

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



STUDY PLAN



Tasks Addressing PeriAnesthesia Patient Needs	Time Frame	Topic	Knowledge Required to Meet Patient Needs
Physiological Needs	Week 1 2 Hours	<ul style="list-style-type: none"> Pre-test using ABPANC practice exam. Review results of Practice Exam and identify study focus areas. 	
	Week 2 4 Hours	<ul style="list-style-type: none"> Respiratory system Cardiovascular/peripheral vascular/ hematological systems 	<ul style="list-style-type: none"> Nursing Process Evidence-based practice Anatomy and physiology of body systems Growth and development Pathophysiology Normal and abnormal diagnostic values Acceptable deviations from normal physiologic states Co-morbidities/potential complications Physical assessment techniques ACLS/PALS Airway Management Vital signs/hemodynamic monitoring Fluid and electrolyte management Thermoregulation Pain assessment and management (psychological, physiological, medical) Postoperative nausea and vomiting (PONV) and post discharge nausea and vomiting (PDNV) assessment and management. Pharmacodynamics/pharmacokinetics Pharmacological interventions Anesthesia techniques (general, regional, moderate sedation, Monitored Anesthesia Care (MAC). Total Intravenous Anesthesia (TIVA) Anesthetic and reversal agents Surgical and procedural interventions Normal and abnormal physical response to surgery/procedure/anesthesia Alternative and adjunctive treatment modalities
	Week 3 4 Hours	<ul style="list-style-type: none"> Neurological system Gastrointestinal system 	
	Week 4 4 Hours	<ul style="list-style-type: none"> Renal system Integumentary system 	
	Week 5 4 Hours	<ul style="list-style-type: none"> Genitourological and reproductive systems Musculoskeletal System 	
	Week 6 4 Hours	<ul style="list-style-type: none"> Endocrine system Fluids and electrolytes 	
	Week 7 4 Hours	<ul style="list-style-type: none"> Maintenance of Normothermia Physiological comfort (including but not limited to relief of pain, shivering nausea/vomiting, temperature control and positioning). Therapeutic environment (including but not limited to minimal interruption of normal regimen, preemptive interventions). 	
	Week 8 4 Hours	<ul style="list-style-type: none"> Anesthesia Malignant Hyperthermia ASPAN Standards 	

Tasks Addressing PeriAnesthesia Patient Needs	Time Frame	Topic	Knowledge Required to Meet Patient Needs
			<ul style="list-style-type: none"> • Injury prevention • Positioning • Phases of anesthesia experience • Environmental influences affecting patient care • MHAUS guidelines/protocols • ASPAN Standards
Behavioral and Cognitive Needs	Week 9 4 Hours	<ul style="list-style-type: none"> • Recognize and respect patient/family/significant other diversity (for example, cultural, religious, physical, age-related, cognitive, and language differences). • Provide and maintain an environment that promotes patient privacy and confidentiality. • Provide psychosocial assistance for patient/family/significant other (for example, coping mechanisms, spiritual and emotional support). • Assess patient/family significant others for ability to learn, learning style (for example, kinetic, auditory, visual) readiness to learn, and barriers to learning. 	<ul style="list-style-type: none"> • Nursing Process • Evidence-based practice • Growth and development • Co-morbidities/potential complications • Pain assessment and management (psychological, physiological, medical) • Postoperative nausea and vomiting (PONV) and post discharge nausea and vomiting (PDNV) assessment and management. • Pharmacodynamics/pharmacokinetics • Pharmacological interventions • Phases of anesthesia experience • Surgical and procedural interventions • Normal and abnormal physical response to surgery/procedure/anesthesia
Behavioral and Cognitive Needs	Week 10 4 Hours	<ul style="list-style-type: none"> • Provide patient/family/significant other education, and evaluate understanding related to: <ul style="list-style-type: none"> ○ Admission procedures ○ Preparations for procedures/surgery ○ Anesthesia expectations ○ Post anesthesia recovery settings ○ Identifying, describing, and communicating pain perception/experience ○ Postoperative pain control measures, including pharmacological and non-pharmacological interventions ○ Discharge care (including, but not limited to, wound care, diet, ambulation, physical therapy, effects on sexuality, pain management, catheter care, equipment and medical devices, routine course, and/or potential complications) 	<ul style="list-style-type: none"> • Environmental influences affecting patient care • Alternative and adjunctive treatment modalities • Discharge planning and criteria • Diversity (including but not limited to cultural, religious, lifestyle) • Teaching and learning theory • Communication principles and techniques • Psychosocial and cognitive assessment • Impact of psychosocial issues (including, but not limited to coping styles, life situations, religious/spiritual issues) on compliance, comfort, discharge and healing. • Abnormal psychological/psychiatric states • Special needs patient issues (for example, language barrier, sensory limitations) • Multidisciplinary collaboration and referral • Conflict resolution/mediation techniques

