

# Advanced Principles of EFM

**ADVANCED  
PRINCIPLES OF EFM:**  
*Speaking the Language  
of the Fetus*

Presented by  
**Rebecca Cypher, MSN, PNNP**  
2019 AWHONN President-Elect  
Nationally Respected Expert in EFM

Updated Content to Reflect  
NICHD, AWHONN, ACOG, ACNM Guidelines  
Interactive knowledge sessions  
Case Reviews and Liability

**REGISTER TODAY for this 2 DAY SEMINAR**  
Everyone, and your PATIENTS  
will Benefit from this class  
**REGARDLESS of Experience**



## Rebecca Cypher, MSN, PNNP

### *Nationally Respected Expert in EFM*

Rebecca is a nationally respected leader and consultant in perinatal healthcare. She brings to the program over 30 years of active duty Air Force and civilian nursing experience. Her career consisted of a number of diverse professional roles, including direct patient care, management, education and research. She is nationally certified in Inpatient OB and EFM. An active member of AWHONN, she is currently the 2019 President Elect. Previously she served in a variety of AWHONN positions including two terms on the Board of Directors. Rebecca joined Lisa Miller, CNM, JD, and Dr. David Miller as co-author for Mosby's *Fetal Monitoring: A Multidisciplinary Approach* (8th ed.), and has been a contributor to AWHONN's *Fetal Monitoring Principles and Practices* (5th ed). She has authored numerous book chapters and manuscripts published in a number of leading nursing and medical references. Currently, she is a reviewer for *Nursing for Women's Health*, on the editorial board for the *Journal of Perinatal and Neonatal Nursing*, and a Contributing Editor for the *Legal Issues and Risk Management* column. Committed to improving quality and safety in perinatal care, balanced with thoughtful insight in a simple but comprehensive teaching style, Rebecca will share a wealth of knowledge and up to date evidence, based on her extensive clinical experience and education.

## WHAT PEOPLE SAY...

“Amazing knowledge and ability to explain concepts and research”

“Such an awesome speaker—very thorough, engaging, and informative ”

“I'm SO EXCITED about going back to our unit after taking Becky's classes”

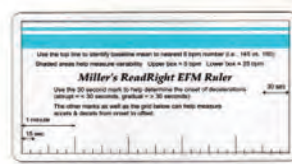
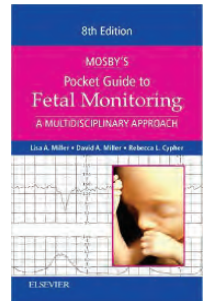
“Becky has a way of making complex concepts understandable and clinically useful!”

## CONFERENCE SPECIALS!



*the EFM Workbook*  
Full sized FHR tracings for review  
View at class  
Available at [www.prmes.com](http://www.prmes.com)

**HomeStudy Unit: 8th Ed.**  
**Mosby's Pocket Guide Series: *Fetal Monitoring: A Multidisciplinary Approach***  
Purchased with 8 Hour CE Self-Study Unit  
**\$5.00 Discount available at Conference or if ordered w/Registration for class.**



**Miller's ReadRight  
EFM Ruler**  
**Available for purchase at class  
for \$8.00**

**“ This EFM tool makes FHR evaluation EASY!”**

## PROGRAM OBJECTIVES:

Following lecture, discussion, case & strip review,  
you will be able to:

1. Practice application of NICHD definitions through self-assessment
2. Identify key concepts in EFM research and result interpretation
3. Critique examples of peer reviewed EFM research
4. Review fetal-uteroplacental physiology and the impact on fetal oxygenation
5. Recognize complex factors influencing the oxygenation pathway in EFM
6. Apply a standardized, consensus-based approach to EFM management
7. Describe frequent errors related to EFM interpretation and management
8. Explain physiologic rationale and research for corrective measures used in Cat II/III tracings
9. Discuss complex case studies including IUGR, signal ambiguity, and non-OB surgery
10. Report key findings of the ARRIVE trial/related studies
11. Analyze 2nd stage research and impact on maternal-fetal well-being
12. Restate four elements of an EFM liability claim
13. Examine pitfalls of selected EFM malpractice allegations
14. Summarize important elements of intrapartum EFM documentation

### GUARANTEE - CANCELLATION - TAXES

**GUARANTEE:** If you are not satisfied with the content and presentation of this program, notify the registrar by 12 noon on 1st day of attendance for refund of registration fees. **CANCELLATIONS:** Up to **7 days** before the program choose: Registration fee refund minus \$25 per day administrative fee or full value credit letter. **Cancellation within 7 days:** No monetary refund. Send a substitute or request a credit letter (minus \$25/day administrative fee) which will allow you to apply fees to a future program of your choice. If program cannot be held due to circumstances beyond our control (natural disaster, strike, etc.) the seminar will be rescheduled if possible. Registrants may choose free admission to the rescheduled program or credit voucher good for any future PEC program; No cash refunds. PEC reserves the right to substitute qualified speaker(s) in response to emergency circumstances beyond our control. **CE tuition, travel/meal expenses are tax deductible.** Consult your tax advisor for details.

