IN THE NEWS

Get Involved

When you become CPAN and/or CAPA Certified you join an elite group of more than 12,000 nursing colleagues who collectively serve to promote quality patient care while enhancing awareness and respect for perianesthesia nursing. ABPANC has many opportunities for you to continue your journey and become an important part of our shaping our future.

Remote Item Writing

Become part of the exam development process and write questions for the certification exams from home. Meet annually with other Exam Construction Committee members and earn two contact hours for each item submitted, up to 60 contact hours in a 3-year period. Contact Marlene Dunham at mdunham@psionline.org to learn more.

Become a Coach

Are you CPAN and/or CAPA certified? If so, put your experience to good use as a facilitator of the study process for nurses who are seeking certification. The Coach Program is intended to encourage good study methods and helpful study strategies and not to teach study content. Earn three contact hours for each individual coached, up to 60 contact hours in a 3-year period. Contact Zelda Williams at zwilliams@proexam.org to learn more.

WHAT’S NEW

New CPAN® / CAPA® Study App!

Practice reviewing study questions anytime, anywhere on your phone.

ABPANC has introduced a new mobile app with 50 CPAN and 50 CAPA study questions, plus a study reference for each question to help you prepare for the CPAN or CAPA certification exam. Use both CPAN and CAPA questions to study for either exam.

Each question includes four multiple choice answers and you will instantly know if you’ve answered the question correctly, and may then review the question, retry, or move onto the next question.

100 Questions with Study References - $9.99
Study Tools to Help You Prepare for the Exam

ABPANC has developed a wide range of resources to help you study and prepare for the CPAN and CAPA exams. These study tools can be downloaded from the ABPANC website at www.cpancapa.org/resources/study-tools/

NEW Mobile Study App

50 CPAN and 50 CAPA study questions with multiple choice answers and a study reference for each question. Great user interface with the convenience of studying on the go for $9.99.

Certification Candidate Handbook

You are strongly encouraged to read the Certification Candidate Handbook in its entirety. It contains important information about the CPAN® and CAPA® test blueprints, study references, registration, and test administration details. Available online for free.

Test Blueprints

Complete listing of patient needs and related nursing knowledge that comprise the CPAN and CAPA examinations.

Study References

All of the questions on the CPAN and CAPA exams are written and referenced using the 12 publications in the Study References. These publications are the only references approved by ABPANC. Be sure to study from a variety of these references, as studying from one or two of these will not provide the depth and breadth of information required to pass.

12-week Study Plan

This comprehensive 12-week study plan organizes subject matter into topics that can be reviewed in approximately four hours per week. It outlines key areas of study and groups them into three Domains of Patient Needs – Physiological, Behavioral Health and Cognitive, and Safety Needs – that comprise the CPAN/CAPA Test Blueprint.

Study Question of the Week

One CPAN or CAPA study question posted each week on our website and Facebook page, or emailed directly to you.

Practice Exams

ABPANC offers 4 CPAN and 4 CAPA practice exam forms designed to be representative of the types of questions seen on the actual CPAN® and CAPA® Examinations. Buy One, Get One Free, with 100 questions for $50. After each question, you will learn if you answered the question correctly and at least one reference supporting the correct answer. Earn 8 contact hours for completing two practice exams.

Study Tips

These quick reference guides include many helpful study tips and answer some of the most common questions.

Free Webinars

Test Taking Strategies: this 20-minute webinar is full of useful tips for studying and taking the CPAN or CAPA exam.

Conquering Test Anxiety and Fear of Failure: this 30-minute webinar helps you identify and overcome symptoms of test anxiety and fear of failure.

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.

Certification Coach

For information about finding a CPAN or CAPA Certification Coach in your area, or for help forming study groups, contact zwilliams@proexam.org

Visit www.cpancapa.org/resources/study-tools/
**CPAN® / CAPA® Spring 2018 Examination Dates**

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<tr>
<th>Event</th>
<th>Dates</th>
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<tr>
<td>Registration Window – Online</td>
<td>January 8 – April 2</td>
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<tr>
<td>Examination Administration Window</td>
<td>April 2 – May 29</td>
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<tr>
<td>Deadline for Rescheduling or Canceling Appointments</td>
<td>You may change your appointment up to 48 hours prior to your scheduled exam. Changes/cancellations not permitted within 48 hours.</td>
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Examination Fee – $424. ASPAN members pay $314.

ABPANC’s testing vendor is PSI Services LLC who administers the CPAN and CAPA exams. To schedule or change your appointment, visit www.psiexams.com or call 1-800-733-9267.

