



# ***News to Share***

**Fall 2016**



## In the News

We now have **12,145** CPAN<sup>®</sup> and CAPA<sup>®</sup>  
Certified Nurses!

- ❖ CPAN – 7,309
- ❖ CAPA – 4,836
- ❖ Dually Certified – 626



## Benefits of CPAN/CAPA Certification

- ✧ Validates specialized knowledge and experience
- ✧ Promotes the highest quality patient care
- ✧ Demonstrates commitment to continual learning
- ✧ Strengthens personal and professional pride
- ✧ Studying keeps you up to date on the latest best practices
- ✧ Gives you a competitive edge in your career



# New and Improved Website



American Board of Perianesthesia Nursing Certification, Inc.



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## CPAN® and CAPA® Certification: *Nursing Passion in Action®*

The American Board of Perianesthesia Nursing Certification, Inc. (ABPANC) is responsible for developing, sponsoring and managing the CPAN and CAPA nursing certification programs. These national professional certification programs are designed for registered nurses caring for patients who have experienced sedation, analgesia and anesthesia in a hospital or ambulatory care facility.

### HERE'S WHAT'S NEW

#### FALL REGISTRATION IS OPEN

September 7 is the Deadline  
[SEE DETAILS](#)

#### STUDY QUESTION OF THE WEEK

Test Your Knowledge  
[CHOOSE ANSWER](#)

#### CPAN / CAPA EXAM STUDY TOOLS

Webinars, Reference List, Study Plans  
[CLICK HERE](#)



#### CERTIFICATION

Join an elite group of experienced nursing colleagues who collectively serve to promote quality patient care.

[LEARN MORE](#)



#### RECERTIFICATION

Maintain your CPAN or CAPA certification with knowledge of the most current best practices.

[LEARN MORE](#)



#### RESOURCES

Find study tools, award and scholarship information, volunteer opportunities, plus tips for promoting certification.

[LEARN MORE](#)



### The Benefits of CPAN® and CAPA® Certification

Join an elite group of experienced nursing colleagues who collectively serve to promote quality patient care while enhancing the awareness and respect of Perianesthesia Nursing.

# ABPANC Study Resources



American Board of Perianesthesia  
Nursing Certification, Inc.



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**Registration for Fall Exams Will Close September 19.**

**CPAN and CAPA Exams will be administered October 3 – November 25.**

**The Fall 2016 Recertification window is open through October 31.**

### HERE'S WHAT'S NEW

**Registration for CPAN & CAPA Exams  
Is Now Open**  
[GET CERTIFIED](#)

**CPAN / CAPA EXAM STUDY TOOLS**  
Webinars, Reference List, Study Plans  
[CLICK HERE](#)

**CALL FOR NOMINATIONS**  
ABPANC Board of Directors  
[CLICK HERE](#)



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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/or CAPA test blueprints and a recommended time frame needed to prepare for an ABPANC certification examination.

A typical review period of time for study is approximately 3 months. This study plan is built around a 12-week schedule, which can be modified based on individual needs. The content listed however, should be covered thoroughly. This time frame gives the candidate enough time to review study materials, focus on weak areas from the study plan, and build confidence needed for taking a CPAN and/or CAPA examination. This plan is based on a weekly learning experience of approximately four hours per week.



Additional Study Guide Resources are available at  
[www.cpancapa.org](http://www.cpancapa.org)



## Free Webinars

### **Conquering Test Anxiety and Fear of Failure**

- 30-minute webinar with PDF handout

### **Test Taking Strategies**

- 20-minute webinar full of tips to help you prepare



# Study Question of the Week

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## STUDY TOOLS

[CERTIFICATION HANDBOOK](#)

[TEST BLUEPRINT](#)

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[CAPA® QUESTION OF WEEK](#)

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[WEBINARS](#)

[MIND MAPPING GUIDE](#)

Stay up to date with CPAN and CAPA news.

[Sign up for our newsletter.](#)

## Study Question of the Week

### CPAN Question of the Week

Post-operative patients are susceptible to infection. The perioperative nurse is aware that primary to infection control and prevention of disease transmission is:

1. timely administration of antibiotics.
2. proper handwashing.
3. use of disposable care items.
4. use of isolation precautions.

[CHOOSE ANSWER](#) and see previous Q&A

### CAPA Question of the Week

A patient enters the PACU following a left shoulder rotator cuff repair. The patient received MAC, (Monitored Anesthesia Care), anesthesia and an interscalene nerve block. Which of the following assessments requires the perianesthesia nurse to notify the surgeon?

