

Continuing Education Modules in Nursing Reference Center

Actively practicing nursing professionals are required to continue their education in order to remain licensed. Continuing Education (CE) requirements vary by employer and state.

CINAHL CEU modules are interactive educational modules that allow nurses to satisfy CE requirements online. They contain the latest topics on patient care and drug administration and are included in CINAHL at no additional charge. Each CEU module consists of course material, an interactive review, and a competency test with a certificate of completion.

CINAHL CEU modules are accessible through Nursing Reference Center, as well as Nursing Reference Center with PERC, from EBSCO Publishing.

Depending on the course, it can take from one to several hours to complete a CE course. Course materials may be read online or printed for study purposes. You cannot save a partially-completed course exam and return to it at a later time. To obtain the CE Units, you must take and pass the course's CE Module exam.

When the exam is passed, the system will provide you with a certificate of complete. In addition, if the "Nursing Educator" field in your user profile is populated with the email address of your nurse educator and you elect to notify your educator by selecting **Yes** in the user profile, then the system will automatically send an email and your certificate to your nurse educator when a module is successfully completed. Certificates are good for two full years from the date of completion. (Check with your state's governing body for specific information covering your area of practice.)

The taking of the exams and issuance of CEU credits is open to nurses and allied health professionals. Before taking the exam you will be prompted for your name and license information.

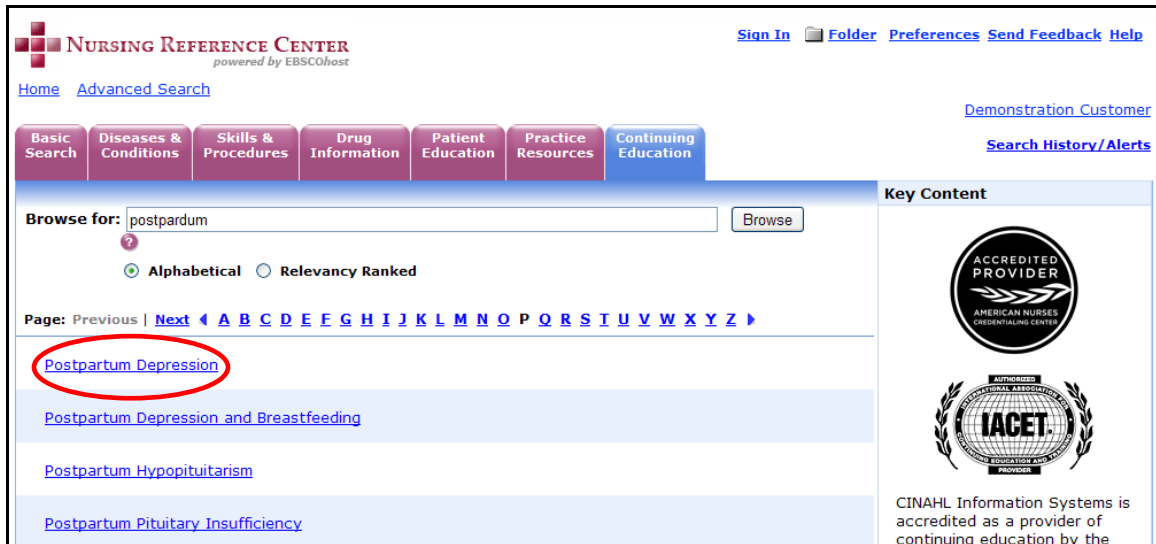
CINAHL Information Systems is accredited internationally by the International Association for Continuing Education and Training (IACET) and American Nurses Credentialing Center (ANCC).

