



8515 Georgia Avenue, Suite 400
Silver Spring, MD 20910-3492

1.800.284.2378
301.628.5000 *tel*
301.628.5004 *fax*

www.nursecredentialing.org

Adult Nurse Practitioner Board Certification Test Content Outline - effective date: March 1, 2010 Based on the 2008 NP Role Delineation Study

There are 175 questions on this examination. Of these, 150 are scored questions and 25 are pretest questions that are not scored. Pretest questions are used to determine how well these questions will perform before they are used on the scored portion of the examination. The pretest questions cannot be distinguished from those that will be scored, so it is important for a candidate to answer all questions. A candidate's score, however, is based solely on the 150 scored questions. Performance on pretest questions does not affect a candidate's score.

This Test Content Outline identifies the areas that are included on the examination. The percentage and number of questions in each of the major categories of the scored portion of the examination are also shown.

Category	Domains of Practice	No. of Questions	Percent
I	Foundations of Advanced Nursing Practice	34	22.67%
II	Professional Role	21	14.00%
III	Health Care Policy and Delivery	16	10.67%
IV	Health Assessment	34	22.67%
V	Clinical Management	45	30.00%
	Total	150	100%

**Adult Nurse Practitioner Board Certification
Test Content Outline - effective date: March 1, 2010
Based on the 2008 NP Role Delineation Study**

Please note that the entire test content outline is associated with major life span/problem areas as indicated in the following notes:

Note 1: Life Span Areas

1. Non – age-specific
2. Adolescent (13-17 years)
3. Adult (18-64 years)
4. Older Adult (65+ years)

Note 2: Body Systems and Problem Areas

- | | |
|-----------------------------------|--------------------------------------|
| 1. Non-Specific | 13. Immune/Allergies |
| 2. Head, eyes, ears, nose, throat | 14. Communicable/ infectious disease |
| 3. Respiratory | 15. Men's health |
| 4. Cardiovascular | 16. Women's health |
| 5. Gastrointestinal | 17. Emergencies |
| 6. Urinary | 18. Psychosocial/ cultural |
| 7. Musculoskeletal | 19. Mental Health |
| 8. Neurologic | 20. Functional/ mobility issues |
| 9. Endocrine | 21. Learning disabilities |
| 10. Hematopoietic/ genetics | 22. Pain management |
| 11. Integumentary | 23. Emergency Preparedness |
| 12. Lymphatic | |

I. Foundations of Advanced Nursing Practice (22.67%)

A. Therapeutic Communication

Knowledge of:

1. Interviewing techniques
2. Barriers to communications (e.g., language, cognitive function)
3. Counseling techniques

Skill in:

4. Determining appropriate therapeutic style given a specific situation
5. Establishing and maintaining a therapeutic practitioner/patient relationship (e.g., establishing rapport, trust and comfort, boundaries, encourage active dialog, negotiation, seeking patient feedback)

B. Influences on Care

Knowledge of:

1. Developmental influences
 - a. growth and development theories and models (physical and cognitive; including sexuality, aging)
 - b. family systems theories and models
 - c. life stages (e.g., age-related focus/transitions, end-of-life issues)
2. Psychosocial influences
 - a. factors that contribute to violence, abuse and neglect (e.g., domestic, crime, assault)
 - b. health beliefs concepts and models
 - c. stress responses and coping mechanisms (e.g., patient, family, caregiver)
 - d. social support systems
3. Socioeconomic influences (e.g., financial, housing, employment, educational level, insurance status, transportation, geographic location, cost, gender bias, age)
4. Cultural/spiritual influences (e.g., stereotypes, cultural and religious health care beliefs and practices, language barriers)

**Adult Nurse Practitioner Board Certification
Test Content Outline - effective date: March 1, 2010
Based on the 2008 NP Role Delineation Study**

C. Teaching/Guidance

Knowledge of:

1. Teaching/learning principles
2. Anticipatory guidance techniques
3. Patient teaching strategies
4. Group dynamics
5. Change theories

Skill in:

6. Developing a needs assessment (e.g., literacy, readiness to learn, barriers to learning)
7. Developing and implementing educational plans for patients and families
8. Evaluating learning outcomes

II. Professional Role (14.00%)

A. Scope and Standards of Practice

Knowledge of:

1. Scope of practice of the advanced practice nurse
2. Standards of practice

Skill in:

3. Identifying situations beyond scope of practice

B. Safe Practice

Knowledge of:

1. Continuous quality improvement process
2. Research methodology (e.g., levels of evidence, research process)
3. Principles of practice management (e.g., case load)

Skill in:

4. Minimizing clinical errors and complications
5. Interpreting and critiquing research

C. Health Care Ethics

Knowledge of:

