



INTRODUCTION TO PERIANESTHESIA NURSING CERTIFICATION

WHAT EVERY
PERIANESTHESIA RN
SHOULD KNOW!

Massachusetts Society of
Perianesthesia Nurses

History of Perianesthesia Nursing Certification

- ★ ASPAN's origins:

- Steering committee 1979
- Selection of name: 1979
- First Board of Directors meeting October, 1980
- First charters granted in April, 1982

- ★ The American Board of Perianesthesia Nursing Certification, Inc. established in 1985

- First Certified Perianesthesia Nurse (CPAN) exam in 1986
- First Certified Ambulatory Perianesthesia Nurse (CAPA) exam in 1994

Perianesthesia Nursing Certification

★ American Board of Perianesthesia Nursing Certification [ABPANC] Mission Statement:

- ★ *To assure a certification process for perianesthesia nurses that validates knowledge through professional education and experience, ultimately promoting quality patient care*



Definition of Certification

- ✦ Certification, as defined by the American Board of Nursing Specialties, is the formal recognition of the specialized knowledge, skills, and experience demonstrated by the achievement of standards identified by a nursing specialty to promote health outcomes



CPAN and CAPA Certification

- ✦ Validates the knowledge and experience of registered nurses caring for patients receiving anesthesia, as well as sedation and analgesia
- ✦ Reflects achievement of a standard beyond licensure for a specialty nursing practice



Definition of Certification

- ✦ Achievement of CPAN and/or CAPA certification status is indicative of the knowledge and experience necessary to practice in a particular specialty- in this case, perianesthesia nursing

Eligibility for Certification

- ✦ Current and unrestricted license to practice nursing
- ✦ A minimum of 1800 hours in *direct* patient care for previous 2 years
- ✦ Submission of completed application with all supporting documentation
- ✦ Successful completion of either the CPAN or CAPA exam
- ✦ NOT REQUIRED:
 - ✦ BSN
 - ✦ ASPAN membership

Structure of the Exam

- ✦ Each exam (both the CPAN and CAPA) consists of 175 questions
- ✦ The exam is computer-based, available at several locations
- ✦ Of the 175, only 140 count towards the final score; 35 questions are being piloted and will not be counted
 - ✦ The 35 pilot questions are random
- ✦ Three hours are allowed to complete the exam



Exam Construct Process

- ✦ Test questions are created by a team of certified nurses who submit exam questions that are peer reviewed
- ✦ Questions are verified for reliability, accuracy, currency, and are referenced to a published source

Structure of the Exams

- ★ Candidates are tested on their ability to:
 - Recall facts
 - Understand principles
 - Relate two or more facts to a situation
 - Evaluate situations
 - Synthesize information

Structure of Exams

☀ Organized around the following domains of the needs of the perianesthesia patient:

- Physiological
- Behavioral/ cognitive needs
- Safety
- Advocacy

Structure of Exam

- ✦ Which exam to take?
 - ✦ If most of your time is spent in Phase I recovery, the CPAN is more appropriate
 - ✦ If most of the time is spent in Phase II, extended stay, or preadmission testing, the CAPA is more appropriate

Structure of CPAN Exam

- ✦ Physiological- 50%
- ✦ Behavioral and cognitive- 20%
- ✦ Safety- 20%
- ✦ Advocacy- 10%

Structure of CAPA Exam

- ✦ Physiological- 45%
- ✦ Behavioral and cognitive- 20%
- ✦ Safety- 20%
- ✦ Advocacy- 15%

??? Computer Test???

- ★ Exam is now on the computer!!
- ★ Candidates have found exam easy to access and complete
 - Mark questions to do later
 - Easily change answers
 - View all unanswered question at end of exam

The Plan

- ✦ Long range plan
- ✦ Short term plan
- ✦ You begin preparation for the exam the moment you enter the perianesthesia arena!!!

Long-range Plan

- ✦ Access ABPANC web site at www.cpancapa.org
- ✦ Review all deadlines: application deadlines, etc
- ✦ Complete application as per application window
- ✦ Determine dates (spring or fall window)
- ✦ Obtain study materials
 - ASPAN Standards essential
- ✦ Join ASPAN to begin reading the journals (optional)
 - Membership includes on-line access to all previous journals
- ✦ Review the basics, such as anesthesia
- ✦ Begin to focus your studying 2-3 months before the exam

Short-term Plan

- ✦ Complete application by deadline
- ✦ Once application to test letter received, follow instructions to arrange test date/location
 - ✦ Do not procrastinate!!! Testing sites fill up quickly!
- ✦ Focused study
 - ✦ 1 hour day/more on weekends
 - ✦ Identify strong/weak areas and study accordingly
 - ✦ Take time off before the exam and do intense studying
 - But not the day before!!!

