



The Certified Childbirth Educator Examination is a national competency based examination that provides a valid and reliable assessment of the entry-level clinical knowledge and skills of nurses in the childbirth education specialty after initial nurse licensure. The eligibility requirements to take the certification examination include (a) holding a currently active nurse license in the U.S. and (b) at least one year of teaching childbirth or have taken a training on teaching childbirth education. Once you successfully pass the certification examination, you are awarded the credential: CCE. This credential is valid for 3 years. You can continue to use this credential by meeting the renewal requirements in place at the time of your certification renewal.

This Test Content Outline identifies the areas included on the Certified Childbirth Educator (CCE) examination. The percentage and number of questions in each of the major categories of the examination are also shown.

| Category | Domains of Practice                                    | # of Questions | Percent |
|----------|--|----------------|---------|
| I        | Facilitate Learning                                    | 42             | 56.00%  |
| II.      | Implement Curriculum Assessment, Design and Evaluation | 27             | 36.00%  |
| III.     | Role of the Childbirth Educator                        | 6              | 8.00%   |
|          | Total  | 75             | 100%    |

## Certified Childbirth Educator (CCE) Examination Content Outline Effective: July 26th, 2022

### I. Facilitate Learning - 56.00%

- A. Knowledge of pregnancy and first stage of labor
  - 1. Current ACOG guidelines for prenatal exercise
    - a. Recommended prenatal exercises for inclusion (e.g. kegel, pelvic tilt, squatting)
    - b. When to terminate exercise
  - 2. Pain management theories and application in labor (e.g. fear-tension-pain cycle, cognitive rehearsal, gate control, neuromatrix theory, endorphins)
  - 3. Nonpharmacologic pain management strategies and techniques (e.g. positioning, heat/cold, hydrotherapy, counter pressure, double hip squeeze, side lunge, abdominal lift, acupressure, TENS)
    - a. Evidence-based guidelines
    - b. Application in labor
  - 4. Active relaxation methods (e.g. progressive, visualization, touch, selective, meditation)
    - a. Physiologic effects and emotional response
    - b. Application in labor
    - c. Guidelines for teaching
  - 5. Respiratory techniques for use in labor (e.g. slow paced, normal paced, patterned and variable paced)
    - a. Rationale for use
    - b. Application in labor

- c. Guidelines for teaching
- B. Knowledge of second stage of labor
  - 1. AWHONN's practice guideline for second stage
    - a. Open glottis
    - b. Towel pull
  - 2. Positions
  - 3. Guidelines for teaching
- C. Identify the needs of the labor coach
  - 1. Role of the coach
  - 2. Coaching styles
  - 3. Motivating the coach as a learner

## **II. Implement curriculum assessment, design and evaluation - 36%**

- A. Knowledge of the principles of adult learning
  - 1. Knowles process of teaching adults
  - 2. Characteristics and needs of the adult learner
- B. Phases of the group learning process
- C. Identify individual learning styles
- D. Use of teaching strategies for the childbirth classroom
- E. Modifying strategies and learning experience based on learner
  - 1. Teens
  - 2. Diverse population
- F. Teaching a culturally competent childbirth class
- G. Understanding steps of curriculum development (e.g. objectives, sequencing content, teaching plan, evaluation)
- H. Use knowledge of evidence-based practice to instruct learners
- I. Evaluation of program design

## **III. Role of the Childbirth Educator - 8.00%**

- A. Professional practice guidelines set by AWHONN
- B. Roles of the nurse childbirth educator (e.g. change agent, content expert, leader)
- C. Knowledge of evidence-based practices related to childbirth education

The CCE exam content outline is an essential tool as you study. It describes the subject areas covered by the examination and the number of questions per category. Questions will not simply include knowledge recall. This exam tests your ability to apply knowledge and use critical thinking skills to determine one best answer among answer choices. PCE also provides a list of suggested references to consider in your preparation. While it is not all-inclusive, it may act as a guide leading up to the examination.

### **Suggested References**

- \* AWHONN. (2019). AWHONN Nursing Care and Management of the Second Stage of Labor (3rd ed.); evidence-based clinical practice guidelines. Washington, DC: Association of Women's Health, Obstetric and Neonatal Nurses
- \* Knowles, M., Holton & E., Swanson, R. (2020). The Adult Learner: The Definitive Classic in Adult Education and Human Resource Development (9th ed). St. Louis, MO: Elsevier
- \* Lucas, R. (2010). Energize Your Training: Creative Techniques to Engage Learners. Alexandria, VA: ASTD Press.

**Suggested References (continued)**

- \* Mattson, S. & AWHONN. (2015). Core Curriculum for Maternal-Newborn Nursing (5th ed). St. Louis, MO: Saunders Elsevier.
- \* Rice-Simpson, K. & Creehan, P. (2020). AWHONN Perinatal Nursing (5th ed). Philadelphia, PA: Lippincott, Williams and Wilkins.
- \* Simkin, P., Ancheta, R. & Hanson, L. (2017). The Labor Progress Handbook (4th ed.). Malden, MA: Wiley-Blackwell Science.
- \* Simkin, P., Whalley, J., Keppler, A., Durham & J. & Bolding, A. (2018). Pregnancy, Childbirth and the Newborn: The Complete Guide (5th ed.). New York, NY: Meadowbrook Press.

A number of authoritative texts, such as those listed, are used to develop this certification examination. The list is provided to help you prepare for the examination and is not intended to be all-inclusive. In the event that the publisher issues a new edition, the information is based on the most current edition.