1. Ethical principles

Skill in:

2. Advocating and negotiating (e.g., patient right to choose/refuse, patient provider negotiation, non-biased counseling, access to care)

III. Health Care Policy and Delivery (10.67%)

A. Regulatory Guidelines and Legal Issues

Knowledge of:

1. Current regulatory processes and payer systems (e.g., reimbursement requirements, billing and coding)
2. Health care decision making (e.g., care directives, power of attorney, informed consent/assent, emancipation, guardianship)
3. Federal regulatory guidelines (e.g., Health Information Portability and Accountability Act [HIPAA], Occupational Safety and Health Administration [OSHA])

B. Documentation

Skill in:

1. Documenting in accordance with current regulatory processes and payer systems
2. Accessing and releasing health care information in accordance to federal regulations (e.g., Health Information Portability and Accountability Act [HIPAA], confidentiality)
3. Using informatics in clinical practice (e.g., electronic medical record, personal digital assistant [PDA], computer applications, Internet access, electronic prescription)

**Adult Nurse Practitioner Board Certification
Test Content Outline - effective date: March 1, 2010
Based on the 2008 NP Role Delineation Study**

IV. Health Assessment (22.67%)

A. Clinical Assessment

Knowledge of:

1. Anatomy and physiology
2. Pathophysiology
3. Psychopathology
4. Health beliefs and behaviors (e.g., guidelines, substance use/abuse, lifestyle, adherence, risk taking behaviors, sexual and reproductive health)

Skill in:

5. Obtaining/performing an age-specific comprehensive and/or focused health history and physical examination
6. Performing primary care diagnostic procedures (e.g., pap smear, sexually transmitted infection (STI) testing, microscopy)
7. Conducting a risk analysis (considering genetics, family history, epidemiology, past medical history, environmental exposures, risk for unintentional injuries, travel)
8. Identifying normal and abnormal findings in clinical database (including potentially life-threatening or unstable conditions)

B. Advanced Diagnostic Reasoning

Knowledge of:

1. Screening and diagnostic tests
2. Co-morbidities and syndromes

Skill in:

3. Selecting and performing appropriate laboratory and diagnostic tests appropriate to conditions or needs, based on clinical guidelines, costs, and benefits
4. Interpreting results from laboratory and diagnostic tests
5. Synthesizing of patient data
6. Developing comprehensive problem lists
7. Formulating differential diagnoses
8. Prioritizing differential diagnoses

V. Clinical Management (30.00%)

A. Evidence-based Practice

Knowledge of:

1. Clinical practice guidelines
2. Research utilization process in clinical practice

Skill in:

3. Applying current evidence based findings into clinical practice
4. Evaluating treatment outcomes utilizing national or guideline driven benchmarks

B. Advanced Clinical Decision-making/Formulation of Plan of Care (considering mental health, co-morbidities, syndromes, degree of complexity, acute and chronic pain)

Knowledge of:

1. Pharmacotherapeutics
2. Clinical therapeutics (e.g., procedures, nutrition, complementary/alternative therapies)

Skill in:

3. Formulating a plan of care for acute and chronic conditions and common mental health disorders (e.g., mood disorder)
4. Prescribing pharmacological interventions considering risks/benefits, interactions, effects, patient's characteristics, diagnoses, cost and accessibility) (e.g., prescription, over-the-counter, herbal)
5. Prescribing non-pharmacological interventions and/or medical equipment considering risk/benefits, effects, patient's characteristics, diagnoses, cost and accessibility (e.g., procedures, nutrition, exercise)
6. Evaluating treatment outcomes (including adherence) and modify as necessary

**Adult Nurse Practitioner Board Certification
Test Content Outline - effective date: March 1, 2010
Based on the 2008 NP Role Delineation Study**

C. Coordination of Care

Knowledge of:

1. Available resources (e.g., community, specialty care, support services, levels of care, protective services, language and hearing-impaired interpreters, mental health)

Skill in:

2. Coordinating care for patients with complex conditions (e.g., transitional care, in-patient, out-patient, community, palliative care, end-of-life)
3. Making appropriate referrals
4. Collaborating with other health care professionals and community resources

D. Health Promotion/Maintenance and Disease Prevention

Knowledge of:

1. Epidemiology/disease control
2. Age-specific health promotion guidelines (e.g., immunizations and screenings)
3. Emergency preparedness (e.g., bio-terrorism, environmental exposures, natural disasters)

Skill in:

4. Formulating plan of care that address risk modification and health care goals (e.g., injury, disease prevention, life-style modification, sexual and reproductive health)

Updated: 04/22/2009

Copyright © 2009 by American Nurses Credentialing Center. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or by any information storage or retrieval system.