HOW TO ACCESS AND USE CEU MODULES IN NRC

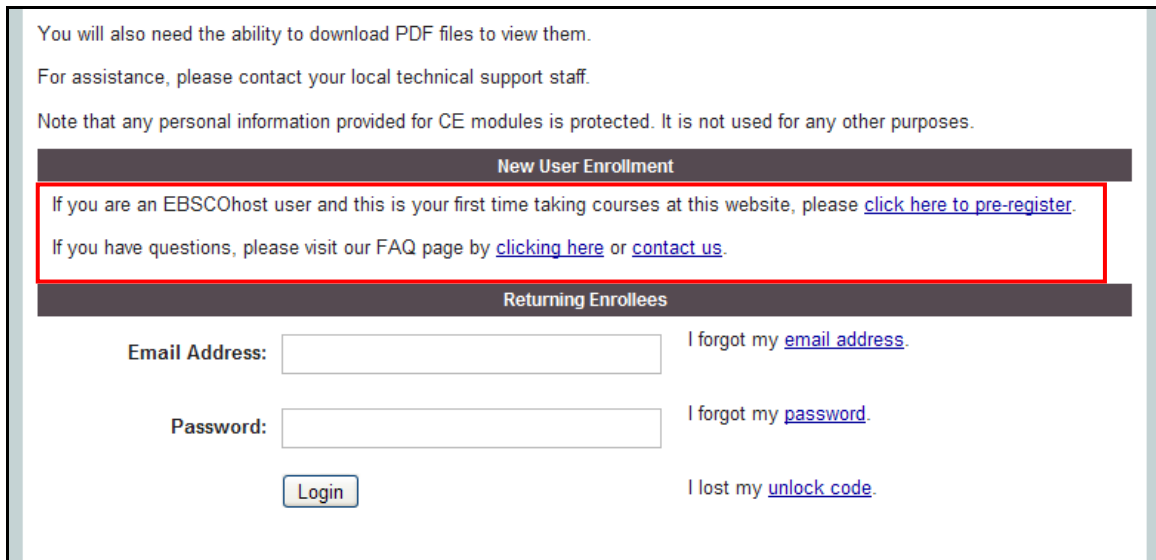
1. From the NRC Home screen, click the **Continuing Education** tab.

The screenshot shows the Nursing Reference Center (NRC) Home screen. The header includes the NRC logo, the text "powered by EBSCOhost", and navigation links: "Sign In", "Folder", "Preferences", and "Send Feedback Help". Below the header are navigation tabs: "Home", "Advanced Search", "Basic Search", "Diseases & Conditions", "Skills & Procedures", "Drug Information", "Patient Education", "Practice Resources", and "Continuing Education". The "Continuing Education" tab is circled in red. To the right of the tabs are links for "Demonstration Customer" and "Search History/Alerts". Below the tabs is a search bar with a "Find:" label, a search input field, and "Search" and "Clear" buttons. Below the search bar are checkboxes for "Assessment", "Diagnosis", "Planning", "Implementation", and "Evaluation". The main content area is divided into two sections: "Spotlight" and "Nursing News". The "Spotlight" section lists "Key Features" with links to "NRC Supports Magnet" and "Magnet Case Study". The "Nursing News" section lists "Health Tip: Look for Signs of Elder Abuse", "Health Tip: Mouthguards Protect Your Smile", and "Supply Chain Optimization Feasible in Pediatric Hospitals".

- Browse the list of available CE Modules or enter a term in the **Browse for** field and click **Browse**.
A result list of available CE Modules will be displayed. Click on the link to retrieve the CE Module you would like to study.



- A new window will open. The first time you access a CINAHL CE Module you must set up an account by clicking on the **Pre-registration** link. For a page of available FAQs, click the FAQ link.



- Fill out the Pre-Registration form in order to access the CE Modules. Note: You will receive an email with an 'unlock code' before you can enroll.

Registration Form	
Email Address: <input type="text"/>	Your unlock code will be sent to this address.
Last Name: <input type="text"/>	Your complete last name.
Middle Initial: <input type="text"/>	Your middle initial.
First Name: <input type="text"/>	Your complete first name.
Birthday: <input type="text"/>	Your birthday. Used to help recover your account in case you forget your email address.
Country: <input type="text"/>	Your mailing address' country.
State/Province: <input type="text"/>	Your mailing address' state. NOTE: You must first select your country before you may select your state. If no states are available for your country, this field is not required.
Profession: <input type="text"/>	Your profession.
Password: <input type="text"/>	Your choice of password that is at least 5 characters long.
Password (again): <input type="text"/>	Your password again.
<input type="button" value="Register"/>	

- After enrolling with your emailed unlock code, select **CINAHL Plus/Nursing Reference Center**.

