

Objectives

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- 1. Discuss the eligibility requirements to sit for the CPAN or CAPA certification exam
- 2. Describe how to study and prepare for the CPAN or CAPA certification
- 3. Discuss the value of certification and how to put certification into practice



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About ABPANC: Our Mission

Elevating perianesthesia nursing excellence, knowledge, and patient advocacy through certification.



Our Certifications ABPANC

Why Certify?

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Become CPAN or CAPA certified to:

- Improve patient care and safety
- Enhance employer confidence • Validate professional experience
- Strengthen credibility
- Increase earning potential

Commit to lifelong learning

CPAN & CAPA are the only Magnet-recognized Certification Programs for Perianesthesia Nurses.



The Changing Landscape

- · Health care issues change rapidly
- Keep current with trends, procedures, legal matters
- Understand the lasting impacts of COVID-19
- · Patients seek more clarity and have a desire for knowledge
- Changes in PACU and ambulatory surgeries affect your practice

Certification is the constant that keeps you a step ahead!



Certification Has Tangible Benefits

- Perianesthesia Nursing Certification Benefits:
 - Nurses
 - · Patients and Families
 - · Employers



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Nurse Certification Benefits: Nurses

• Through certification, nurses:

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- Validate their expert knowledge, experience and clinical judgment.
- Make decisions with greater confidence.
- Experience personal growth.
- Commit to career development and lifelong learning.
- Dedicate themselves to quality patient care.



Nurse Certification Benefits: Patients and Families

- Today's acutely ill patients require heightened vigilance and extraordinarily intricate care from highly skilled health professionals.
- Studies have shown that Americans prefer hospitals that employ nurses with specialty certification.
- It is vital to assure the public that health care professionals are competent.
- Certification is a mark of excellence that reassures patients they are being cared for by nurses committed to give their best.

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Nurse Certification Benefits: Employers

- Certification allows hospitals and ambulatory surgery centers to differentiate themselves from competitors and demonstrates to consumers that they have attracted the most skilled and experienced nursing professionals.
- Support for continuing education and certification are essential elements in <u>job satisfaction</u> and <u>nurse retention</u>.
- Ongoing education and experience <u>reduces a nurse's exposure to risk</u> and better prepares him/her to make informed decisions.



Which Exam is Right For You?

- Determining which exam is most relevant for you should be based on:
 - · Your patient needs
 - The amount of time you spend in the specific phases described by the Perianesthesia Continuum of Care*

*As defined on pages 8-9 of the ASPAN Perianesthesia Nursing Standards, Practice Recommendations, and Interpretive Statements 2021-2022.

Which Exam is Right For You?

- Regardless of the setting in which you practice:
 - If you have the hours required* caring for patients in **Postanesthesia Phase I**, the **CPAN** exam is most relevant to your practice.
 - If you have the hours required* caring for patients in the Preanesthesia Phase, Day of Surgery/Procedure, Postanesthesia Phase II and/or Extended Care, the CAPA exam is most relevant to your practice.

(*1,200 hours direct clinical care past 2 years)

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Dual Certification

- To be eligible to sit for <u>both</u> the CPAN and CAPA exams, you must meet the licensure and direct care requirements and have *both* of the following:
 - At least 1,200 hours* of direct clinical experience caring for patients in Postanesthesia Phase I.

AND

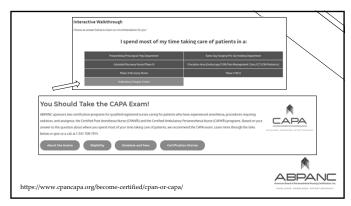
 At least 1,200 hours* of direct clinical experience caring for patients in Preanesthesia Phase, Day of Surgery/Procedure, Postanesthesia Phase II and/or Extended Care. (*previous 2 years)

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The CPAN® & CAPA® Examinations

- · Three hours to take the examination
- · 185 multiple-choice questions
 - · 140 questions are scored
 - 45 questions are being piloted/pretested
 - Pilot/pretest questions not identifiable and do not contribute to your score
- · ASPAN members receive discount



