


**ABPANC
Certification/
Recertification
Insights**

Saturday, April 9, 2022



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Presenters



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ABPANC President-Elect**




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ABPANC Past President**



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Objectives


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 exam
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.



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Our Certifications








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Why Certify?

Become CPAN or CAPA certified to:

- Improve patient care and safety
- Commit to lifelong learning
- Enhance employer confidence
- Strengthen credibility
- Validate professional experience
- Increase earning potential

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



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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!



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Certification Has Tangible Benefits

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



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Nurse Certification Benefits: Nurses

- *Through certification, nurses:*
 - 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.



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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 job satisfaction and nurse retention.
- Ongoing education and experience reduces a nurse's exposure to risk and better prepares him/her to make informed decisions.



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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.*



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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 **Peanesthesia 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 **both** 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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CPAN or CAPA?



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Interactive Walkthrough

Choose an answer below to learn our recommendation for you!

I spend most of my time taking care of patients in a:

Preanesthesia/Pre-surgical Prep Department	Same Day Surgery/Pre-Op Holding Department
Extended Recovery Room/Phase II	Procedure Area/Endoscopy/IVR/Pain Management Clinic/CT/OT/Pediatrics
Phase III Recovery Room	Phase I/ICU
Ambulatory Surgery Center	



<https://www.cpancapa.org/become-certified/cpan-or-capa/>

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Interactive Walkthrough

Choose an answer below to learn our recommendation for you!

I spend most of my time taking care of patients in a:

Preanesthesia/Pre-surgical Prep Department	Same Day Surgery/Pre-Op Holding Department
Extended Recovery Room/Phase II	Procedure Area/Endoscopy/IVR/Pain Management Clinic/CT/OT/Pediatrics
Phase III Recovery Room	Phase I/ICU
Ambulatory Surgery Center	

You Should Take the CAPA Exam!

ABPANC sponsors two certification programs for qualified registered nurses caring for patients who have experienced anesthesia, procedures requiring sedation, and analgesia: the Certified Post Anesthesia Nurse (CPAN) and the Certified Ambulatory Postanesthesia Nurse (CAPAN) programs. Based on your answer to the question about where you spend most of your time taking care of patients, we recommend the CAPA exam. Learn more through the links below or give us a call at 1-347-708-7975.

[About the Exams](#)
[Eligibility](#)
[Schedule and Fees](#)
[Certification Stories](#)



<https://www.cpancapa.org/become-certified/cpan-or-capa/>

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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



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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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Use the ABPANC Website!

www.cpancapa.org

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Test Blueprint Domains: 2022 Exams

Domains of Perianesthesia Patient Needs	CPAN Exam	CAPA Exam
Physiological Needs	57%	50%
Behavioral Health and Cognitive Needs	18%	21%
Safety Needs	25%	29%

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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**

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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%

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Test Blueprint: Perianesthesia Tasks & Knowledge

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Cognitive Levels

Level 1:
Knowledge & Comprehension

Level 2:
Application & Analysis

Level 3:
Synthesis & Evaluation

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Study the RIGHT Types of Questions

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

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

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Study Question of the Week

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Question of the Week

HOME EXAM PREP QUESTION OF THE WEEK

Exam Prep Study Question of the Week

CPAN® CAPA® Apps Study questions cover content in the three domains of perianesthesia patient care see Physiological Needs, Behavioral Health and Cognitive Needs, and Safety Needs.

Practice Exams The nursing knowledge to meet these needs are the same for both the CPAN and CAPA certification programs. It is the percentage of questions asked in each domain that varies, depending on whether the candidate is taking the CPAN or CAPA exam.

Study References For best practice, we recommend you review both CPAN and CAPA study questions.

Webinars

Question of the Week All CPAN Questions All CAPA Questions

Connect With A Coach

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Practice Exams

- 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 50-question exams available for purchase.

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12-Week Study Plan

CPAN® / CAPA® Examination Study Plan

Candidates should prepare thoroughly prior to taking the CPAN and/or CAPA examinations. This study plan is based on the CPAN and CAPA Test Blueprints and a weekly learning experience of approximately four hours per week.

All of the tasks and knowledge areas listed should be covered thoroughly. A typical review period of time for study is approximately 3 months. This study plan is built around a 12-week schedule, and should be modified based on individual needs.

This time frame gives the candidate enough time to review study materials, focus on weak areas from the study plan, and build confidence needed to be successful on the CPAN and/or CAPA examination.

CPAN **CAPA** **ABPANC**
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Free Webinars

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Exam Prep **Webinars**

CPAN® CAPA® Apps The following webinars provide valuable information to help you prepare your study plans for successful completion of the CPAN® and/or CAPA® exams.

Practice Exams **Webinar (45min) – Test Taking Strategies**
This 20-minute webinar is full of useful tips for taking the CPAN or CAPA exam.

Study References **Webinar (45min) – Conquering Test Taking Anxiety and Fear of Failure**
This 30-minute webinar helps you identify and overcome symptoms of test anxiety and fear of failure.

Webinars **Webinar Text (PDF) – Conquering Test Taking Anxiety and Fear of Failure**
This 16-page PDF includes all of the narrative included in the webinar, "Conquering Test Taking Anxiety and Fear of Failure." You may want to reference this document after viewing the webinar or share it with others as a study aid.

Question of the Week

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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.



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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



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Dates and Deadlines



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



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I'm Ready to Test – Now What?

1. Register for the exam by visiting the ABPANC website (www.cpancapa.org) and clicking "I'm Ready to Certify" on the top menu bar (this will take you to Learning Builder).
2. Create a Learning Builder account.
3. Submit an exam application. There are easy-to-follow instructions in Learning Builder.
4. Choose to test at a PSI Test Center or using a remote proctored exam
5. Use our new scheduling portal to schedule your exam!



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Rest Assured with Test Assured!

- The **Test Assured** program allows CPAN or CAPA candidates to take the exam twice 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.



TESTASSURED



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You're Certified – Now What?

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



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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!



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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



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Be a cheerleader!

Promote certification on a grassroots level.



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Create a Culture

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



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The Recertification Process

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



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Steps for Recertification

1. 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



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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!



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Questions?



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