# Advanced Principles of EFM:

7:30 Check In - Basic Continental Breakfast  
 8:00 INTERACTIVE EFM ASSESSMENT USING YOUR SMART PHONE  
 • Application of EFM definitions, interpretation & management • Are you up to date?  
 • How do you compare with colleagues?  
 EFM RESEARCH: PART I  
 • What AWHONN “says” versus what literature “says”  
 • Overview of clinical research, study designs and protocols • Reading studies without a PhD  
 • “Homework” assignment  
 PLACENTA AS AN ORGAN  
 • Placental development/function • Utero-Placental Physiology • Fetal acid-base status • Umbilical cord lactate  
 COMPLEX FACTORS AFFECTING OXYGENATION  
 • Placenta, Umbilical Cord, Amniotic Fluid Variations  
 • Oxygenation Pathway • Intrinsic/Extrinsic Influences  
 THE MILLER MODEL  
 • A standardized approach to interpretation  
 • Application of the Category II Consensus Algorithm  
 • Errors related to interpretation and management  
 COMPLEX CASE STUDIES  
 • IUGR, signal ambiguity, non-OB surgery  
 EFFECTIVE EFM DOCUMENTATION  
 • Pitfalls, essential elements, frequency, late entries  
 • Frequency of assessment and documentation  
 • Bedside documentation and chart audits  
 4:00 Adjourn

7:30 Check In - Basic Continental Breakfast  
 8:00 EFM RESEARCH Part II  
 • NICDH MFMU Network • OB patient recruitment  
 • “Homework” assignment critique  
 INTRAUTERINE RESUSCITATION  
 • Current techniques • What’s the evidence say  
 • Oxygen versus room air  
 SECOND STAGE LABOR AND EFM  
 • Impact on maternal-fetal well-being • Immediate or Delayed Pushing? • Open versus closed glottis  
 • Signal Ambiguity  
 IOL and the ARRIVE TRIAL  
 • Elective versus indicated IOL • Who, what, why, and the results • AWHONN, ACOG, ACNM, SMFM • Approaches to limit interventions • Shared decision making  
 COMPLEX CASE STUDIES  
 • Perinatal stroke, preterm FHR, vasa previa  
 LIABILITY IN EFM  
 • What makes a case successful • Common OB and EFM allegations • Minimizing malpractice risks  
 • EFM policies, procedures, and competencies  
 4:00 Adjourn

*For Your Convenience and Enjoyment...  
 Complete Handout and Continental Breakfast and  
 Lunch @ noon (45 minutes) Provided Each Day  
 Parking fee, if any, on your own*

**REGISTRATION: Advanced Principles of EFM: Speaking the Language of the Fetus 2019**

NAME \_\_\_\_\_ License# \_\_\_\_\_

RN(C)  LPN/VN  CNM  NP  Other \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Hospital/Clinic I work with: \_\_\_\_\_  **Group Registration**

Check Payable to: Professional Education Center (PEC)

        
 Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Security Code \_\_\_\_\_

I prefer a vegetarian lunch (Must pre-register)

**I WILL ATTEND: SPRING - FALL 2019**

San Diego, CA	<input type="checkbox"/> 1/28/19	<input type="checkbox"/> 1/29/19
Charlotte, NC	<input type="checkbox"/> 3/25/19	<input type="checkbox"/> 3/26/19
Minneapolis, MN	<input type="checkbox"/> 9/23/19	<input type="checkbox"/> 9/24/19
Kansas City, KS	<input type="checkbox"/> 10/24/19	<input type="checkbox"/> 10/25/19
KC Site has NCC EFM exam option on 10/26/19		

PRE-PAID FEES	Both Days	One Day
___ Individual	<input type="checkbox"/> \$489	<input type="checkbox"/> \$279
___ Group of 4**	<input type="checkbox"/> \$479ea	<input type="checkbox"/> \$269ea
___ Group of 8**	<input type="checkbox"/> \$469ea	<input type="checkbox"/> \$259ea

**\*\*Groups MUST be an Early Bird Register/Prepay Together**  
 Regular pricing for Early Birds. Add \$30 if within 10 days  
 Within 2 days and at the door Registration: Add \$50  
 (Late and at door registration on ‘Space Available’ basis)

**EASY REGISTRATION:**  
**Online @ [www.proedcenter.com](http://www.proedcenter.com)**  
 OR Call 800-732-2387 9am-4pm M-F (PST)  
 OR 24 Hour FAX: 530-343-3575

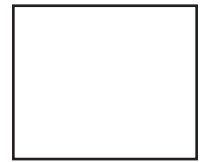
OR Mail to: Professional Education Center  
 PO Box 7447 Chico, CA 95927-7447



Professional Education Center

P.O. Box 7447

Chico, California 95927-7447



PLEASE POST  
THANK YOU!