The screenshot shows the CINAHL education website interface. At the top right, there are links for "EBSCO.com", "About Us", "Contact Us", and "Careers". Below the header, there are navigation tabs for "Welcome", "Available Modules", and "How To Use". A user greeting "Welcome, Demonstration User!" is displayed, along with "Notifications", "Transcript", "Profile", and "Logout" buttons. A red banner labeled "Select a Product" is visible, with a red box highlighting the "CINAHL Plus / Nursing Reference Center" option. Below this, the "Rehabilitation Reference Center" option is also visible.

6. Select a Specialty from the displayed list.



7. Next, select a module from the displayed list of available CE Modules related to your chosen Specialty.

Miscarriage, Stillbirth, and Perinatal Death: Risks Factors - an Overview	1	08/25/14 (08/26/11)
Sharon Richman, MSPT; Gilberto Cabrera, MD; Penny D. March, Psy.D.; Gina DeVesty, BSN, MLS		
Neonatal Abstinence Syndrome: an Overview	1	11/10/14 (11/11/11)
Eliza Schub, BSN, RN; Holly A. Davidson, RN, MSN; Sara Grose, MSN, RN; Gina DeVesty, BSN, MLS		
Postpartum Depression	1	01/19/15 (01/20/12)
Canta Caple, RN, BSN, MCNS; Lydia M. Uribe, Pharm.D., MLIS; Gina DeVesty, BSN, MLS		
Pregnancy in Adolescence	1	07/07/14 (07/08/11)
Amy P. Adler, RN, MSN, FNP; Tanja Schub, BS; Lydia M. Uribe, PharmD, MLIS; Gina DeVesty, BSN, MLS		
Pregnancy in Adolescence: Fathers	1	12/22/14 (12/23/11)
Penny D. March, Psy.D.; Sara Grose, MSN, RN, PHN, CNL, CLE; Darlene A. Strayer, RN, MBA; Helle Heering, RN, BSN		
Prenatal Care: Health Care Costs	1	01/19/15 (01/20/12)
Amy E. Beddoe, RN, PhD; Sara Grose, MSN, RN; Gina DeVesty, BSN, MLS		

8. Click the **Accept** link at the bottom of the screen after reading the disclaimer to continue.

Postpartum Depression **Disclaimer**

Carita Caple, RN, BSN, MSHS; Lydia M. Uribe, Pharm.D., MLIS; Gina DeVesty, BSN, MLS


Quick Lesson ...about

Postpartum Depression

author(s)
Carita Caple, RN, BSN, MSHS
Lydia M. Uribe, Pharm.D., MLIS
Gina DeVesty, BSN, MLS

*Cinahl Information Systems accepts no liability for advice or information given herein or errors/omissions in the text. It is merely intended as a general informational overview of the subject for the healthcare professional.
There is no conflict of interest.*

Cinahl Information Systems
1509 Wilson Terrace
Glendale, CA 91206



[Click here to Accept and Continue](#)

- 01 -

9. After accepting the disclaimer, you will be able to access the CE Module you selected. To access the Course Materials, click the link at the bottom of the page.

of Physical Therapy and Florida State Board of Physical Therapy. Twenty-four states recognize accreditation in other states ([see list](#)) and [8 states](#) current do not require continuing education for re-licensure.

This continuing education module will take approximately 1 hour to complete and is approved for 1 contact hour of continuing education. [CINAHLEducation is authorized by IACET to offer 0.1 CEU for this program.]

You may view and study the course materials at your leisure. Feel free to print out the materials.

