ABPANC’s New Study Question of the Week is a Big Hit!

ABPANC launched a fun, new online study tool this summer in the form of a CPAN® and CAPA® Study Question of the Week. Each week we are posting one CPAN and one CAPA question on our website and facebook page at 6:00 am every Wednesday. Certified and not yet certified nurses all have a chance to refresh their knowledge and keep up on the latest trends in patient care by reviewing the questions each week. The correct answer and one study reference are listed the following week. Nurses may also opt-in to receive the Study Question of the Week via email if desired. Full details on our home page at www.cpancapa.org

Recertification Information

The recertification process is done completely online. Those individuals due for recertification should read the Recertification Handbook (www.cpancapa.org > Recertification). Instructions were provided in the First Renewal Notice, which was sent to certificants in July for the Fall 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 update their profile at any time. To make a change to your email address, please contact ABPANC at 800-6ABPANC or abpanc@proexam.org.

Certificants can log in and track their contact hours in the Continual Learning Documentation Log, which functions as an “electronic filing cabinet.”

Tip: After you complete the online Continual Learning Documentation Log, if you wish to keep a copy, please print that document for your files. Once you successfully recertify, the Log is erased so that you can begin a new Log for your next recertification cycle.
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 free tools can be downloaded from the ABPANC website at www.cpancapa.org > Resources > Study Tools.

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.

Appendix D Reference List
All of the questions on the CPAN and CAPA exams are written and referenced using the 12 publications on Appendix D. 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.

Free Webinars

Test Taking Strategies – this 20 minute webinar if 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.

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-Cognitive, and Safety – that comprise the CPAN/CAPA Test Blueprint.

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

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

Study Question of the Week
One CPAN and one CAPA study question posted each week on our website and facebook page.

Practice Exams
ABPANC practice exams are 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 3.67 contact hours for each practice exam taken.

Visit www.cpancapa.org > Resources > Study Tools
"Nursing Passion in Action" Award
Do you know about ABPANC’s unit-level award program that recognizes CPAN and CAPA certified nurses who go beyond their normal job responsibilities to provide outstanding patient care? This award is designed for perianesthesia nurse managers, educators, nurses and physicians to use in their unit and reward “Nursing Passion in Action” with a card to be posted in the unit.

ABPANC provides a poster and 12 award cards to any hospital and ambulatory surgical center. We hope that each participating hospital will select one CPAN or CAPA nurse each month and fax a copy of the award to us so the recipient can be entered into a drawing for $25 gift certificates. Each month ABPANC will randomly select 10 winners to receive $25 to be used at the CPAN/CAPA online store. Award winners and their hospital units are published on the ABPANC website.

Additional Award packets are available from Zelda Williams, zwilliams@proexam.org

Author Recognition Program
Congratulations to the CPAN® and CAPA® nurses who have published articles related to perianesthesia nursing. Please see the list on our website at www.cpancapa.org > News
If you’ve published an article about perianesthesia nursing, please contact Jane Kogan, jkogan@proexam.org so we can recognize you and list the publication on our website.

New “Public’s Perspective” Column
Our ABPANC Public Board Member, Stuart Smith, is authoring a new quarterly column that explores the public’s perspective of perianesthesia nursing certification and how we can communicate the benefits and value of certification to them.

New Certification Candidate Handbook
Check out our new Certification Candidate Handbook. We’ve made improvements to organization, content and readability. It contains important information about the test blueprints, study references, and test administration details. A “must read” to adequately prepare for the exams.

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: Celeste Jones celeste.jones@abpanc.com
Region Two: Zoni Gazy zoni.gazy@abpanc.com
Region Three: Laura Williams laura.williams@abpanc.com
Region Four: Cidalia Vital cidalia.vital@abpanc.com
Region Five: Vicki Yfantis vicki.yfantis@abpanc.com

Other Board Members Who May Attend Component Meetings:
Annette Brancati annette.brancati@abpanc.com
Linda Lakdawala linda.lakdawala@abpanc.com
$5 Clearance Sale on Select Store Items!
We are clearing the shelves of a few items that will no longer be available once the current inventory is sold. Get these great deals now, for just $5, plus a nominal shipping charge. Visit our new store for a great selection of new products. www.cpancapa.org/store

Sports Water Bottle - $5
A quality plastic water bottle that will last. Beautiful purple color!

Teddy Bear - $5
We’ve sold lots of these soft, cuddly teddy bears over the years, but this is your last chance to get a cute “Study Buddy.”

White Mug - $5
This heavy ceramic coffee mug has been a favorite because of its unique thumb hold. Only CAPAs and dual logos left.

30th Anniversary Lunch Bag - $5
We have a few of these insulated lunch bags left. Includes a 4-cup microwavable container.

Visit the store at www.cpancapa.org/store

Like Us on Facebook for All the Latest News
Be the first to receive announcements and updates from ABPANC by liking us on Facebook. Visit our page for photos, links and great information sharing. www.facebook.com.abpanc

The 2015-2016 ABPANC Board of Directors
Linda Lakdawala, DNP, RN, CPAN, President
Annette Brancati, RN CPAN, Secretary/Treasurer
Maria “Zoni” Gazy, MSN, RN, CAPA
Celeste Jones, MSN, RN, MHA, MBA, CAPA
Stuart Smith, BS, SPHR, Public Member
Cidalia Vital, MS, RN, CNL, CPAN
Laura Williams, MSN, RN, CPAN
Vicki Yfantis, MSN, RN, CRNP, CPAN
Armi Holcomb, BSN, RN, CPAN
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

American Board of Perianesthesia Nursing Certification, Inc.

Contact ABPANC Staff:
Bonnie Niebuhr, CEO
bniebuhr@proexam.org
Jane Kogan, Program Director
jkogan@proexam.org
Philip Godlewski, Program Associate
pgodlewski@proexam.org
Zelda Williams, Program Assistant
zwiliams@proexam.org

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

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