### Advanced Fetal Monitoring

- Identify knowledge base & gaps in EFM
- Apply NICHD terminology and standardized interpretation
- Reach consensus on Category II tracings
- Learn key strategies for communication
- Sharpen documentation skills
- Review use of Oxytocin in labor

Utilize this course to review didactic content for the NCC Subspecialty EFM Exam or Perinatal Quality Foundation FMC Credentialing Exam  
 All info: [www.proedcenter.com](http://www.proedcenter.com)

**CE CREDITS:** BRN Credits: 15 Contact Hours (7.5 per day) ACNM approved for 1.4 CEU; (Rx .25 CEU)  
 Professional Education Center (PEC) is a provider approved by the California Board of Registered Nursing, Provider #9890, Florida FBN #2219 for 12 (6 each day). Meets Texas Type I criteria.  
 This program has been designed to meet Board of Nursing CE requirements for license renewal in all 50 states.  
 Neither program planners or presenters have any commercial conflict of interest.

## 2019 SEMINAR LOCATIONS AND LODGING

PEC has arranged a limited number of rooms at a preferred rate at (or near) each site when possible.  
 Call, use code if stated, or Professional Education Center as identifier;  
OR use the direct website link (from our website) to make a reservation.  
Be sure to reserve at least 30 days ahead to get a room and get the special discounted rate.

### SAN DIEGO, CA - JANUARY 28-29

#### SEMINAR AND LODGING SITE:

Courtyard San Diego Central  
 8651 Spectrum Center Blvd, San Diego, CA 92123  
 Phone: (858) 573-0700 PEC room rate \$119

### MINNEAPOLIS, MN - SEPTEMBER 23-24

#### HOST: Allina Health

#### SEMINAR SITE: Allina Commons at Midtown Exchange

2925 Chicago Avenue: Minneapolis, MN 55407

#### LODGING: Sheraton Midtown Minneapolis

2901 Chicago Avenue, Minneapolis, MN 55407

Phone: (612) 821-7600 PEC room rate \$

### CHARLOTTE, NC - MARCH 25-26

#### HOST: Atrium Health: Carolinas HealthCare NE

#### SEMINAR SITE: Hamrick Theatre

200 Medical Park Drive; Concord NC 28025

#### LODGING: Holiday Inn Express Concord

2491 Wonder Drive, Kannapolis, NC 28083

Phone: (704) 743-1080 PEC room rate \$

### KANSAS CITY, KS - OCTOBER 24-25

NCC EFM Exam available option October 26

#### HOST: Overland Park Regional Medical Center

#### SEMINAR SITE: Overland Park Regional Med. Ctr.

10500 Quivira Road, Overland Park, KS 66215

#### LODGING SITE: DoubleTree KC - Overland Park

10100 College Blvd, Overland Park, KS 66210

Phone: (913) 451-6100 PEC-AFM room rate \$139

**PROFESSIONAL EDUCATION CENTER** is dedicated to bringing you the most respected speakers, and providing education that is clinically essential. Education that you will use every day - Education that makes a difference!

The opportunity to share experiences and network with your peers is just one more reason to choose Professional Education Center for your CE programs!



*Invitation to an important Allina Health Event with a  
Discount for all Allina Health Employees*

## ***Advance Fetal Monitoring***

***Rebecca Cypher, RNC MSN PNNP***

**Two day course September 23<sup>rd</sup> & 24<sup>th</sup>**

**Conference site:**

**Allina Health Hospital**

Two day attendance with discount is \$449

One day attendance with discount is \$259

**COUPON EXPIRATION: August 23<sup>rd</sup>, 2019**

ASSOCIATE NAME: \_\_\_\_\_

### **Instructions for coupon use:**

Go to the website: [www.proedcenter.com](http://www.proedcenter.com). Click on 2019 Seminars, and then Advance Fetal Monitoring. At the bottom of that screen, click on the purple box to register "to view seminar dates", then choose Minneapolis.

Choose Yes, I have an Allina Health discount coupon.

**Then indicate your name above, and fax this coupon to 530-343-3575.**

LIMIT - ONE Discount Certificate per Registration, cannot be combined with group discounts

Professional Education Center: PO Box 7447 Chico, CA 95927-7447

800-732-2387