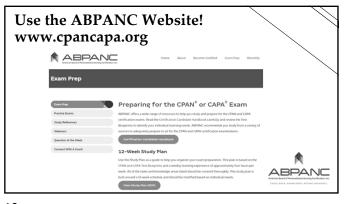


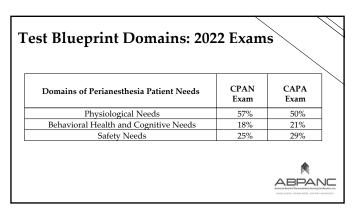


Certification and Exam Integrity

- ABPANC:
 - Maintains certification exam accreditation
 - Assures exams are psychometrically sound and legally defensible
 - Assures confidentiality
 - Provides peer-review audits of recertifications
 - Provides Board review of extenuating circumstances or misconduct







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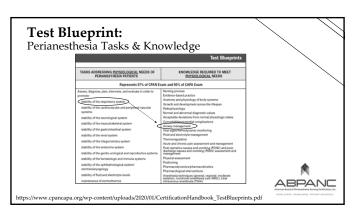
ABPANC Role Delineation Study

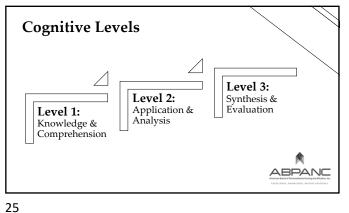
- Ensures the test blueprint reflects current practice
- Developed in conjunction with our exam development partner PSI
- August 2021: RDS Survey launched to all perianesthesia nurses to validate tasks/knowledge areas
- Survey was structured to present two roles:
 - Post Anesthesia Role
 - · Ambulatory Perianesthesia Role
- Task force reviewed survey results, finalized the tasks and knowledge to create a new **exam content outline** and content weighting to develop **test specifications**

CPAN Comparison					
Content Area	RDS 2017	Content Area	RDS 2021		
Physiological Needs	57%	Anesthesia	24%		
Behavioral Health & Cognitive	18%	Physiology	18%		
Safety Needs	25%	Perianesthesia Monitoring & Intervention	35%		
		Perianesthesia Care Considerations	14%		
		Professional Nursing Practice & Guidelines	9%		
		Sub-Classifications			
		Pediatric vs. Adult/General	7% vs 93%		

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CAPA Comparison					
Content Area	RDS 2017	Content Area	RDS 2021		
Physiological Needs	50%	Anesthesia	20%		
Behavioral Health & Cognitive	21%	Physiology	16%		
Safety Needs	29%	Perianesthesia Monitoring & Intervention	30%		
		Perianesthesia Care Considerations	25%		
		Professional Nursing Practice & Guidelines	9%		
		Sub-Classifications			
		Pediatric vs. Adult/General	7% vs. 93%		





Study the RIGHT Types of Questions

Examples of questions you will not find on the CPAN/CAPA

- Questions written in the negative
- · Containing words like except, not, never
- Questions that are not perianesthesia specific
- · Questions that are not patient-focused





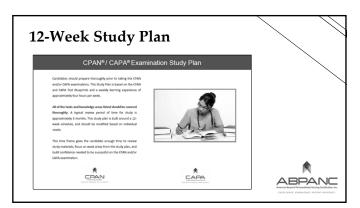
Practice Exams

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- · Helps you assess your readiness and identify your strengths and gaps for further study needs.
- Designed to be representative of the types of questions you will see on the actual CPAN and CAPA Examinations.
- NEW: Practice Exams now approved for 16 contact hours for completing the 4 exams
- · Practice exam bundles are \$100 and include 4 sets of 50question exams available for purchase.







Study References

A current reference list is available on the ABPANC website: https://www.cpancapa.org/exam-prep/study-references/

- All of the questions on the CPAN®/CAPA® examinations are validated using these publications.
- Only study references that are approved by ABPANC.
- · Study from a variety of references.
- · The Exam is not a test of any one book!
- · ABPANC does not endorse any review courses or study guides.



