CPAN®/CAPA®
Certification: Where Patient Needs Come First!

ABPANC's Vision
Recognizing and respecting the unequaled excellence in the mark of the CPAN® and CAPA® credentials, perianesthesia nurses will seek it, managers will require it, employers will support it and the public will demand it.

ABPANC's Mission
Assuring a certification process for perianesthesia nurses that validates the achievement of knowledge gained through professional education and experience, ultimately promoting quality patient care.

Definition of Certification
- Certification is the formal recognition of the specialized knowledge, skills, and experience demonstrated by the achievement of standards identified by a nursing specialty to promote optimal health outcomes. (ABNS)

State Licensure
- Provides the legal authority for an individual to practice professional nursing.

Certification - Step Beyond Licensure
- Private, voluntary certification, as sponsored by ABPANC, reflects achievement of a standard beyond licensure for specialty nursing practice.
Credentials Offered...

- CPAN® - Certified Post Anesthesia Nurse
  - Offered for the first time in 1986.

- CAPA® - Certified Ambulatory Perianesthesia Nurse
  - Offered for the first time in 1994.

CPAN® and CAPA® Certification Programs are Accredited by the Accreditation Board for Specialty Nursing Certification (ABSNC)!

- Demonstrated compliance with 18 rigorous standards of quality in the certification industry.

Eligibility Requirements

- Current, unrestricted RN licensure in the United States or any of its territories that use the NCLEX.

Eligibility Requirements

- Minimum of 1800 hours of direct perianesthesia clinical experience, as an RN, during the past two years prior to application.

Eligibility Requirements

- All candidates, regardless of their role (manager, educator, researcher, staff nurse) must have accrued the required clinical hours in direct care of perianesthesia patients.

- In other words, when seeking initial certification, one must have direct interaction with patients and/or families.
Eligibility Requirements

- Further clarification - The number of hours has not changed; the need to have been involved in direct care of patients is new as of 2007.
- Those in staff nurse roles will obviously have no problem meeting this requirement.
- If one’s role (e.g., educator, manager, Clinical Nurse Specialist) involves bedside interaction with the patient and/or family in some capacity, those hours would count toward meeting the experience requirement.

Eligibility Requirements

- If unsure if your experience would meet the requirement, contact ABPANC at abpanc@proexam.org. Our CEO will contact you.

Eligibility Requirements

- Submission of an online application by registration window deadline!
  - ASPAN member $285
  - Non-ASPAN member $385

Eligibility Requirements

- Successful completion of CPAN® and/or CAPA® certification examination.

Study of Perianesthesia Nursing Practice

- Role Delineation Study.
  - a study of practice
  - conducted every 5 years
- Basis for Examination Blueprints.

Why Do a Study?

- To ensure examination content remains relevant and current to the specialty.
**Role Delineation Study**

- Redefined the conceptual framework in 2000 – patient centered.
- Distinguished between CPAN® and CAPA® certification.
- Conducted research that contributes to the body of knowledge of perianesthesia nursing.

**Read about the 2000, 2005 and 2010 RDS**

- Visit ABPANC website at [www.cpancapa.org](http://www.cpancapa.org)
- Click on Certification tab.
- Click on Exam Preparation and scroll down to bottom of page – Research Basis of Examinations.

**Conceptual Model**

- *The Perianesthesia Patient is the Focus!*

**Our Conceptual Model**

- Focuses on the needs of the PERIANESTHESIA PATIENT and the tasks and knowledge required to meet these needs.
- Three Domains: Beginning Fall 2012
  - Physiological Needs
  - Behavioral and Cognitive Needs
  - Safety Needs

**Knowledge Required of the Perianesthesia Nurse to Meet Needs**

The Perianesthesia nurse is tested on the knowledge required to meet specific patient needs listed under each domain.

**Example:** A physiological need of all perianesthesia patients is “Stability of the Respiratory System - Patency of Airway.” Related knowledge required to meet that need includes physical assessment techniques, interventions and airway management.

**Percentage of Exam Questions by Domain Varies, Dependent on Exam**

*As of Fall 2012 Examinations*

<table>
<thead>
<tr>
<th>Domain</th>
<th>CPAN® Exam</th>
<th>CAPA® Exam</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiologic Needs – 57%</td>
<td>Physiologic Needs – 49%</td>
<td></td>
</tr>
<tr>
<td>Behavioral/Cognitive Needs – 20%</td>
<td>Behavioral/Cognitive Needs – 24%</td>
<td></td>
</tr>
<tr>
<td>Safety Needs – 23%</td>
<td>Safety Needs – 27%</td>
<td></td>
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</tbody>
</table>
About the CPAN® and CAPA® Examinations...