Be sure to take advantage of the Interactive Review section. This section is a "practice" test that will instantly provide you with feedback on your answers.

The CE Module final test consists of multiple choice questions similar to those in the Interactive Review. Once you commit to taking the final test you will have 72 hours to complete it. You may take the test a total of 2 times within 90 days.

To pass and receive a certificate you must correctly answer at least 70% of the questions. This module contains 15 questions of which you must correctly answer 11 for a passing grade.

After successful completion of the test you will be able to download and print your certificate.

If you have questions, please visit our FAQ page by [clicking here](#).

[Click here](#) to continue to the Course Materials.

10. The Course Materials for your CE Module will be displayed.

Postpartum Depression **Course Materials**

Carita Caple, RN, BSN, MSHS; Lydia M. Uribe, Pharm.D., MLIS; Gina DeVesty, BSN, MLS

Goal

To provide information about postpartum depression (PPD), its signs and symptoms and clinical presentation along with treatment goals for the healthcare provider. Additionally, information for patient and/or family education is included.

Objectives

After reviewing this information, the reader should be able to:

1. Identify signs and symptoms for PPD
2. Describe risk factors for PPD
3. Identify diagnostic tests or studies that may be used in assessment for PPD
4. List treatment options for PPD

Abstract

Postpartum depression (PPD) occurs in $\leq 15\%$ of all childbearing women and is believed to be considerably underdiagnosed. Midway on the severity continuum of postpartum affective disorders (between "baby blues" and postpartum psychosis), PPD can present anywhere from 2 days to a year after childbirth and varies in severity and symptoms. The etiology of PPD is unknown, but is thought to be multifactorial, involving genetic, biological, and psychosocial factors. Women with PPD frequently do not understand what is happening to them and avoid seeking help because of fear of being labeled crazy or losing child custody. PPD can be treated and often prevented with appropriately timed patient screening and education; other treatment options include antidepressants and counseling.

11. For more information on the CE Module process, click the **How To Use** button.

CINAHLeducation EBSCO.com About Us Contact Us Careers

Welcome Available Modules **How To Use** Course Materials Interactive Review Take Test

Welcome, Demonstration User! Notifications Transcript Profile Logout

[CINAHL Plus / Nursing Reference Center](#) » [Nursing](#) » [Obstetric Nursing](#) » Available Modules

Postpartum Depression **Course Materials**

Carita Caple, RN, BSN, MSHS; Lydia M. Uribe, Pharm.D., MLIS; Gina DeVesty, BSN, MLS

Goal

To provide information about postpartum depression (PPD), its signs and symptoms and clinical presentation along with treatment goals for the healthcare provider. Additionally, information for patient and/or family education is included.