1. Numbness and inability to move left arm
2. Pain level of 3 in the numeric scale and decreased motor activity left arm
3. SPO<sub>2</sub> of 88% on 2L oxygen via nasal cannula and complaint of chest pain
4. Shallow respirations and pain in left shoulder

[CHOOSE ANSWER](#) and see previous Q&A

[QUESTION OF THE WEEK SIGNUP](#)





## Practice Exams

- ✧ Evaluate your strengths and knowledge gaps.
- ✧ Similar in format to the real exam.
- ✧ Four 50-question exam forms available for purchase.
- ✧ Each practice examination contains 50 unique questions and costs \$50. Receive a free practice examination for each one you purchase - BOGO

***Passing a Practice Exam does not guarantee that you will pass the actual exam***



## ABPANC Certification Coach

- ABPANC's Certification Coaches can help you identify and use the most helpful study strategies.
- For information about finding a Certification Coach or obtaining resources for a study group, contact Zelda Williams at [zwilliams@proexam.org](mailto:zwilliams@proexam.org)

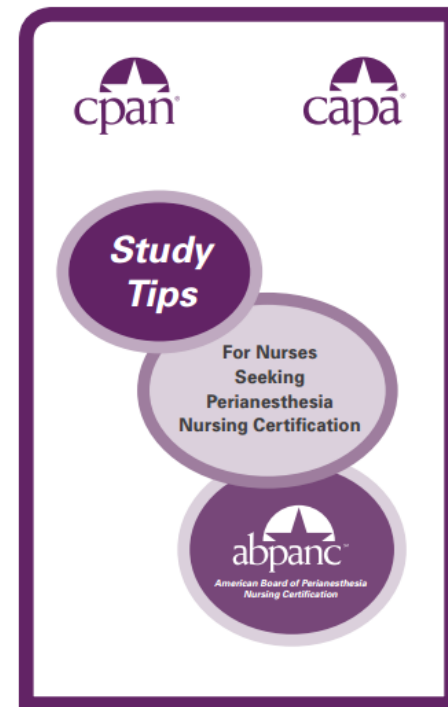


# Additional Study Resources

## ➤ **Study Tips Brochure:**

A quick reference guide with tips for organizing a study outline, identifying study resources, and dealing with test anxiety.

## ➤ **Mind Mapping Study Guide:** A creative way to organize information to study for the exam, while mapping your own knowledge base and areas of need.





# Examination Dates and Deadlines

	FALL 2016	SPRING 2017
<b>Registration Window</b>	<i>Deadline has passed</i>	January 9 – March 6
<b>Exam Administration Window</b>	October 3 - November 25	April 3 – May 30

➤ **Deadline for Canceling Appointment:**

- Up to 48 hours prior to your scheduled exam.

*ABPANC now uses PSI Services, a global leader in testing administration, for delivery of the CPAN and CAPA exams.*



# Recertification

Recertification Cycle	Certification Expires	Recertification Window Opens/ First Renewal Sent via email
Fall	October 31	July 1
Spring	April 30	January 1

- Application and Forms are found on our website under “Recertification”
- Record your contact hours in the Continual Learning Documentation Log. Once you recertify, the Log is erased so you can start a new one



## Scholarships are Available

- ABPANC is offering a limited number of scholarships for certification and recertification fees
- If your employer does not offer any monetary support, you may be eligible
- Applications are accepted May 1- June 30
- Get the application form online at [www.cpancapa.org/scholarship](http://www.cpancapa.org/scholarship)



# Get Involved!

- **Become an ABPANC Certification Coach**
  - Support others in their CPAN/CAPA certification journey.
  - Training and support materials provided
  - Earn up to 60 contact hours!
  
- **Become an Item Writer**
  - Contribute to CPAN/CAPA exam development
  - Hone your writing skills
  - Earn 2 contact hours for each question submitted!
  
- **Apply to Become an RN Director**
  - ABPANC is seeking nominations for RN Director positions for 7/1/2017 – 6/30/2019.
  - The deadline for nominations is October 31, 2016



# New! Certification Achievement Award

- Recognizing units with 75% or more of eligible perianesthesia nurses with CPAN and CAPA Certification.
- Submit the online application by December 31.







# New! My Certification Story

See the newest section of our website where other CPAN and CAPA certified nurses have shared their own personal journey to certification.