Tasks Addressing PeriAnesthesia Patient Needs	Time Frame	Topic	Knowledge Required to Meet Patient Needs
		<ul style="list-style-type: none"> ○ Medications (for example, when to discontinue, or resume, interactions with prescriptions, over the counter medications, herbal supplements, alcohol, and/or illegal drugs). ○ Impact of existing medical conditions (for example, diabetes, COPD, hypertension) on current surgery/ procedures. ○ Measures to assist healing process (for example, appropriate adjunctive therapies, consults, and/or referrals). ○ Measures to prevent complications. 	<ul style="list-style-type: none"> • ASPAN Standards • Regulatory, legal, and ethical guidelines (for example, Patient Bill of Rights, advance directives, informed consent, HIPAA). • Measures to maintain privacy and confidentiality
<p style="text-align: center;">Safety Needs</p>	<p style="text-align: center;">Week 11 4 Hours</p>	<ul style="list-style-type: none"> • Deliver, document and communicate care based on accepted national standards of PeriAnesthesia nursing practice and applicable laws, guidelines, and regulations. • Develop and implement effective multidisciplinary discharge plan that addresses: <ul style="list-style-type: none"> ○ Presence of competent, responsible adult caregiver ○ Safe transport to home or discharge care site ○ Verbal and written discharge instructions ○ Ability to understand and comply with discharge instructions ○ Awareness of postoperative/post procedural physical limitations ○ Availability of resources for care in the home • Preparation of safe home environment (including, but not limited to, physical barriers, and/or abuse assessment). • Protect patient from harm and take preventive measures related to: <ul style="list-style-type: none"> ○ Use of protective safety devices (including, but not limited to, padded side rails, safety straps, and/or restraints) ○ Immobility and/or positioning 	<ul style="list-style-type: none"> • Nursing Process • Evidence-based practice • Growth and Development • Co-morbidities/potential complications • Positioning • Phases of anesthesia experience • ACLS/PALS • Surgical and procedural interventions • Normal and abnormal physical response to surgery/procedure/anesthesia • Environmental influences affecting patient care • Discharge planning and criteria • Special needs patient issues (for example, language barrier, sensory limitations) • Injury prevention • Infection control • Diversity (including, but not limited to, cultural, religious, lifestyle) • Impact of psychosocial issues (including, but not limited to, coping styles, life situations, religious/spiritual issues) on compliance, comfort, discharge and healing • Teaching and learning theories • Communication principles and techniques • Multidisciplinary collaboration and referral • ASPAN Standards

Tasks Addressing PeriAnesthesia Patient Needs	Time Frame	Topic	Knowledge Required to Meet Patient Needs
		<ul style="list-style-type: none"> ○ Adverse environmental influences (including, but not limited to, latex and/or equipment failure) ○ Exposure to infections and diseases • Facilitate patient access to: <ul style="list-style-type: none"> ○ Appropriate resources and referrals (including, but not limited to, medical equipment, pharmaceutical care, ○ Pastoral care, nutritional education, physical/occupational therapy, case management/social services ○ An environment that accommodates physical, mental, and emotional abilities/limitations ○ An environment that provides for assistance (including, but not limited to, call light, personnel within hearing or at bedside, visitation) • Perform post discharge assessment (including, but not limited to, follow-up visit and/or telephone call). 	<ul style="list-style-type: none"> • Regulatory, legal, and ethical guidelines (for example, Patient Bill of Rights, advance directives, informed consent, HIPAA). • Quality and risk management principles and guidelines.
Final Week	Week 12 2 Hours	<ul style="list-style-type: none"> • Consider taking another ABPANC practice exam. • Review final learning needs and identify topics needing more study. • Celebrate completion of the Study Plan. 	