Organize Your Study Methods

- · Identify a study buddy or form a study group.
- Develop an outline of study topics and focus on areas of weakness first.
- · Make a note of all deadlines and prepare a study schedule.
 - · Use ABPANC's 12-week study plan!
- Contact ABPANC to determine if a Certification Coach is available in your area.
 - · Zelda Williams: zwilliams@cpancapa.org



Dates and Deadlines

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SPRING WINDOW

- Register: January 1 March 15
- Take the Exam: March 15 May 15

FALL WINDOW

- Register: July 1 September 15
- Take the Exam: September 15 November 15

FEES

- \$314.00 for ASPAN members
- \$424.00 regular registration fee



5. Use our new scheduling portal to schedule your exam!

2. Create a Learning Builder account.

instructions in Learning Builder.

I'm Ready to Test - Now What?

 Register for the exam by visiting the ABPANC website (www.cpancapa.org) and clicking "I'm Ready to Certify" top menu bar (this will take you to Learning Builder).

3. Submit an exam application. There are easy-to-follow

Choose to test at a PSI Test Center or using a remote proctored exam

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Rest Assured with Test Assured!

- The Test Assured program allows CPAN or CAPA candidates to take the exam <u>twice</u> in a 12-month period if the first attempt is unsuccessful.
- If selected, a nominal fee of \$50.00 applies at the time of registration.





You're Certified - Now What?

- <u>Congratulations</u> on preparing for and taking the exam!
- Now that you are certified first <u>Celebrate</u> your Success!
- <u>Share</u> your experience with other perianesthesia nurses
- <u>Encourage</u> others in your unit to pursue certification
- <u>Strength</u> in numbers for employers, nurses and patients!





Put Your Certification Into Practice

- Proudly display your credentials!
- Introduce yourself as a certified nurse
- · Explain to your patients what your certification means
- Encourage colleagues to pursue certification
- Support and mentor others in their certification journey
- Encourage your employer to hire certified nurses
- Celebrate on Certified Nurses Day March 19!



Work with HR

Hire the right candidate to promote certification.

- · Hire certified RNs
- · CPAN/CAPA preferred
- · Require certification within 2 years
- · Word of mouth referral/culture fit
- · Partner with HR/recruiter to screen candidates
- · Make it part of interview



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Gain Organizational Commitment

- · Empower others in your facility to value certification
- Consumer report card: a priority for healthcare organization
- Purchasers are pressuring for disclosure of meaningful performance information for use by buyers & consumers.
- Quality care, "Do No Harm" (Tactics to avoid HACs)
- · Centers of Excellence



Be a cheerleader!

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Promote certification on a grassroots level.



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Create a Culture

Encourage a culture of certification among the publics/patients/stakeholders.



The Recertification Process

- Maintaining your credential is not automatic
- Certification is conferred for a period of three years



Steps for Recertification

- Update your Learning Builder account frequently don't wait until your expiration month
- 2. Determine eligibility to recertify your credential
- 3. Which option is right for you?
 - 1. Recertify By Exam
 - 2. Recertify By Continuing Education
- 4. Review the dates and deadlines
- 5. Use the Learning Builder tutorials to assist you



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Tips for a Positive Recertification

- Review the Recertification Candidate Handbook on the ABPANC website
- Become familiar with your Learning Plan and how to use Learning Builder
- Watch the Learning Builder how-to tutorial videos on the ABPANC website
- Track of all your CEs as you earn them in Learning Builder do not wait until the month your credential expires!
- Understand the difference between direct and indirect care



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More Recertification Tips

- Know when your certification expires; you will receive your first notice via email one year prior.
- If you are dual-certified, you must submit two separate recertification applications
- Your employer may pay your recertification fee through a voucher
- · Scholarships are available for recertification fees



Recertification Dates and Deadlines

Spring Recertification Window

Window Opens: January 1 Window Closes: April 30 Reinstatement Window: May 1 – May 15

Fall Recertification Window

Window Opens: July 1 Window Closes: October 31

Reinstatement Window: November 1 - November 15



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Get involved with ABPANC!



Questions?