Essentials

★ Key questions:

- ★ What does it do?
- ★ Why do you give it?
- ★ What could go wrong?
- ★ How to you treat what went wrong?
- ★ Doses/normal values

Essentials

- ✦ What does it do?
 - ✦ Anesthetic agents
 - ✦ Neuromuscular blockade/reversals
 - ✦ Antiemetics
 - ✦ Antibiotics- classifications

Essentials

- ✦ Why do you give it?
 - ✦ Reversals
 - When do reversals wear off?
- ✦ Patient ASA classifications
- ✦ Past medical history of asthma, CAD, lung disease, CRF, DM
 - ✦ Pre-op testing
 - ✦ Appropriate anesthetic agents



Malignant Hyperthermia

- ✦ Risk assessment
- ✦ Safe anesthetics
- ✦ Early indicators
- ✦ Treatment

Essentials

☀ What can go wrong?

- ☀ Anesthesia emergencies
- ☀ Airway emergencies
- ☀ MH
- ☀ Surgical complications
- ☀ Safety issues- ride home, ability to understand discharge criteria



Essentials

- ✦ CAPA- discharge, teaching- cognitive levels
- ✦ CPAN- postoperative complications, safety
- ✦ Infection control
- ✦ Staffing ratios

How to Prepare

- ✦ Core Curriculum
- ✦ Solid reference text
- ✦ Journal of Perianesthesia Nursing
- ✦ ASPAN Standards
- ✦ Review course
- ✦ On-line exam offered by ABPANC
- ✦ Study groups
- ✦ *Mindful daily practice*



ASPAN Standards

- ✦ Scope of practice
- ✦ Recommended staffing ratios
- ✦ Infection control
- ✦ Criteria for initial, ongoing, and discharge assessment and management
- ✦ Patient's rights
- ✦ Environment of care

Fall, 2010

Registration Window - Online	July 26th -Sept. 6th
Registration Deadline	Sept 6th by 11:59 PM
Time Period for Scheduling Examination Appt. with Prometric	Upon receipt of your ATT (authorization to test) letter through Nov 11th.
Examination Administration Window	Oct 4th – Nov 13th
Deadline for Cancelling Appt	3 business days before scheduled test date

Where is the Exam Given?

- ✦ Prometric Exam Testing Centers
- ✦ Once exam application received and processed, information will be provided
 - Call for site convenient to you!
- ✦ If you are an ASPAN member, complete the exam application with your name *EXACTLY* as it appears on your ASPAN membership card to receive the reduced member rate!!!

How much does it cost?

- ✦ The fee for the exam is as follows:
 - ✦ ASPAN member: \$285
 - ✦ Non-member: \$385
- ✦ Unsuccessful candidates can retake the exam for \$50; applicable only for the 12 months after exam

Completing the Application

- ★ On-line application only
- ★ RN license information, exp date
- ★ ASPAN member # if applicable
- ★ Name, credentials, title, name of unit, name of institution, street address, etc.
- ★ Name, phone number and e-mail address of 2 colleagues who can verify your eligibility
- ★ Credit card information

Completing the Application

- ★ READ CERTIFICATION CANDIDATE HANDBOOK PRIOR TO APPLYING!!
- ★ Know your facts before applying:
 - Dates/deadlines
 - RN license #
 - Contact information for eligibility verification

Recertification

- ★ As soon as you sit for the exam, plan on how to recertify
- ★ Certification is good for three years from the first day of the month in which you certified
- ★ To recertify:
 - ★ **90 contact hours/approved activities/ 3 years**
 - ★ **Sit for the exam again**

Recertification

- ✦ Do not wait until the year that you are due to renew to think about the process
- ✦ Average 15 contact hours per year
- ✦ Approved activities:
 - ✦ Precepting
 - ✦ Writing articles
 - ✦ Nursing school
 - ✦ Activities such as clinical practice, writing policies
 - ✦ Review the list and plan!!!!

Helpful Websites

☀ www.cpancapa.org

☀ www.aspan.org

☀ www.maspan.org

E-mail me:

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Or call: 781-744-2125