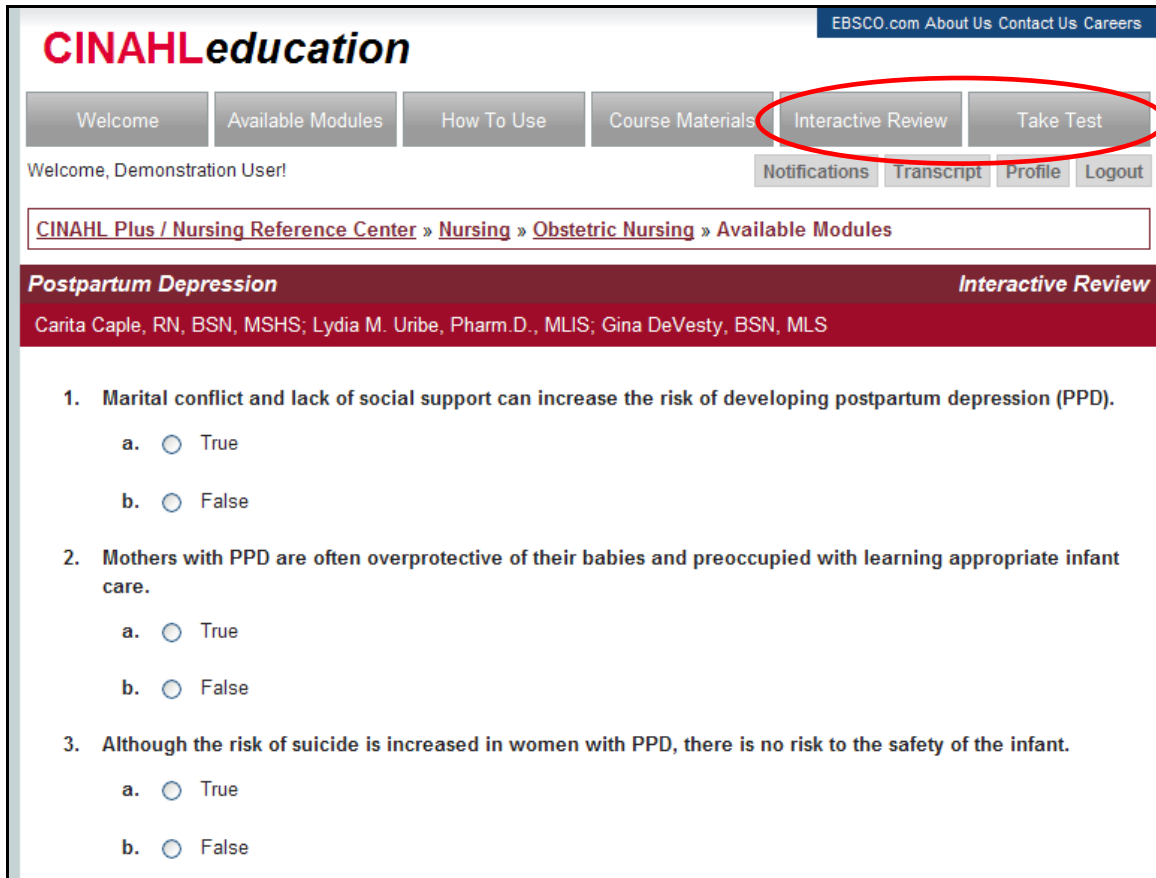
Objectives

After reviewing this information, the reader should be able to:

1. Identify signs and symptoms for PPD
2. Describe risk factors for PPD
3. Identify diagnostic tests or studies that may be used in assessment for PPD
4. List treatment options for PPD

12. Click **Interactive Review** to take a practice test. When you are finished reviewing the Course Materials and have taken the practice test, click **Take Test** to take the test to receive Continuing Education Credits.

Note: Taking the Interactive Review is optional.



The screenshot shows the CINAHL education website interface. At the top, there is a navigation bar with the CINAHL logo and a link to EBSCO.com. Below the navigation bar, there are several menu items: Welcome, Available Modules, How To Use, Course Materials, Interactive Review (highlighted with a red circle), and Take Test. A user greeting "Welcome, Demonstration User!" is displayed. Below the navigation bar, there are links for Notifications, Transcript, Profile, and Logout. The main content area is titled "CINAHL Plus / Nursing Reference Center » Nursing » Obstetric Nursing » Available Modules". The current module is "Postpartum Depression" with an "Interactive Review" button. The authors listed are Carita Caple, RN, BSN, MSHS; Lydia M. Uribe, Pharm.D., MLIS; and Gina DeVesty, BSN, MLS. The review consists of three multiple-choice questions:

1. Marital conflict and lack of social support can increase the risk of developing postpartum depression (PPD).
 - a. True
 - b. False
2. Mothers with PPD are often overprotective of their babies and preoccupied with learning appropriate infant care.
 - a. True
 - b. False
3. Although the risk of suicide is increased in women with PPD, there is no risk to the safety of the infant.
 - a. True
 - b. False

13. Fill out your personal profile, including your state or nationally issued license number, to allow for your continuing education credits to be credited to you and records maintained and then click **Update**.

Are you ready to take the test?

To properly credit your continuing education record, we will need a few additional pieces of information.