**New ABPANC Certification Achievement Awards**

ABPANC has introduced two new awards that recognize units with 75% or 100% of eligible perianesthesia nurses in a specific unit who have earned CPAN and/or CAPA certification in a given year. If your unit meets either of these goals in 2017, be sure to complete the online application before December 31, 2017. Winners will be announced on Certified Nurses Day, March 19, 2018 and recognized at the CPAN/CAPA Celebration Luncheon at ASPAN Annual Conference, April 30, 2018. Learn more: www.cpancapa.org/resources/awards/

**ABPANC Seeks Nominations for Board of Directors**

ABPANC is accepting nominations for RN Director positions for the 7/1/2018 - 6/30/2020 term of office. As an ABPANC Volunteer you will have a unique opportunity to contribute on a national level toward the development of the CPAN and CAPA certification programs that recognize and promote excellence in perianesthesia nursing practice.

If you share our passion and commitment, and are ready for a true professional challenge, visit: www.cpancapa.org/nominations

The deadline for nominations is October 31, 2017.

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**Good Reading**

ABPANC President, Vicki Yfantis, MSN, RN, CRNP, CPAN has written an inspiring President’s Message about Nursing Passion in Action.

Read it here: www.cpancapa.org/about-abpanc/abpanc-leadership/presidents-page

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**Scholarships are Available**

ABPANC has expanded its scholarship program to provide certification and recertification fees **twice** per year. To be eligible, no monetary support for certification can be available from your employer.

Learn more at: www.cpancapa.org/resources/scholarship-program

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**Recertification Information**

The recertification process is done completely online. Those individuals due for recertification must read the Recertification Handbook (www.cpancapa.org/recertification). Instructions were provided in the First Renewal Notice, sent to certificants by July 1st for the Fall 2017 Recertification Cycle.

All CPAN/CAPA Certificants due to recertify have already set up a user account in the online system. Use the Applications and Forms link found under Recertification on the ABPANC website to log in.

Certificants can log in and track their contact hours in the **Continual Learning Documentation Log**, which functions as an “electronic filing cabinet.” Make sure ABPANC has your up-to-date email and mailing address – contact ABPANC at 800-6ABPANC or abpanc@proexam.org
Get Great Products at Great Prices at Our Online Store

We have many new items that you’ll enjoy, enabling you to share your passion for perianesthesia nursing certification. We’ve selected quality products and priced them to be a good value. Check it out at www.cpancapa.org/store

Flip Calculator - $6
The perfect calculator to fit in your pocket. Featuring a flip open function, soft touch keys and side grips.

Retractable Badge Holder - $5
One of our best sellers in a new purple chrome finish. Quality construction with clip, swivel and retractable spring. CPAN, CAPA or Dual logo.

The 2017-2018 ABPANC Board of Directors
Vicki Yfantis, MSN, RN, CRNP, CPAN, President
Linda Lakdawala, DNP, RN, CPAN, Past President
Stuart Smith, BS, SPHR, Secretary/Treasurer, Public Member
Maria “Zoni” Gazy, MSN, RN, CAPA
Beverly Harrelson, MSN, RN, CPAN
Celeste Jones-Lyon, BSN, RN, MHA, MBA, FACHE, CAPA
Jennifer Rice, BSN, RN, CPAN, CAPA
Melissa Schmidt, BSN, RN, CPAN, CAPA
Cidalia Vital, MS, RN, CNL, CPAN
Susan Russell, BSN, RN, JD, CPAN, CAPA
ASPAN President and Ex-Officio Member of the ABPANC Board
Bonnie Niebuhr, MS, RN, CAE
ABPANC Chief Executive Officer and Ex-Officio Member of ABPANC Board

My Certification Story
See the section of our website where other CPAN and CAPA certified nurses have shared their own personal journey to certification. It provides motivation from your colleagues about why they became certified. Check it out at: www.cpancapa.org/benefits/my-certification-story/

Thank You for Your Continuing Support of CPAN® and CAPA® Certification: Nursing Passion in Action®

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800-6ABPANC
abpanc@proexam.org
www.cpancapa.org

Your ABPANC Board Representatives to ASPAN Components
ABPANC Board members would welcome the opportunity to promote certification at your component meetings. You may contact your representative below:

Region One:
Melissa Schmidt melissa.schmidt@abpanc.com

Region Two:
Celeste Jones-Lyon celeste.jones@abpanc.com

Region Three:
Jennifer Rice jennifer.rice@abpanc.com

Region Four:
Cidalia Vital cidalia.vital@abpanc.com

Region Five:
Zoni Gazy zoni.gazy@abpanc.com

Other Board Members Who May Attend
Component Meetings:
Vicki Yfantis vicki.yfantis@abpanc.com
Linda Lakdawala linda.lakdawala@abpanc.com
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American Board of Perianesthesia Nursing Certification, Inc.