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Clinical Nurse Specialist in Child & Adolescent Psychiatric & Mental Health Board Certification Test Content Outline

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 may be included on the examination. The percentage and number of questions in each of the major categories of the scored portion of the examination also are shown.

Category	Domains of Practice	No. of Questions	Percent
I	Mental Health Science	21	14.00%
II	Advanced Practice Nursing	61	40.67%
III	Organization/Network/Health System	9	6.00%
IV	Basic and Applied Science	24	16.00%
V	Research Priorities in Nursing	4	2.67%
VI	Education	9	6.00%
VII	Professional Attributes	19	12.66%
VIII	Community/Public Health	3	2.00%
	Total	150	100%

Please note that client includes patient, community and organization.



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- I. **Mental Health Practice (14.0%)**
 - A. Application of Social and Behavioral Science: Theories, Concepts, Models, and Frameworks (including DSM-IV TR, clinical guidelines)
 - 1. assessments
 - a. mental health assessment (e.g., Mental Status Exam, rating scales)
 - b. risk assessment
 - c. family/social/school assessment
 - d. cultural assessment
 - e. physical assessment
 - 2. treatments (e.g., cognitive behavioral therapy, play therapy)
 - B. Application of Growth and Development: Theories, Concepts, Models, and Frameworks
 - 1. psychological
 - 2. cognitive
 - 3. family/social
 - 4. physical/physiological
 - 5. cultural
 - 6. behavioral
- II. **Advance Nursing Practice (40.7%)**
 - A. Nursing Process (symptom and behavior management at the autonomous practice level; application of critical thinking)
 - 1. therapeutic relationship (based on age and developmental level)
 - 2. assessment
 - 3. plan (e.g., identifying treatment options)
 - 4. implementation of treatment plan (critical pathway, evidence-based practice model, consultations, and referrals)
 - 5. ongoing evaluation (outcomes for individual, family, and community)
 - B. Scope and Standards of Practice
 - C. Communication Principles and Skills (e.g., role negotiation, anticipatory guidance, group processes, facilitating patient interaction and involvement, culturally and linguistically appropriate, interpersonal communication)
 - D. Documentation Standards and Utilization of Informatics
 - E. Legal Issues (e.g., seclusion and restraint, confidentiality/release of information, consent to treat, mandated reporting, risk management)
 - F. Ethical Principles (e.g., risk management, prescribing medications, regarding individual/family/organizational issues – family planning, allocation of resources, sexuality issues)

- III. **Organization/ Network/ Health System (6.0%)**
 - A. Organization, Network, Health System, and Change Theories
 - B. Continuous Quality Improvement (CQI)
 - 1. outcome measures (e.g., quality of care, evidence-based practices of the agency/network/community, guidelines for follow-up care/health care policy recommendation, stakeholder satisfaction)
 - 2. resource management (e.g., cost effectiveness, staffing)
 - 3. risk management
 - C. Laws and Regulations regarding Healthcare Delivery Models and Educational Services (e.g., Medicaid, Medicare, Managed Care, HIPAA, telemedicine, utilization of internet services, American Disability Act – 504b Plan, Individual Education Plan (IEP))
 - D. Case Management
- IV. **Basic and Applied Science (16.0%)**
 - A. Pathophysiology and Psychopathology (e.g., pain management, diagnostics, neurological syndromes, disease processes, comorbidity)
 - B. Genetics (e.g., risk factors, abnormalities, heredity)
 - C. Anatomy and Physiology (e.g., neurotransmitters, metabolism, endocrine and neurological systems)
 - D. Child/Adolescent Pharmacology and Psychopharmacology (e.g., drug-drug interactions, over-the-counter, supplemental medications, herbal preparations, side effects, medications, clinical indications)
 - E. Nutritional Science (e.g., dietary practices, weight management, treatment alternatives, growth and development)
- V. **Research Priorities in Nursing (e.g., efficacy of the CNS role and practice, client outcomes and treatment plan) (2.7%)**
 - A. Research Methodology (e.g., human subject protection, consent/assent, study design, basic statistics)
 - B. Evidence-Based Nursing Practice (e.g., interpreting and applying research results)
- VI. **Educational Program Development, Implementation and Evaluation (6.0%)**
 - A. Learning Needs Assessment (e.g., cultural, linguistic, cognitive, developmental, and organizational considerations; other strengths and challenges)
 - B. Learning theories (e.g., parent/child/professional/community education)
 - C. Teaching methods (e.g., curriculum development including use of existing resources, handouts, audio/visuals, fact sheets, computer resources, publications and presentations)
 - D. Evaluation (e.g., survey tools, pre- and post- test, outcome measurement)
- VII. **Professional Skills and Role Development (12.7%)**
 - A. Leadership (e.g., patient advocacy, conflict resolution, awareness of political process, team development, organizational and public policy development)
 - B. Principles and Activities of Mentoring and Preceptorship (e.g., peer support and review, orientation and internship program development, supervision of trainees, career development and promotion)
 - C. Consultation (e.g., counseling principles, negotiations of roles and responsibilities, professional communication process and outcome)
 - D. Collaboration and Networking Skills
 - E. Self Awareness (e.g., therapeutic boundaries, communication styles, transference issues)
 - F. Professional Information Dissemination (e.g., practice promotion through public venues, media presentation, manuscript development)

VIII. **Community/Public Health (2.0%)**

- A. Primary Prevention (e.g., health promotion, early intervention strategies)
- B. Emergency/Disaster Response (e.g., natural causes, terrorism, infectious disease)
- C. Epidemiology (e.g., distribution and determination of disease, prevalence)

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