Ronald Malit | BSN, RN, CPAN, CAPA

## My Certification Story

I have been a PACU Nurse for almost 20 years now. Nursing is my second career and I am so happy that I found my niche in PeriAnesthesia Nursing. It has been a rewarding and enjoyable experience from the beginning and through all those 19 years in the PACU up to now. In 2012, I decided to go back to school for my BSN which I kept on postponing. I was able to finish it within a 14 month period. When our hospital began its journey for Magnet Certification, I knew I needed to do more, and so I decided to take the CPAN Certification. I did it mainly for my patients, to challenge myself and for career advancement. It was difficult to balance family life, a full time job and studying for certification. With determination and discipline, I was able to

pass the CPAN Examination during my first attempt in the spring of 2015. My certification did not end there. I felt like there was something missing, so once again I challenged myself to obtain dual certification. In the fall of 2015, I successfully obtained my CAPA Certification.

## My Study Strategies

The reference that I used the most during my self review was Drain's PeriAnesthesia Nursing, A Critical Approach. I divided the chapters and made sure to read each chapter. I read the latest edition of the ASPAN Standards, Practice Recommendations and Interpretive Statements. Two weeks before my scheduled exam, I focused on practice questions and used Putrycus and Ross's Certification Review for PeriAnesthesia Nursing. I gave myself 12 weeks to prepare for my CPAN exam. Since I already did most of the readings in preparation for my CPAN Certification, I spent less time preparing for my CAPA Certification which was scheduled 6 months after my CPAN Exam.

## My Benefits

Obtaining both CPAN and CAPA Certifications and being the very first dual certified CPAN & CAPA RN in our unit is a validation for my love and passion to this nursing specialty. Having both certifications will not only advance my career as far as the hospital's clinical ladder is concerned, but most importantly I am confident that our patients would benefit from receiving the safest and best possible care that they deserve. In addition to my current role as the PACU Evening Charge Nurse, after gaining certification I have been given more roles such as the Unit's Evidence Based Practice Chair, A Magnet Champion, EPIC Super User, Preoperative Resource person, and our unit's representative to hospital wide self governance committees such as the Medication Safety Committee.

## My Advice

In my opinion, both CPAN and CAPA Exams are equally challenging. It takes determination, patience during preparation and discipline especially if you are balancing a full time job, family life and studying. Your decision to take the certification exam is the first and most important step. Once you start the journey to certification, your commitment is necessary until you reach your goal. You will find that you will gain additional knowledge applicable to your practice. If you do not pass the exam during your first attempt, do not give up! Press on and tell yourself that giving up is not an option, knowing that at the end you will eventually become a proud CPAN/CAPA RN!

[www.cpancapa.org](http://www.cpancapa.org) > Benefits > Certification Stories



# Your ABPANC Board Liaisons

Your ABPANC Board Representative is always available to answer questions and provide support. Simply contact us and let us know how we can help.

Region 1:	Celeste Jones-Lyon	<a href="mailto:celeste.jones@abpanc.com">celeste.jones@abpanc.com</a>
Region 2:	Zoni Gazy	<a href="mailto:zoni.gazy@abpanc.com">zoni.gazy@abpanc.com</a>
Region 3:	Laura Williams	<a href="mailto:laura.williams@abpanc.com">laura.williams@abpanc.com</a>
	Jennifer Rice	<a href="mailto:jennifer.rice@abpanc.com">jennifer.rice@abpanc.com</a>
Region 4:	Cidalia Vital	<a href="mailto:cidalia.vital@abpanc.com">cidalia.vital@abpanc.com</a>
Region 5:	Vicki Yfantis	<a href="mailto:vicki.yfantis@abpanc.com">vicki.yfantis@abpanc.com</a>

## Other Board Members:

Annette Brancati	<a href="mailto:annette.brancati@abpanc.com">annette.brancati@abpanc.com</a>
Linda Lakdawala	<a href="mailto:linda.lakdawala@abpanc.com">linda.lakdawala@abpanc.com</a>



# 2016-2017 ABPANC Board of Directors





## Visit Our Online Store!

Flaunt your CPAN/CAPA Certification by wearing items with the CPAN/CAPA logo! We have lapel pins, badge holders, tote bags, T-shirts, amethyst bracelets and much more. Share your pride and enjoy quality products at great prices.

Visit the store at [www.cpancapa.org](http://www.cpancapa.org) > Store





# Get Social with ABPANC!

## **Like Us on Facebook!**

- Be among the first to receive announcements and updates
- View our photos
- Share your passion

## **Join Us on LinkedIn**

- We have over 2000 connections

*Links are on our home page.*





# ABPANC is Here to Help!



## **ABPANC**

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NEW YORK, NY 10115

800-622-7262 – PRESS OPTION 3

212-367-4236

[zwilliams@proexam.org](mailto:zwilliams@proexam.org)



**Thank you!**

**CPAN<sup>®</sup> and CAPA<sup>®</sup> Certification:  
*Nursing Passion in Action!*<sup>®</sup>**