The CPAN® & CAPA® Examinations

- 3 hours to take the examination.
- 175 multiple-choice questions.
  - 140 questions are scored
  - 35 questions are piloted/pretested
  - Pilot/pretest questions not identifiable

Computer-Based Testing (CBT)

- Features and Benefits of CBT
  - Can apply online.
  - Can access the online application through ABPANC website.
  - Now can choose from 60 days a year to test, rather than just two.
  - Ability to schedule exams and choose locations, times, and dates most convenient during two eight-week testing windows
  - May sit for both CPAN® and CAPA® exams in same window, even same day!

Dates and Deadline – Appendix E

Spring 2013
- Registration Window
  - January 14 – March 11
- Test Administration Windows
  - April 8 – May 18

Fall 2013
- Registration Window
  - July 15 – Sept 9
- Test Administration Windows
  - Oct 7 – Nov 16

Dates and Deadline – Appendix E

- A word about Prometric’s policy regarding rescheduling – avoid being charged a fee!

- Reschedule at least 31 days before scheduled test date!

- See Appendix E for details.

More about CBT

- Prometric is CBT vendor – hundreds of sites
  www.prometric.com/abpanc

- Preliminary scores available immediately.

- No prior computer experience necessary – will receive a tutorial before exam.
More about CBT

- Need an e-mail address where information can be sent.
- Obtain free e-mail address at google.com, yahoo.com, hotmail.com.
- Where to access a computer – at work, a friend or relative, public library.
- Visit www.cpancapa.org for more information.

Which Certification Test is for Me?

- CPAN® examination is most relevant, if most of candidate’s time is spent caring for patients in Postanesthesia Phase I.
- CAPA® examination is most relevant, if most of candidate’s time is spent caring for patients in Preanesthesia Phases, Phase II and/or Extended Care.

Determining Which Certification Exam is Most Relevant to a Candidate’s Practice

- Each candidate decides which examination is most relevant.
- Based on what your patients’ needs are and the amount of time patients spend in the specific phases described by the “Perianesthesia Continuum of Care,” as defined in ASPAN’s Scope of Practice, Perianesthesia Nursing.

Examination Development Process

- Which of the Following People Write the CPAN® and CAPA® Test Questions?
  1. Anesthesiologists
  2. ABPANC Board Members
  3. ABPANC Staff Members
  4. CPAN/CAPA Certified Nurses
Examination Development Process Involves:
- CPAN and CAPA Certified Registered Nurses
  - Geographical and Role diversity
- Item Writing Review Committee (IWRC)
- Examination Review Committee (ERC)

Cognitive Levels of Difficulty
- Level I - Knowledge and Comprehension
  - Basic Knowledge examines the ability to recall a fact or definition, remembering and understanding a principle.
  - e.g. Morphine is in the drug class = Narcotic

Cognitive Levels of Difficulty
- Level II - Application and Analysis
  - Examines the ability to relate two or more facts to a situation, to understand and/or analyze a group of facts, a theory, how or why something is done.
  - e.g. Lab values + symptoms = Diagnosis
    Blood gases + SOB, frothy sputum = CHF

Cognitive Levels of Difficulty
- Level III - Synthesis and Evaluation
  - Examines the ability to evaluate a situation and/or solve a problem using facts to formulate a plan or make recommendations based on analysis and evaluation of facts.
  - e.g. Two RN's on call, one pediatric patient under the age of 3, one intubated patient, and a patient coming in post craniotomy...

Studying for the Exam
- References - partial listing of publications that may be helpful found in the Certification Handbook on line at www.cpancapa.org
  - Tailor to your needs.
  - If a particular area is a weakness, choose a reference on that subject.

Studying for the Exam
- CPAN® and CAPA® practice exams – online!
- Study tips brochure.
- Review courses – be sure to select courses that cover the topics on the test blueprints.
- ABPANC Certification Coach program.
Studying for the Exam

Download ABPANC’s new Lesson Plan for help with developing a study plan.

