation drugs
 - b. Vitamin K
 - c. Anti-Rh antibodies
 - d. Basic principles for counseling
 - e. Basic principles for health education

Module 3: Normal Pregnancy

Module Outline:

- Normal physiological changes in women throughout the antenatal, natal, and postnatal periods.
- Common physiological needs of women during the three trimesters.
- Nursing and medical management for the minor discomforts of pregnancy during the three trimesters.
- Nutritional needs during pregnancy, postpartum, and lactation.
- Process of labor.
- Management of labor.



- Physiological changes during postpartum.
- Management of postpartum.
- Management of normal newborn.
- Lactation in pregnancy: physiology and management.

Module 4: Biostatistics

Module Outline:

- Descriptive statistics, frequencies, shapes, measures of central tendency.
- Univariate descriptive statistics measures of variability: range standard deviation scores within a distribution, z-scores, standardized distribution.
- Bivariate descriptive statistics.
- Correlation (Pearson r as descriptive).
- Inferential statistics, probability, sampling distributions and error, standard error of the mean, central limit theorem, hypothesis testing, power analysis, type I & II errors, level of significance/critical regions, confidence interval, one-tailed and two-tailed tests, parametric tests, between subjects versus within subjects, bivariate inferential statistics, t-tests for independent groups, paired t-tests (dependent groups), ANOVA.
- Non-parametric tests, chi square, goodness of fit, test for independence, bi-variate inferential statistics, Pearson r as inferential, multi-variate statistics, simple linear regression, and factor analysis.

Module 5: Nursing Research and Evidence-Based Practice

Module Outline:

- Overview of nursing research.
- Research methodology and processes.
- Designs for nursing research.
- Collection of research data
- Critical appraisal and utilization of nursing research.



- EBP and research-based practice.

Module 6: Epidemiology

Module Outline:

- Definition of epidemiology and defining health.
- Dynamics of disease transmission-infectious disease epidemiology.
- Measuring the occurrence of disease.
- Assessing the reliability and validity of diagnostic and screening tests.
- Assessing the efficacy of preventive and therapeutic measures: randomized trials, cohort studies, case control, and cross-sectional studies
- Estimating risk-determining association and the potential for prevention.
- From association to causation: deriving inferences from epidemiologic studies.
- Bias, confounding, and interaction.
- Identifying the roles of genetic and environmental factors in disease causation.
- Ethical and professional issues in epidemiology.

Note:

This list is intended for use as a study aid only. SCFHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken solely from these sources.



Example Questions

EXAMPLE OF K1 QUESTIONS

Question 1

Which of the following is commonly excreted in large amount in the urine of a normal pregnant woman?

- A. Amino acids
- B. Glucose
- C. Hemoglobin
- D. Protein

EXAMPLE OF K2 QUESTIONS

Question 1

Neural-tube defect are related to folic acid metabolism and therefore preventable by folic acid supplementation.

What amount of folic acid intake is currently recommended during preconceptual period and early pregnancy?

- A. 0.5 mg
- B. 4 mg
- C. 8 mg
- D. 10 mg