The information we require is highlighted in red.

Personal and Professional Information

Last Name:	<input type="text" value="User"/>	Your complete last name. (e.g. "Harrison")
First Name:	<input type="text" value="Demonstration"/>	Your complete first name. (e.g. "Elizabeth")
Middle Initial:	<input type="text"/>	Your middle initial. (e.g. "R")
Birthdate:	<input type="text" value="📅"/>	Your birthdate, which is used to aid in the recovery of your account.
	<p>You must choose your birth date by selecting it from the window that pops up when clicking on the field. You may want to start with the year first.</p>	
Professional Title:	<input type="text"/>	Your professional title(s). (e.g. "BSN", "PhD")
Position:	<input type="text"/>	Your position at your place of employment. (e.g. "Emergency Room Nurse")
Institution:	<input type="text"/>	The name of your place of employment. (e.g. "Glendale Adventist Medical Center")
Profession:	<input type="text" value="▼"/>	Your profession.
License:	<input type="text"/>	Your state or nationally-issued license number.

Data Preferences

Customer ID	Not Available	Used to associate you to a particular institution's subscription.
IP Address	204.179.122.109	IP address used for institution purposes. To set it to your current location, please click here .
Email Certificate?	<input type="radio"/> Yes <input checked="" type="radio"/> No	When you earn a certificate, do you want it emailed to you?
Nurse Educator: (or Other Designee)	<input type="text"/>	Your nurse educator's email address. If applicable.
Notify Educator? (or Other Designee)	<input type="radio"/> Yes <input checked="" type="radio"/> No	Send your nurse educator a copy of your certificate upon course completion? If applicable.
Allow Data Export:	<input type="radio"/> Yes <input checked="" type="radio"/> No	Allow your data to be exported to third-party systems, such as your institution's learning management system?

Contact Information

Email Address:	<input type="text"/>	For account recovery and technical support. If this is changed, a new email will be sent to verify your new email address.
Address Line 1:	<input type="text"/>	The first line of your mailing address. (e.g. "1509 Wilson Terrace")

14. Then click **Yes, I am ready** to take the test.

The screenshot shows the CINAHL Education website interface. At the top, there is a navigation bar with the logo and links for 'EBSCO.com', 'About Us', 'Contact Us', and 'Careers'. Below this is a main menu with buttons for 'Welcome', 'Available Modules', 'How To Use', 'Course Materials', 'Interactive Review', and 'Take Test'. A secondary navigation bar includes 'Welcome, Demonstration User!', 'Notifications', 'Transcript', 'Profile', and 'Logout'. The breadcrumb trail reads: 'CINAHL Plus / Nursing Reference Center » Nursing » Obstetric Nursing » Available Modules'. The main content area is titled 'Postpartum Depression' and lists authors: 'Carita Caple, RN, BSN, MSHS; Lydia M. Uribe, Pharm.D., MLIS; Gina DeVesty, BSN, MLS'. It contains the following text: 'You are about to commit to taking this test.', 'You only have 2 opportunities remaining.', 'You are timed during each attempt and only have 72 hours to complete the test.', and 'Are you prepared to take the test now?'. Two buttons are presented: 'Yes, I am ready.' (highlighted with a red circle) and 'No, I am not ready.'.

15. You will have only two - opportunities to take the test and pass it. If you do not pass the test on the first attempt, you will be given 72 hours to review the materials again and take the test. After passing the test you will be issued a certificate which you may download and/or print.

NOTE: If you have taken and failed with both attempts you will not be given credit and you will not receive CEU credits. You may, however, select a different CE module for study and take its exam when you are ready.

CINAHL Education certificates are good for 2 full years from the date of completion. Check with your state's governing body for specific information covering your area of practice.

Transcripts may be obtained by clicking the Transcript link:

This screenshot shows the same CINAHL Education website interface as above. The 'Transcript' link in the secondary navigation bar is highlighted with a red box. The breadcrumb trail and main content area are identical to the previous screenshot.