Studying for the Exam

LESSON PLAN

<table>
<thead>
<tr>
<th>Week</th>
<th>Task</th>
<th>Knowledge Required to Meet Patient Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>Study and review prior to the exam.</td>
</tr>
<tr>
<td>2</td>
<td></td>
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<td></td>
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<td></td>
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Studying for the Exam

Knowledge Required to Meet Patient Needs

- Physiological comfort (including but not limited to:
  - Maintenance of normothermia
  - Musculoskeletal system
  - Genitourological and reproductive systems
  - Integumentary system
  - Gastrointestinal system
  - Cardiovascular/peripheral vascular/hematological
  - Respiratory system

- Immobility and/or positioning
- Use of protective safety devices (including, but not limited to, padded side rails, safety straps, and/or restraints)
- Availability of resources for care in the immediate postoperative setting.
- Awareness of postoperative/postdischarge nausea and vomiting (PDNV)
- Measures to assist healing process (for example, diabetes, COPD, hypertension)
- Measures to prevent complications.
- Impact of psychosocial issues (including, but not limited to, religious/spiritual issues) on compliance, comfort, anxiety, and medical devices, routine course, equipment failure)
- Adverse environmental influences
- Co-morbidities/potential complications
- Evidence-based practice
- MHAUS guidelines/protocols
- Pharmacodynamics/pharmacokinetics
- Pain assessment and management
- Pharmacological interventions
- Postoperative nausea and vomiting (PONV) and measures related to:
- Respiratory system
- Thermoregulation
- Fluid and electrolyte management
- Vital signs/hemodynamic monitoring
- ACLS/PALS
- Co-morbidities/potential complications
- Normal and abnormal diagnostic values
- Growth and development
- Anatomy and physiology of body systems
- Surgical and procedural interventions
- Ambulatory care measures and interventions (e.g., MAC).
Application Process

- Review Certification Handbook thoroughly – available as hard copy or download from our website.
- Read instructions thoroughly.
- Must meet application deadlines! Refer to Appendix E of Candidate Handbook.

Online Application Process

- Visit www.cpancapa.org - ABPANC’s website
  - Click on the “Certification” tab at top, then
  - Click here to register for the exam.
- Have available the following:
  - ASPAN Membership number if you wish to receive the ASPAN member fee discount.
  - Your RN license number and expiration date.
  - Name, credentials, title, name of unit, name of institution, complete address, day time phone, and email address of two individuals who can verify eligibility.
  - Be sure all names match exactly: Driver’s license, ASPAN member #, way you enter name on application, ATT letter.

Test Administration Process - CBT

- Authorization to Test Letter.
- Positive Proof of Identity.
- Arrive at least 30 minutes before scheduled reporting time.
- See Prometric Test Center Rules in Candidate Handbook.

Day of Exam

- Find location of Prometric test site in advance, plan to arrive early.
- Dress in layers to allow for room temperature variances.
- Dress in bright colors!
- Eat a good breakfast.

Prometric Testing Centers

- Go to www.prometric.com/abpanc to locate a testing center near where you live, enter information required.
- Click on map and directions to center.
- Hours and days of operation will be listed.
- Read the Candidate Handbook carefully to know what you can and cannot bring to the test center.

Examination Results - CBT

- Preliminary Pass/Fail score given at test site.
- Formal score report will be mailed to candidates following examination in 2-3 weeks.
- Unsuccessful candidates will receive a scaled numerical value report for each of the patient need domains.
Discounted Examination Fee Given to Unsuccessful Candidates

- ABPANC offers a discounted examination fee by waiving $50 if exam retaken within the next 12 months (within the next two exam administration windows).
- Waiver given one time only.
- Must submit a complete new application to retake an exam.

Examination Results

- Prior to issuance of score reports, all test questions are statistically analyzed with psychometric consultation from PES.
- Questions with odd statistical result are investigated.

Examination Results

- Scaled score.
- Pass = 450 scaled score units.
- Detailed scoring information in Candidate Handbook.

Congratulations Packet

- Within 2 weeks following release of examination results...
  - A Certificate
  - Wallet Identification Card
  - Recertification Information
  - Letter to Employer (upon request)
  - Sample Press Release

Certification Period

- CPAN®/CAPA® status granted for 3 year period.
- Must recertify online.
  - Two options: Retest or through Continual Learning Activities
    - Online Continual Learning Activities Log Form

Don’t Wait Until Tomorrow…

Do it Now!
Discover the Value of
Perianesthesia Nursing Certification

Make the Commitment...

Take the Journey!

QUESTIONS AND ANSWERS

ABPANC CONTACT INFO:

CPAN®  CAPA®

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